



### Talk to Your Loved One

- Explain how you're planning to help them.
- Make sure they understand that you will respect their wishes and are on their side.
- Tell them you want to hear their thoughts and concerns.
- Assure them that you will consult with them when making decisions.
- Make it clear that your main priority is to help them meet their needs.



### Ask for Help

- Talk with siblings and/or close family members & identify how each person can help.
- List the tasks you could use help with for easy reference if someone offers a helping hand.
- Identify family, friends or local organizations that can help support you in your new role.
- Join a caregiver support group in your local community.



### Care for Yourself

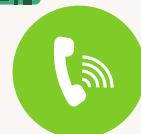
- Go to your routine doctor appointments & tell them any troubles you're having.
- Take time to exercise.
- Eat balanced meals with sufficient nutrients.
- Get enough sleep.
- Drink plenty of water to keep yourself hydrated.
- If attending church service is important to you, continue to make it a priority.
- Take down time from your caregiving responsibilities.





### Find Information on Caregiving

- Ask your loved one's doctor for information and tips on the best way to care for your loved one and his or her specific needs (e.g., dietary restrictions, dementia).
- Become familiar with organizations that provide information on caregiving such as The Family Caregiver Alliance and the Caregiver Action Network.
- Contact local senior care facilities for information or services they offer to help.



### Manage Stress

- Set realistic goals for yourself & your loved one by breaking large tasks into smaller ones.
- Take breaks when feeling overwhelmed.
- Talk to someone about your feelings.
- Write in a journal about your experiences as a caregiver.
- Reach out to family, friends or your doctor if having intense feelings.



### Get Organized

- Create a to-do list and/or a calendar with your caregiver tasks such as doctor visits.
- Organize your loved one's important accounts including medical history, social security number, bank accounts and driver's license.
- Keep instructions and create reminders for your loved one's medications.
- Review legal matters such as your loved one's will, power of attorney, estates & trusts.

