

TEN TIPS FOR FAMILY CAREGIVERS

1. Choose to **take charge** of your life, and don't let your loved one's illness or disability always take center stage.
2. Remember to **be good to yourself**. Love, honor, and value yourself. You're doing a very hard job and you deserve some quality time, just for you.
3. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
4. When people offer to help, **accept the offer** and suggest specific things that they can do.
5. **Educate yourself** about your loved one's condition. Information is empowering.
6. There's a difference between caring and doing. **Be open to technologies and ideas** that promote your loved one's independence.
7. **Trust your instincts**. Most of the time they'll lead you in the right direction.
8. Grieve for your losses, and then allow yourself to **dream new dreams**.
9. **Stand up for your rights** as a caregiver and as a citizen.
10. **Seek support** from other caregivers. There is great strength in knowing that you are not alone.

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http://www.thefamilycaregiver.org/caregiving_resources/