

- 1 Seek support from other caregivers. You are not alone!
- 2 Take care of your own health so that you can be strong enough to take care of your loved one.
- 3 Accept offers of help and suggest specific things people can do to help you.
- 4 Learn how to communicate effectively with doctors
- 5 Be open to new technologies that can help you care for your loved one.
- 6 Watch out for signs of depression and don't delay getting professional help when you need it.
- 7 Caregiving is hard work so take respite breaks often.
- 8 Organize medical information so it's up to date and easy to find.
- 9 Make sure legal documents are in order.
- 10 Give yourself credit for doing the best you can in one of the toughest jobs there is!