



Helpful Tips For Caregivers

- Some good Websites – strengthforcaring.com, helpguide.org/elder/caring_for_caregivers.htm
- Caregiving is a job and respite is your earned right
- Watch out for signs of depression, don't delay in getting help
 - When people offer help – take it
 - Educate yourself about your loved one's condition
- Trust your instincts, most of the time they will lead you to the right direction
- Caregivers often do a lot of lifting, pushing, and pulling – be good to your back
 - Seek support from other caregivers
- There is great strength in knowing you are not alone
 - Take a daily vitamin supplement
 - Get exercise – make yourself a priority
 - Stay involved in your hobbies
 - Take time to laugh with a friend