

Ten Tips for Caregivers

1. Remember & be thankful for the good times.
2. Try to involve your loved one early on in the important choices that you will have to make
3. Be patient with your loved one & yourself.
4. Be patient with family & friends.
5. Learn to ask for help.

Ten Tips for Caregivers

6. Make the important decisions well in advance of the need when emotions don't cloud rational decision making.

7. Appreciate the support you get from whatever source.

8. Find 1 or 2 people you can confide in and perhaps on occasion share a good cry.

Ten Tips for Caregivers

9. Try to balance the needs of your loved one with your own.

10. Manage the emotional rollercoaster that is inevitable – fear, anger, sadness, loss, guilt are all natural & expected responses.