

Caring for You as Caregiver

Being a caregiver for an aging family member can be rewarding, yet stressful. Caregiving might have become part of your life abruptly, or you might have gradually taken on more and more responsibilities. However you entered your caregiving role, one day you might realize you that you are caring more for someone else than you are for yourself.

The pressure of caring for someone who is elderly or who has a chronic illness can take a toll on *your* health. Caregivers often feel anxious, overwhelmed and depressed. If this sounds like you, it is important decrease stress in your life:

- Take time for yourself and make your health a priority. Keep doctor appointments and get flu shots – eat well and stay active to increase energy and reduce stress.
- Seek out and accept assistance from friends and family members. It is okay to ask for help!
- Accept that there situations you cannot control, and develop realistic expectations.
- Call the Senior LinkAge Line® to contact with a Caregiver Consultant, who will listen to your concerns and help you create a plan to stay healthy and active.

More help is available than you may realize! Discover the resources in your area by visiting MinnesotaHelp.Info® or calling the Senior LinkAge Line®: *A One Stop Shop for Minnesota Seniors*, at 1-800-333-2433.