

# Eldercare

## Caring for the Caregiver

*It is essential to take care of yourself so that you can continue to provide loving care.*

**Practice good physical habits: exercise regularly, eat well, get enough sleep, and have regular check-ups.**

**Allow yourself to be present in the moment. Many people get caught up “doing” and forget to acknowledge their feelings or enjoy the moment.**

**Caregiving is a job; rest is your earned right. Reward yourself with frequent breaks.**

**Enlist help with caregiving tasks: use available resources such as family members, friends, community service agencies, home health care agencies, geriatric care managers, and companion services.**

**Reduce stress: make time for a favorite activity, maintain a social life, seek spiritual support, join a caregiver’s support group, and organize daily routines.**

**Respect your limits and learn to say no. Feelings of guilt and helplessness are not unusual; find a support group and/or seek professional counseling if feeling overwhelmed or depressed.**

**Accept help when offered and make specific suggestions when someone offers to help (e.g. “Could you stay with Mother next Thursday morning while I am at the dentist?”). Write down what a typical day is like for your loved one so that others helping you know what the ‘normal’ schedule is like.**