

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's 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.