

Healthy tips for caregivers



Sometimes it's hard enough to help another person, without thinking about your own needs. But if caregivers don't find and follow the right balance of "other-care" and "self-care", both they and their loved one are at risk. So, try some of these tips:

- ✓ Choose to take charge of your life
- ✓ Make healthy food choices
- ✓ Exercise a little each day
- ✓ Get regular check-ups
- ✓ Watch for signs of depression
- ✓ Get a flu shot
- ✓ Wash your hands
- ✓ Take a break from caregiving
- ✓ Tend to your spiritual needs
- ✓ Laugh with a friend
- ✓ Stay involved with hobbies
- ✓ Find a caregiving buddy
- ✓ Educate yourself regarding your loved one's situation
- ✓ Communicate effectively with healthcare professionals
- ✓ Pick your battles and don't sweat the small stuff
- ✓ Recognize your strengths and acknowledge your limitations
- ✓ Be flexible and realize that as circumstances change so do our choices and abilities
- ✓ Allow your loved one to do as much for themselves as they possibly can
- ✓ Asking for help is a sign of strength