

Caregiver Support

Caregiving is all about looking after someone who needs assistance with basic activities of daily living. Caregivers give a lot of time and love to make sure the person they are caring for is safe and comfortable.

Caregiving has many rewards such as giving your loved one a sense of purpose and building stronger connections. But the ongoing demands and responsibilities of taking care of someone can be overwhelming and cause emotional, physical, and mental stress. So how can we support the caregivers in our lives?



- 1. Offer emotional support.** Simply being there and actively listening without judgement can help comfort caregivers. Encourage the caregivers in your life to talk about their feelings. This will help manage feelings of loneliness, frustration, and anger. Let them know it is okay to ask for help!
- 2. Help with the little tasks.** Help with simple tasks such as household chores, meal preparation, and grocery shopping to reduce the caregiver's workload. This will help lighten their schedule and give them time to take a break.
- 3. Connect them with resources.** Provide them with information about social groups, support groups, or counseling services that help caregivers.

If you are a caregiver, taking care of yourself may be the last thing on your mind. Here are some tips on how to manage caregiver stress:

- 1. Ask for and accept support.** Be open to receiving help and be honest about your needs. A good place to start is by making a list of the tasks you need help with and letting your support decide how to help.
- 2. Practice self-care.** Find time to de-stress and participate in activities that will help boost your mood, such as exercising, hobbies, setting a bedtime routine, and spending time with friends and family.
- 3. Set boundaries.** Reflect on some limits you can set when providing care. Setting these boundaries will help you avoid burnout and help you find a balance between caregiving responsibilities and personal needs.

Take a moment to think of the caregivers in your life, their needs, and how you can support them!



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