

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 LQOQHVV classes, ask your doctor or contact your local Area Agency on Aging.