

10 PRACTICAL TIPS FOR CAREGIVERS

Small steps can make a big difference. Take care of yourself so you can be there for your loved one.

1



Seek support from other caregivers.

You are not alone!

2



Take care of your own health so that you can be strong enough to take care of your loved one.

3



Accept offers of help and suggest specific things people can do to help you.

4



Learn how to communicate effectively with doctors.

5



Being a caregiver is hard work so take breaks often.

6



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

7



Be open to new technologies that can help you care for your loved one.

8



Organize medical information so it's always current and easy to find.

9



Make sure legal documents are in order.

10



Give yourself credit for doing the best you can in one of the toughest jobs there is!



You make a difference every day.

Take care. You matter.