

Caregiver Self-Care

Caregiver Self-Care: Discusses things that caregivers can do to protect their own health. Developed under a contract from the Health Resources and Services Administration of the Department of Health and Human Services. This work was funded by the Department of Health and Human Services, Office of Women's Health

Caregivers who provide care for someone at home experience caregiver stress. This stress may be physical, as you become worn down by the physical nature of the work. It can be emotional as you watch someone's health decline. It can be social as the lack of time and energy. It is not surprising that caregivers to persons living with dementia have more stress than caregivers who care for people without memory loss.

Several symptoms are related to stress. They include feeling overwhelmed or alone, having trouble sleeping, and losing your temper. You also may be worried or sad.

Caring for yourself is one of the most important, and one of the most often forgotten things you can do as a caregiver. When your needs are met, the person you care for will benefit, too. Caregiving takes stamina. Taking care of yourself helps you take better care of others. Remind yourself that you are doing the best you can and give yourself credit for the care you provide. You cannot do everything perfectly and trying to do so will only add to your stress.

Addressing personal stress

Addressing personal stress by identifying sources of stress early and changing what you can, accept what you cannot. Ways to deal with stress include:

- Having fun
- Eat well.
- Get enough sleep.
- Find spiritual outlets.
- Finding someone that you can talk to, whether that be friends, family, or a counselor.

As you witness the health of the person living with dementia decline, you may feel grief and loss. Set personal goals that support a healthy lifestyle and include good nutrition, exercise, adequate sleep, and a social support network.

Maintaining your health by recognizing and treating depression, anger, frustration, and anxiety. It is key to providing good care for others with dementia and can improve your caregiving experience. Commit to maintaining a healthy lifestyle. Your health and safety are equally important to your responsibilities to others.

Self-care Tips

Tips for relieving stress & taking care of yourself:

- Ask for and accept help.
- Be socially and physically active.
- Adopt a healthy lifestyle.
- Talking to someone about your stress.

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Caregiver Name _____ Date _____

1. Is it important for caregivers to be stress free?
True or False?
2. What are some of the things that caregivers deal with when dealing with dementia patients?

3. Caring for yourself is one of the most important, and one of the most often forgotten things you can do as a caregiver.
True or False?
4. Taking care of yourself helps you take better care of others.
True or False?
5. What are ways to deal with stress? Name
3 _____
6. How do you maintain your health by?

7. What are four tips for relieving stress & taking care of yourself?

8. In your own words, what is 1 thing you can do to decompress?

9. Talking about your stress to friends or family will help you.
True or False?
10. Your health and safety are equally important to your responsibilities to others.
True or False?