



10 Tips for Family Caregivers

1 Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.

2 **Watch out** for signs of depression, and don't delay in getting professional help when you need it.

3 When people offer to help, **accept the offer** and suggest specific things that they can do.

4 **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.

5 There is a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.

6 **Trust your instincts.** Most of the time they'll lead you in the right direction.

7 Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**

8 Grieve for your losses, and then allow yourself to **dream new dreams.**

9 **Seek support from other caregivers.** There is great strength in knowing you are not alone.

10 **Stand up** for your rights as a caregiver and a citizen.

Information compiled from the National Family Caregivers Association: www.nfcares.org

