

You Are Not Alone

Your caregiving journey will be rewarding and difficult at the same time. Remember, you are not alone, and help is out there.

The links below can provide additional value:

Today's Caregiver
www.caregiver.com

Family Caregiver Alliance (FCA)
www.caregiver.org
1-800-445-8106

Family Caregiving
www.familycaregiving101.org

Children of Aging Parents (CAPS)
www.caps4caregivers.org
1-800-227-7294

Well Spouse Association
www.wellspouse.org
1-800-838-0879

Empowering Caregivers
www.care-giver.com

The Caregiver's Handbook
www.longtermcarelink.net

Integrative Medicine
at Saint Francis
www.stfranciscare.com
860-714-4450

Phillips Women's Heart Program
at Saint Francis
www.stfranciscare.com
860-714-6389

Remember to nurture
your spirit daily by doing
even small things that
fill your heart with hope
and joy.

Caring for the Caregiver

Information for the
caregiver that is factual,
inspirational, useful and
reassuring.

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Did You Know?

- Approximately 23 million American households provide unpaid care to an adult family member age 18 or older.
- On average, caregivers provide 21 hours of “free” care per week.
- Nearly 60% of caregivers are employed full-time, in addition to providing care for their loved ones.
- Until recently, the majority of caregivers were women, but currently about 39% of caregivers are men.

This “free” care is not without cost. Many caregivers feel isolated and stressed having to balance work, family and caregiving. The true cost to our society for this care is estimated at \$306 billion annually.

“It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.”

Ralph Waldo Emerson

8 Tips To Guide You Through Your Caregiving Experience

As a caregiver, your attitude can be your biggest barrier to taking care of yourself and doing the best job for the ones you love. Remember, you have to be realistic about what you can and cannot do. You can’t control the fact that your loved one has a chronic or progressive disease, but you can control how you respond to the situation. The following eight tips are useful in helping you stay well so you can face the challenges and enjoy the rewards of caregiving.

Take Ownership

“I am a caregiver.” This acknowledgement allows you to begin to make a plan for the best care possible for you and your loved one.

Pace Yourself

Prepare yourself by approaching caregiving as a marathon and not a sprint. You may need help from others along the way to reduce emotional stress and physical burnout.

Ask for Help

Delegate specific tasks or requests to individuals willing to help. REACH OUT.

Take Care of Yourself

It is important to attend to your own health. Do not neglect your health at the expense of caring for someone else.

Take Time for Regular Exercise

Even a short walk provides benefits physically and emotionally.

Eat a Healthy Diet

Be sure to pay attention to your eating habits and make a plan to eat healthy. This includes plenty of fruits and vegetables, whole grains, low-fat dairy and lean protein choices. Remember to keep healthy foods readily available to meet demanding schedules.

Consider Stress Reduction and Coping Techniques

Check your town, library, or internet and web access for quick references.

Take Time for Yourself

Continue to participate in spiritual activities, recreational sports, hobbies, or simply spending time with family, friends or pets.