

10 Tips For Family Caregivers

01 Seek support from other caregivers.
You are not alone!



Take care of your own health so you can take care of your loved one.

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03 Accept offers of help and suggest things people can do to help you.



Learn how to communicate effectively with medical professionals.

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05 Be open to new technologies that can help you care for your loved one.



Watch for signs of depression and get professional help when needed.

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07 Caregiving is hard work, so take respite breaks often.



Organize medical information so it's up to date and easy to find.

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09 Make sure your loved one's legal documents are in order and accessible.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

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Learn more about each tip: familycaregiversonline.net/10-tips-for-family-caregivers

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