

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: www.caregiversnetworkek.com