

10 Tips for Family Caregivers to Balance Caregiving and Self-Care

You pour your heart into caring for someone you love—but who's caring for you? Being a family caregiver often feels like putting everyone else's needs first while your own take a backseat. Taking care of yourself isn't selfish; it's essential.

These ten practical tips will help you weave self-care into your daily routine, making caregiving more manageable while ensuring you stay healthy, energized, and resilient for the long haul.

ACCESS ONLINE

www.caregiveraction.org/10-tips-family-caregivers/

1 Seek support from other caregivers. **You are not alone!**



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



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



4 Learn how to **communicate effectively with doctors.**



5 Caregiving is hard work so **take respite breaks often.**



6 **Watch for signs of depression.** Don't delay getting professional help when you need it.



7 Be open to new **technologies** that can make the job easier.



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



9 Make sure **legal documents** are in order.



10 **Acknowledge yourself** for rising to meet one of the most demanding responsibilities there is.



Scan the QR Code to access this info online

