**10 Helpful Hints for Family Caregivers**

1. Find time for yourself.
   * Take mini outings or vacations for you to get away and take a break.
   * Seek Respite care for your loved one either thru a community adult day care facility or by getting relief from a family member or friend.
2. Take Care of yourself
   * Eat Well
   * Exercise
   * Get Plenty of Rest
3. Create a calendar of significant dates for you and your loved one and integrate the two calendars.

* Calendar for you: Write down all the appointments you need to keep for yourself (i.e. doctor, personal grooming, vacations, etc.). Be sure to keep your appointments!
* Calendar for your loved one: Write down all the appointments for your loved one. (i.e. doctor, therapy, personal grooming, etc.)

1. Become an educated Caregiver
   * Learn about the community resources and programs that are available to you. Churches, hospitals, city services, libraries and private organizations can all be utilized to help expand your knowledge base with the area of care giving support that you need.
2. Accept Changes as they occur
   * Be aware of the changes in your loved one’s life (emotionally, physically, mentally, financially, etc.). Understand that they may have different needs as their illness or sickness progresses.
3. Seek professional support and help from those who are familiar with Eldercare or Long-term care planning.
   * Elder Law Attorneys
   * Financial Advisors
   * Geriatric Care Managers
   * Social Workers
4. Get help and support from family, friends, and neighbors who can relate to your situation.
   * When the help comes, accept the help!
5. Meet the person or loved one you are caring for where they are.
   * Learn to fit in their world and not try to force them to fit into your world.
   * Listen to your loved one and communicate on their level.
   * Be on the journey with them and find creative ways to enjoy the journey.
   * Take advantage of the time you have together and journal each event or significant moment.
6. Develop personal information and history sheet on the person that you are caring for that includes specific characteristics, personal needs, likes, dislikes etc. This information could be very valuable to you, family members, or medical support staff persons who are helping to care for your loved one.
7. Attend Caregiver training workshops, educational events and caregiver support groups. Caregiver Connect along with many other community agencies offer regularly scheduled caregiver workshops and caregiver support groups

\*These “Helpful Hints” are a combination of information from personal experiences, as well as information from community workshops and community resources. \*