

7 TIPS ON CARING FOR THE CAREGIVER

Take care of yourself so you can take even better care of your loved one.



1. Take a break. When you're investing so much emotional and physical energy on a regular basis, allowing yourself time away to relax and recharge can help you avoid fatigue.



2. Don't be afraid to ask for help. There are many resources available to help with a disabled or elderly loved one. A certified home health aide is trained to offer personal care and companionship, light housekeeping, laundry, shopping and meal preparation.



3. Let your loved one do as much as he or she can. They may need to feel as independent as possible. Remember that caring for and doing for are different things, and be sure they have tasks they can do for themselves, like answering the phone.



4. Take care when lifting or moving your loved one. One wrong turn could hurt both your loved one and yourself. Consider bringing in a certified home health aide who is trained in proper body mechanics.



5. When in doubt, trust your instincts. Whether it's thinking your loved one may not be taking medication properly, or wanting another opinion on a therapy, your instincts will often lead you in the right direction.



6. Find a support group before you get overstressed. It's important to know that you're not alone.



7. Know your rights. Everyone over 65 is eligible for Medicare benefits that may cover home care. When those benefits are not enough, a licensed home care agency can offer additional coverage as needed.

