

Who Provides Care for the Caregiver...While the Caregiver's Busy Providing Care?

ASK FOR HELP

- *Seek help from others; allow yourself at least four hours per week for respite**
- *Tell family members and friends what they can do to help (meal preparation, chores, shopping)**

TAKE CARE OF YOUR NEEDS

- *Eat healthy, well-balanced meals and get plenty of rest**
- *Join a support group for caregivers**
- *Schedule time for fun and relaxation**

EXPRESS YOUR FEELINGS

- *Know that intense emotions are not uncommon in your circumstances, it's okay to feel the way you do**
- *Explore your feelings, talk to a counselor, minister, fellow caregiver, friend, family**

LOOK FOR SIGNS OF BURNOUT

- *Are you crying, depressed or losing your temper on a regular basis?**
- *Do you find yourself using alcohol or tranquilizers to console yourself?**
- *Do you find yourself misplacing items?**
- *Have you isolated yourself from friends?**
- *You never say "no" because you feel you are the only one able to do the job right?**
- *There never seems to be enough time to complete all of your tasks?**
- *You feel overwhelmed and secretly resent what you do or have feelings of guilt**
- *You are embarrassed by your loved one's behaviors**

EDUCATE YOURSELF

- *Get information about the disease**
- *Learn the reasons for the difficult behavior you witness**
- *Recognize and report changes in behavior**
- *Know when professional intervention is necessary**
- *Understand there may be a reversal of roles from parent/child to child/parent**

GIVE YOURSELF A TREAT

- *Buy yourself a bouquet of flowers**
- *Get your hair done**
- *Take a bubble bath**
- *Have an ice cream or snow cone**
- *Go to dinner and a movie with a friend**

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