

## Ten Tips for Caregivers



- ✓ **Take good care of yourself. It's not selfishness. It will help you continue to care for others.**
- ✓ **When people offer to help, accept the offer. Have a list of specific things others can do.**
- ✓ **Schedule regular time off. Respite will recharge your batteries and make you a better caregiver.**
- ✓ **Seek support from other caregivers. Join a group, have a telephone buddy, or go on-line. You are not alone.**
- ✓ **Find out about and use community services for caregivers. They were created to support you.**
- ✓ **If other relatives won't help with hands-on care, suggest other tasks for them to do, such as errands and home repairs.**
- ✓ **Set limits on what you will do; preserve time and space for yourself.**
- ✓ **Educate yourself about your loved one's condition. You will feel more in control if you know what to expect.**
- ✓ **Watch out for signs of depression, and don't delay in getting professional help when you need it.**
- ✓ **Take pride in the important work you are doing.**