

Caregiver Information

- * Take care of your own health. You won't be able to help your partner well if you don't take care of yourself.
- * Your spouse would have been the one caring for you if you were the one sick.
- * Schedule time to exercise together, even if it is stretching.
- * Take time for you to walk, have lunch with friends, go to Church, the library, a play, bowling, golf or other pleasurable activities.
- * See the humor in situations. Have fun, stay active, and plan a couple of enjoyable activities no less than twice a week.
- * While most people like to remain in their homes, the options of assisted living, independent living nursing homes or moving in with relatives are all viable options for many of us.
- * Always keep in writing your wishes for advanced life issues. Those include living wills, advanced directives, and clear instructions for what medical care to pursue in the event of an illness in which significant disability is expected.
- * Look for help and ask for help. Reach out to caregiver support groups. There are many resources in the community that may fit your needs.
- * Feel proud of your duty to your love one(s) and society, WE are proud of you!!!