



Caregivers: *Educate, Support, Empower, Advocate*

"Life is not the way it's supposed to be, it's the way it is. The way you cope with it is what makes the difference." -Virginia Satir

How do you know if it's time to seek help with caregiving?

Ask yourself:

- Do I get enough rest?
- Do I have enough time for myself?
- Do I have time to spend with family or friends?
- Do I feel guilty or angry about my situation?
- Do I have conflicts with the person I care for?
- Do I have conflicts with other family members?
- Do I cry or feel lonely every day?
- Do I worry about having enough money to make ends meet?
- Do I feel that I lack the knowledge or experience to provide care?

If you answered "yes" to any of these questions, it may be time to seek help. Every day, family caregivers need to take steps to reduce their stress.

Here are some ideas to consider:

- Educate yourself before a crisis occurs.
- Don't hesitate to ask for and accept help.
- Avoid trying to be superhuman.
- Establish a balance between work and caregiving responsibilities.
- Understand that caregiving is usually a long-term commitment.
- Continue engaging in your hobbies and social activities.
- Build support networks and foster healthy relationships.
- Stay in touch with professionals who monitor your loved one's health.
- Get regular check-ups and manage your own health needs.
- Obtain or update legal and financial documents.
- Learn and practice creative problem-solving techniques.

HELPFUL RESOURCES

alz.org/mnnd or 800-272-3900
caregiver.org or 800-445-8106
careoptionsnetwork.org

MinnesotaHelp.info or 800-333-2433
nia.nih.gov/ or 800-222-2225
parkinsonmn.org/ or 763-545-1272