

# HOW DO CAREGIVERS CARE FOR THEMSELVES?

Self-care is an important part of staying emotionally, mentally, and physically healthy as a caregiver.

### Ways Those Caring for Senior Family Members Get Support



#### 70%

say they
turn to friends
& family
members for
information,
care, or
support.



#### 59%

accept outside support on behalf of their care recipients.

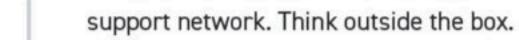


#### 70%

report
that their
spiritual/
religious
faith is an
important part
of their lives.

# Create a Care Team Developing a larger network of support

can help relieve burnout.



Pick your partners.

For example, consider neighbors

Create a list of people you could include in your

and friends of your loved one.

## Is a team member a financial whiz? Does one work nearby and want to eat lunch with your loved one?

Assess their strengths.

P . 9 Their abilities can be used to



determine who will do what.

Gather your team.

Create an informational sheet of names,

contact information, and schedules.



Share with your new support team!

