

TIPS FOR MANAGING CAREGIVER STRESS*

Ignoring symptoms of caregiver stress can cause a decline in your health. Get acquainted with resources and services that can help you manage daily tasks and decisions. Aging Wisdom can connect you with the best supports and programs to meet your needs.

- **GET HELP.** Caregiving is physically, emotionally and mentally demanding. Doing everything by yourself will leave you exhausted. Seek the support of family, friends and other caregivers. An Aging Life Care expert can also assist with care planning and support.
- **USE RELAXATION TECHNIQUES.** They really work! There are several simple techniques that can help relieve stress. Find what works best for you: visualization, meditation, breathing exercises, or progressive muscle relaxation.
- **GET MOVING.** Physical activity can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help. Take a walk, garden, dance.
- **MAKE TIME FOR YOURSELF.** As a caregiver, it's hard to find time for yourself, but staying connected to friends, family and activities that you love is important. We can help direct you to caregiver respite programs, companionship care, and other supports that free you to carve out time for yourself and to re-energize.
- **BECOME AN EDUCATED CAREGIVER.** If you are caring for someone with dementia, new caregiving skills may be necessary as the disease progresses. Aging Wisdom can connect you to programs to help you better understand and cope with the behaviors and other changes that often accompany Alzheimer's and related dementias.
- **TAKE CARE OF YOURSELF.** Staying healthy will help you be a better caregiver. Visit your doctor regularly. Watch your diet, exercise and get plenty of rest.

It's normal to feel overwhelmed and confused about what to do. Aging Wisdom is prepared to help you and your family take the best next steps.

Growing older requires making important decisions — and you want to make the best choices possible. Aging Wisdom is here to assist you and your family in navigating the transitions of aging. Our trusted consultants will help you find creative solutions to your most challenging problems.

To meet with an Aging Wisdom Aging Life Care Professional, please call **206.456.5155, ext. 1**, or email us at jgray@agingwisdom.com

* tips adapted from Mayo Clinic's caregiver resources

