



TIPS FOR CAREGIVERS

- Reward yourself with respite breaks often. Care giving is a job and respite is your earned right.
- Watch out for signs of depression, and don't delay in seeking out professional help when you need it.
- When people offer help, accept it.
- Educate yourself about your loved one's condition and how to communicate effectively with doctors.
- Be open to technologies and ideas that promote your loved one's independence.
- Trust your instincts, most of the time, they'll lead you in the right direction.
- Be good to your back, caregivers often do a lot of lifting, pushing, and pulling
- Dream new dreams. Grieve for your losses, but allow yourself to dream.
- Seek support; there is great strength in knowing you are not alone.
- Stand up for your rights as a caregiver and a citizen.