

# 10 Tips for Family Caregivers

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1. Caregiving is a job and respite is your earned right. **REWARD YOURSELF** with respite breaks.
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 ones 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 will lead you in the right direction.
7. Grieve for your losses. Then allow yourself to **DREAM NEW DREAMS**.
8. **STAND UP FOR YOUR RIGHTS** as a caregiver and as a citizen.
9. **SEEK SUPPORT** from other caregivers. There is great strength in knowing you are not alone.
10. Caregivers often do a lot of lifting, pushing, and pulling. **BE GOOD TO YOUR BACK**.