



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.

Create a list of people you could include in your support network. Think outside the box.



For example, consider neighbors and friends of your loved one.

Assess their strengths.

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



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!