



You Can!

Receive Caregiver Support During National Family Caregivers Month



Are You a Caregiver?

Many people in this role do not identify themselves with the title “Caregiver.” A Caregiver is any spouse, family member, partner, neighbor, or friend who has a significant relationship with and/or provides assistance to an older individual or an adult with health issues.

You Are Not Alone!

The Massachusetts Family Caregiver Support Program meets with Caregivers and provides support, education, strategies, tips, and resources to those caring for older adults, people with disabilities and grandparents raising grandchildren.

- **Caregiver support groups** are a great way to connect and share your experiences with people in similar circumstances. They provide emotional support, a safe place to discuss the stresses, challenges, and rewards of providing care, and are a source of useful information.
- One of the best ways to avoid becoming overstressed is to **ask for help**. Enlist the help of siblings or other family members and friends without feeling bad or guilty for reaching out. Think about ways to divide up tasks and give each person a responsibility.
- Remember to **take care of yourself and make self-care a priority**. Keep your own medical appointments, perhaps set aside time for supportive counseling, and do something regularly that helps you recharge (seeing friends, going for a walk, whatever activity relaxes and restores you).
- **Be aware of signs of burnout**, including withdrawing or losing interest in things; feeling down, irritable, or hopeless; or experiencing emotional and/or physical exhaustion. If you are experiencing any of these signs, or before you do, reach out to the **Family Caregiver Support Program from Minuteman Senior Services**.

Community resources for Caregivers include information about Home Care Services, Respite, Meals on Wheels, Adult Day Health programs, Memory Cafes, Transportation, Long Term Care, Health Care planning, and Disease specific organizations such as the Alzheimer’s Association.

For more information about this program, call 888-222-6171
or email elderinfo@minutemansenior.org ~ Interpreter Services Available

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www.MinutemanSenior.org

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