

TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll

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TO TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS:

- † Get organized. Make to-do lists, and set a daily routine.
- † Ask for help. Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
- † Try to take breaks each day. Finding respite care can help you create time for yourself or to spend with friends.
- † Keep up with your hobbies and interests when you can.
- † Join a caregiver’s support group. Meeting other caregivers may give you a chance to exchange stories and ideas.
- † Eat healthy foods, and exercise as often as you can.
- † Build your skills. Some hospitals offer classes on how to care for someone. ZLWK DQ LQMXU\ RU LQO QHVW classes, ask your doctor or contact your local Area Agency on Aging.