



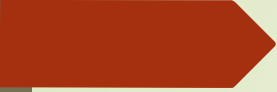
# Information for Caregivers

What you should know



# Caring for a loved one

- Caring for a loved one with health issues can be rewarding, but it comes with its own unique challenges.
- Over 65 million adults in the U.S. care for a loved one who has health problems.
- On average, caregivers spend 20 hours per week providing care to their loved one.



# What are some common responsibilities of caregivers?

- ▶ Common caregiver duties include:
  - ▶ Assistance with bathing
  - ▶ Cooking and/or meal planning
  - ▶ Communicating important health information to others
  - ▶ Arranging and assisting with health visits
  - ▶ Cleaning
  - ▶ Running errands
  - ▶ Keeping track of medications
  - ▶ Watching for symptoms

# What are my risks as a caregiver?

- ▶ People who care for loved ones with health issues are at increased risk of
  - ▶ Depression
  - ▶ Stroke
  - ▶ Heart disease
  - ▶ High blood pressure
  - ▶ Other serious illnesses





# How do I avoid “burnout?”

- ▶ Find ways to relax.
  - ▶ Exercise, hobbies, reconnecting with friends
- ▶ Remember to **take care of yourself.**
- ▶ Get enough sleep.
- ▶ Set limits.
  - ▶ It is OK to say, “No.”
- ▶ Maintain a healthy diet.
- ▶ Have a support system.
  - ▶ Friends, family, medical professionals, counselors