

TIPS FOR C.A.R.E.G.I.V.E.R.S.

CONNECT TO OTHERS: Seek support and avoid isolation by connecting with your support system and other caregivers. Consider joining a support group.

ASK FOR AND ACCEPT HELP: Take note of what you require help with and who can help you with those tasks. Ask for assistance from friends, family, your community and seek professional help if needed.

RESPIRE: Take some time out from caretaking. Respite breaks do not have to be long periods of time. Make it manageable. Look into professional respite services if a long break is needed. Caregiving is challenging at times.

EDUCATE YOURSELF: Knowledge is power. Learn about your loved one's disease or condition.

GIVE YOURSELF CREDIT AND PRACTICE SELF-CARE: Acknowledge all the things you are doing. Take care of your whole self, physically, emotionally and spiritually. Seek your own medical care. Know the symptoms of depression and Caregiver burnout.

INVESTIGATE RESOURCES: Be knowledgeable of the options and services available in the community.

VOICE YOUR CONCERNS: Learn how to communicate with your loved one's medical providers, as well as your own medical providers.

ENGAGE IN SOMETHING PLEASURABLE: Engage in an old hobby or explore something new. Do something that makes you happy and fulfilled.

RECOGNIZE: You are doing the best you can. Be kind to yourself.

STAY ORGANIZED: Be organized with your loved one's medical care and services. Be open to the use of technology to help.