

Ten Tips For Family Caregivers

- 1. DELEGATE RESPONSIBILITY—DON'T DO EVERYTHING YOURSELF IF THERE ARE OTHERS IN THE FAMILY WHO CAN HELP.**
- 2. LOOK FOR HELP OUTSIDE THE HOME— SEEK OUT OTHER RESOURCES. I.E. HOME CARE.**
- 3. BE ASSERTIVE—LEARN TO SAY NO. SET LIMITS ON YOUR TIME.**
- 4. TAKE TIME FOR YOURSELF - TAKE TIME TO GET AWAY FROM CAREGIVING FOR AT LEAST A FEW HOURS A WEEK, OR LONGER.**
- 5. DISCUSS YOUR FEELINGS—SHARE YOUR FEELINGS WITH A SUPPORTIVE FAMILY MEMBER, CLERGY MEMBER, OR CLOSE FRIEND WHEN FEELING STRESS.**
- 6. GIVE YOURSELF PERMISSION TO ASK QUESTIONS—YOU MAY NOT ALWAYS UNDERSTAND WHAT THE DOCTOR TOLD YOU AND YOUR FAMILY. DON'T HESITATE TO ASK.**
- 7. TAKE CARE OF YOUR OWN BODY—IT'S IMPOSSIBLE TO CARE FOR SOMEONE ELSE WHEN YOU ARE NOT HEALTHY YOURSELF.**
- 8. MAKE LISTS AND USE A DATE BOOK OR CALENDAR— BEING ORGANIZED MAKES YOU FEEL MORE IN CONTROL.**
- 9. SET PRIORITIES. DON'T TRY TO DO EVERYTHING.**
- 10. REMEMBER TO LAUGH.**