



MASER | AMUNDSON | BOGGIO, P.A.
Planning for the life you deserve.

CAREGIVERS: EDUCATE, SUPPORT, EMPOWER, ADVOCATE

"Life is not the way it's supposed to be, it's the way it is. The way you cope with it is what makes the difference." -Virginia Satir

How do you know it may be time to look for help with caregiving? Ask yourself, do I...

- Get enough rest
- Have enough time for myself
- Have time to be with family or friends
- Feel guilty/angry about my situation
- Have conflict with the person I care for
- Have conflict with other family members
- Cry/feel lonely everyday
- Worry about having enough money to make ends meet
- Feel I don't have enough knowledge or experience to provide care

If you responded yes to any of the above, it may be time to look for help. Every day, family caregivers need to take steps to reduce their stress. Some ideas to consider:

- Educate yourself before a crisis
- Don't be shy - ask for and get help
- Don't try to be super human
- Establish a balance between work and caregiving
- Understand that caregiving is usually long term
- Continue your hobbies and social activities
- Build support networks and healthy relationships
- Keep in touch with professionals who monitor your loved one's health
- Get regular check-ups - manage your own health needs
- Obtain/update legal and financial documents
- Learn/practice creative problem solving techniques

HELPFUL RESOURCES

www.alz.org/mnnd or 800-272-3900

www.caregiver.org or 800-445-8106

www.careoptionsnetwork.org

www.MinnesotaHelp.info or 800-333-2433

www.nia.nih.gov/ or 800-222-2225

www.parkinsonmn.org/ or 763-545-1272

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