



# You Can!

## Be a Strong Caregiver

November is National Family  
Caregivers Month



## 10 Tips for Family Caregivers



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. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
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!

During **National Family Caregivers Month**, we remind family caregivers that to be strong enough to care for your loved one, you must **Take Care to Give Care!**



### Don't forget to get your flu shot!

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

Source: <http://caregiveraction.org/resources/10-tips-family-caregivers>

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