

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 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 get professional help when you need it.



7

Caregiving is hard work, so take rest 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!



qio.qsource.org

This material was originally produced by Caregiver Action Network. It is distributed for use by Qsource, a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 23.QIO2.08.061

 **Quality Improvement Organizations**
Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

 **Qsource.**