

TIPS FOR CAREGIVERS

- Nobody is perfect. Recognize there are times when you will be tired, frustrated, and sometimes angry. Do the best you can. That is all we can expect from ourselves.
- Take care of yourself. It is hard to help your loved one if you are exhausted. Take time for yourself by doing things that make you happy and fulfilled. That may mean taking advantage of outside assistance
- Accept help. Let others help in whatever capacity they can. Let others know what you need when you need it and for how long. Allow others to help you even in small ways.
- Give your loved one a sense of independence when possible. Encourage and support independence while also providing the appropriate amount of supervision to keep them safe. Check with your health professionals for guidance.
- Seek out others who are also caregivers. Finding those who are going through similar experiences gives you a place to discuss thoughts, feelings, and ideas.
- Be aware of your own health needs. Don't neglect your physical, emotional, and mental health. You are important!
- Allow yourself time to grieve. Be sad for your losses but allow yourself to dream new dreams and goals.
- Knowledge is power. Educate yourself on your loved one's illness or disability.
- Organize your day. Work from a plan, keep your environment organized, keep a calendar...these are all things that help you feel in control and remember most tasks will take longer than expected.
- Be kind. Be kind to yourself and be kind to your loved one.

