

Tips for caregivers



LifeWorks
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Stop and reevaluate from time to time.

Ask yourself: "What's critical for my loved one's safety and well-being? What things must I do? What am I willing to allow someone else to do? Are there things I might stop doing, given all the demands in my life?" Remember, you can't do it all.

Be organized and prepared.

Talk with your older relative and close family members before a crisis arises. Discuss such things as housing options, paying for care, and how you'll handle emergencies. Gather together a current list of medications, important contacts, and copies of legal documents, such as a living will, to have accessible in an emergency.



Know your limits and be kind to yourself.

Have lunch with a friend. Join a support group. Throughout the day, stop, take a deep breath, and know you're doing a good job. Seek counseling if needed. It's OK to reach out for emotional support.

Accept help.

Don't try to be a hero. Friends and family want to help. Contact LifeWorks for suggestions on caregiving resources, such as Lotsa Helping Hands, an online community that offers an easy way to leverage local assistance.

Don't forget to just be with your loved one.

Do fun and spontaneous things together, whether it's watching a video or going for ice cream. Those are the moments you'll remember and cherish.

These tips were adapted from the LifeWorks podcast "Caregiving Tips for the Sandwich Generation," featuring Virginia Morris, author of "How to Care for Aging Parents."

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