

Tips for Caregivers

- 1. Learn about your loved one's disease or illness, so you know what to expect.**
- 2. Attend support group meetings in person or online.**
You'll enjoy the company of people who really understand.
Ask questions even if you think you know the answer.
Together, you'll learn more.
- 3. Meet your loved one where s/he is.**
If happy, smile and greet her enthusiastically. If solemn, speak to him in a lower and more calming tone. Touch him and give him a hug, if appropriate.
- 4. It's okay to get frustrated and feel angry, if...**
you find an appropriate outlet for your feelings. Go to another room or outdoors. STOP! Step away and take a deep breath. Exhale slowly. Call a fellow caregiver.
- 5. Seek respite, even for five minutes.**
Stubborn caregivers suffer.
Use the Continuum-of-Care options, including in-home care, adult day services, residential care, assisted living, skilled nursing, and palliative or hospice care.
- 6. Find the JOY in the smallest things. SMILE. LAUGH.**
You're more fun to be around when you're having FUN.
- 7. Get professional advice on legal, financial, and healthcare matters.**
Then discuss that advice with someone you trust.
Have all your questions answered before you sign anything.
- 8. Avadian's DIAMOND TIP for CAREGIVERS:** Care for your loved one the way you would want to be cared for IF you were living with the same disease or illness.



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