

HELP FOR CAREGIVERS

Self-Care for Family Caregivers

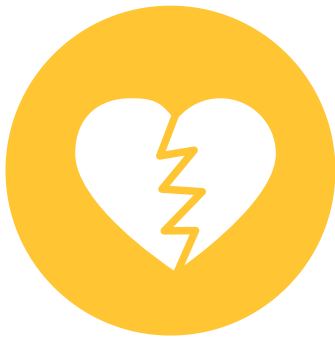
Caring for yourself is one of the most important - and most forgotten - things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit too.



The risk of death is 63% higher than that of people who are not caregivers.



Baby boomers juggling work and raising adolescent children face an increased risk for depression, chronic illness, and possible decline in quality of life.



Barriers to Self-Care

- Fear
- Feeling inadequate
- Feeling guilty
- Can't say "No"
- Negative self talk

Steps to Managing Stress

- Don't wait until you are overwhelmed.
- Identify what you can and cannot change. Even a small change can make a big difference.
- Taking some action like walking and other forms of exercise, gardening, meditation or having coffee with a friend.



Asking for and Accepting Help

- Be prepared with a mental list of ways that others could help you.
- Help can come from community resources, family, friends and professionals.
- Reaching out for help when you need it is a sign of **personal strength**.



YOU ARE RESPONSIBLE FOR YOUR OWN SELF-CARE!

Seek supportive counseling when you need it, or talk to a trusted counselor, friend, or pastor.

Identify and acknowledge your feelings, you have a right to **ALL** of them.

USC Leonard Davis
Family Caregiver Support Center

LACRC
LOS ANGELES CAREGIVER RESOURCE CENTER

USC FAMILY CAREGIVER SUPPORT CENTER

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8:30-5:00PM MONDAY THROUGH FRIDAY

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