

# Managing caregiver stress



Did you know that 10,000 Baby Boomers will turn 65 every day, until 2030<sup>1</sup>? Providing care for those loved ones will become the responsibility of many families. Being prepared as a caregiver, including knowing how to manage and reduce your stress, will help protect your own well-being as you care for another.

Here are some tips to alleviate caregiver stress:

- **Make time for yourself.** While taking care of your loved one is an important part of your life, it's essential to also take care of yourself. Give yourself permission to take a break and pursue your interests and hobbies. Exercise, read and spend time with friends — whatever brings you peace and relaxation
- **Pay attention to your body.** If you consistently feel tired, are unable to sleep, have a change in appetite or feel depressed, talk to your doctor. You may find that your dedication to caregiving is causing your personal health to suffer
- **Ask for help.** It's common to have many friends and family who would like to help with your loved one, but are not sure what to offer. Take the initiative and ask them for what you need. Accept their assistance freely. Depending on your need, you may also want to explore professional caregiving help, which can be provided in the home, at an adult day care center, or in a nursing home or assisted living facility
- **Join a caregiver's support group.** Connecting with other caregivers can provide great new insights, understanding and overall stress relief

If you have questions about how to alleviate caregiver stress, Solutions for Caregivers is here to provide you — and your loved one — with the care you both need.

Solutions for Caregivers is designed to provide the support caregivers need, and help alleviate the financial and emotional costs of caregiving. Our experienced nurses visit your loved one, provide an objective assessment of the situation, develop a care plan and discuss recommendations with the whole family. We can also help with decision making around alternate living arrangements like assisted living or nursing home care. Or, for those dealing with advanced illnesses and end-of-life situations, we can provide recommendations for palliative and hospice care. Solutions for Caregivers can help you and your loved one, so you can enjoy your time with them.

## For more information on Solutions for Caregivers:



Call **1-877-765-4473**, TTY **711**  
24 hours a day, 7 days a week



<sup>1</sup>“Boomers meet ‘un’retirement,” CharlotteObserver.com (December 2010).

Solutions for Caregivers assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by Solutions for Caregivers. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of Solutions for Caregivers.