

Caregiver Survival Tips

Caregiving knows no boundaries. Whether you provide care for a loved one at home or are responsible for someone in a long-term residence, you are a caregiver. **Making sure to take care of yourself is essential for your well-being.**



PLAN AHEAD



SHARE YOUR FEELINGS WITH OTHERS



TAKE ONE DAY AT A TIME



LEARN ABOUT AVAILABLE RESOURCES



MAKE TIME FOR LEISURE



DEVELOP CONTINGENCY PLANS



GET REST & MAKE YOUR HEALTH A PRIORITY



ACCEPT HELP



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

Senior HELP LINE: 602-264-HELP (4357)