

CAREGIVER SELF CARE: CARING FOR YOU

The care you give to yourself is the care you give to your loved one.

1. **Learn about the disease your loved one has.** Find out about what is happening now and what will happen in the future with this disease. The more you know the more you will be able to plan.
2. **Use community resources.** The more you let these services help you, the less you have to do. There are places to get help.
 - Your local area agencies (Better at Home, Dinners at Home, snow removal services).
 - Support groups for caregivers.
 - Adult day programs or home support.
3. **Take a break from caregiving.** Take a walk, meet a friend for lunch. Everyone needs to get out of the house once in a while. Do something not related to caregiving.
4. **Get support.** Attend a support group, have a friend you can call to let off steam and complain. Depression is treatable. Talk to your doctor about it or seek counselling.
5. **Practice communication and behavior management skills.** This will make the caregiving easier. Learn how to do this by taking a class, or reading how to on the web. The right way is not always intuitive.
6. **Relax.** Read a good book, meditate, take a walk, garden, knit. Take advantage of any down time.
7. **Take care of your health.** Go to the doctor, get routine exams and flu shots, get enough sleep and try to eat well.
8. **Ask for and accept help when offered.** No one can do this alone.
9. **Forgive yourself – often.** You cannot be the perfect caregiver, all day, every day.
10. **Laugh.** Find ways to keep your sense of humor on a daily basis.

WE CAN HELP

CAREGIVERS NETWORK FOR EAST KOOTENAY SENIORS

TOLL FREE: 1 877 489-0803

CRANBROOK: 250 489-0802

EMAIL: info@caregiversnetworkek.com

WEBSITE: caregiversnetworkek.com