

10 Tips for Family Caregivers

1



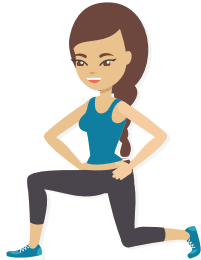
Seek support from other caregivers. You are not alone!

6



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

2



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

7



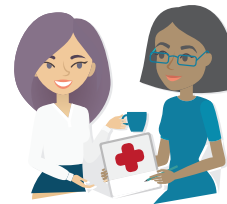
Caregiving is hard work so take respite breaks often.

3



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

8



Organize medical information so that it's up to date and easy to find.

4



Learn how to communicate effectively with doctors.

9



Make sure legal documents are in order.

5



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

10



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