



Self-Care Guide *for* CAREGIVERS

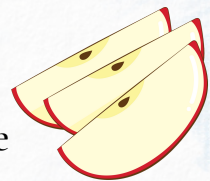
Self-Care Guide for CAREGIVERS

Caregiving is a marathon, not a sprint. Here are 7 simple ways to fill up your cup each day so you can care for your loved one.



1. **Start your day by taking 10 minutes for yourself.** You can sit quietly while having your morning coffee, set an intention of moving through the day with ease, practice meditation, or take a short walk.

2. **Pack some snacks.** Keep healthy snacks on hand for unexpected emergencies. Apples, bananas and nuts are three snack that require minimal preparation and keep the hangry monster at bay until you're able to eat your next meal. *(Choose your snack adventure with allergies and dietary restrictions in mind!)*



3. **Ask for what you need.** Share with your friends and family what you need help with. If they are unable to provide assistance, they may know someone who can.

4. **Accept help.** Make a short list of the repetitive tasks you do each week, such as picking up medications, groceries, or laundry. When people offer to help, share the list and let them choose where they can offer their assistance.



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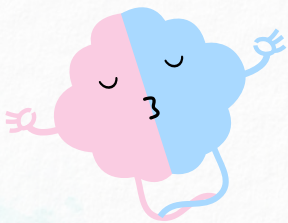
5. **Call a friend.** Keep a short list of friends you know you can count on for a listening ear and open heart. Caregiving takes a village and you don't have to go it alone.



6. **Find a little peace of mind.** You can't control the medical emergencies or daily surprises that come with caregiving.

Make the best decisions you can on a given day by:

- asking questions to your loved one's care team
- considering your loved one's preferences
- taking into account your financial resources and your support network



7. **End your day by taking 10 minutes for yourself.** Reflect on the day by writing down three things you were grateful for. Give thanks for making it through another day of caregiving.



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Caregiving takes a village. Remember you're not alone! Here are a few communities to support you on your caregiving journey.



[Dailycaring.com](https://www.dailycaring.com) offers in-depth caregiving tips covering a wide range of topics, from financial planning, how to manage holiday stress, and gift ideas for caregivers and seniors. Learn about the different types of [respite care](#) so you can find caregiving coverage when you need a break.

The Caregiver Action Network offers the [Caregiver Help Desk](#), a free and confidential support hotline for family caregivers. It is staffed by caregiving experts who can help support you on your caregiving journey.

855.227.3640 | Mon - Fri, 8am-7pm ET

The [AARP Virtual Community Center](#) offers free interactive online events to support caregivers. The events are FREE and cover topics such as financial planning for family caregivers, a comedy night about caregiving, Qigong for self-care, and a 'Paint and Sip' session.

[HFC](#)® and [Home Instead](#)® are partnering to award home care grants to those providing care to their loved ones living with Alzheimer's disease or other dementias. The **HFC Alzheimer's and Dementia Care Grants** aim to provide exceptional home care to families affected by this disease, and to give families support and rest. [Apply for a Dementia Home Care Grant](#).

