

## Supporting & Celebrating Family Caregivers

Families are the primary source of support for older adults and people with disabilities in the US.

Research indicates caregiving also takes a significant emotional, physical and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. If you are a caregiver for an elderly or disabled relative, know that you are not alone.



## Prioritize Your Health

As a caregiver, it is important to prioritize your own health and well-being to best support your loved ones. **Below are a few steps** you can take to manage your responsibilities:

- Intentionally make time for yourself to ensure that you are healthy, both mentally and physically.
- Organize a binder of information you need frequently.
- Join a support group and build your caregiving team to ensure you do not feel alone.
- Maintain a positive outlook and find humor in everyday situations.

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**Check in with your loved ones often. If you cannot visit in person, virtual communication can help you and your loved ones feel less lonely and isolated.**



**Schedule a weekly telephone or video chat, send a daily text message or check in via social media.**



**Send cards and letters. Getting a letter or card can brighten your loved one's day.**



**Send a care package. Because it might be hard for older people to get to the store, putting together a care package of things you know they'll need, such as canned goods, over-the-counter medicines, and cleaning supplies, might be a huge help in addition to a reminder that you care about them.**

**Juggling your work and caregiving responsibilities can be challenging. It is important to remember to take care of yourself.**