

HEALTHYLIVINGTIPS

Caregiver Survival Tips



Providing care for an elderly person can be a rewarding experience, but caregivers also are subject to stress and frustration.

A few simple steps can help prevent exhaustion and other issues that make a caregiver's job more difficult:

- Plan ahead to be sure you have the supplies and resources you need.
- Learn about available resources that can lend support.
- Take one day at a time.
- Develop contingency plans for emergencies and obstacles.
- Accept help – don't take on more than you can handle.
- Make YOUR health a priority.
- Get enough rest and eat properly.
- Make time for leisure.
- Be good to yourself!
- Share your feelings with others – it's okay to be tired and frustrated.

Useful Resources

National Family Caregiver Support Program

http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/Caregiver/index.aspx

Lifespan Respite Care Program

http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/LRCP/index.aspx

National Caregiver Resources

<http://www.eldercare.gov/eldercare.net/public/resources/topic/Caregiver.aspx>

Eldercare Locator

Find out what is available in your community by contacting the Eldercare Locator at 1-800-677-1116 or visit www.eldercare.gov.



AOA
Administration on Aging

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