

## 10 Tips for Family Caregivers

1. Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
2. **Watch out** for signs of depression' and don't delay in getting professional help when you need it.
3. When people offer to help, **accept the offer** and suggest specific things that they can do.
4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.
6. **Trust your instincts.** Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing and pulling. **Be good to your back.**
8. Grieve for your losses, and then allow yourself to **dream new dreams.**
9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.
10. **Stand up for your rights** as a caregiver and a citizen.

Source: National Family Caregivers Association