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## **Caregiver Stress: Taking Care of Yourself and Your Loved One**

### ***Eldercare Assessment & Resources***

*A Community Services Group Program*

Providing care to a loved one can be one of the most rewarding responsibilities a person can experience, but at the same time, it can also be one of the most stressful. According to a study released by AARP, the United States has an estimated 34 million unpaid family caregivers for adults.

Being a caregiver is no easy task and can negatively impact one's health and well-being. Too often the caregiver ignores his or her own health issues, resulting in feelings of depression, anxiety, isolation and guilt. It's important to know there's help out there. There are numerous resources available today that provide support and guidance to caregivers. Here are just a few ways to manage stress.

**Ask for and accept help.** Talk to a family physician, geriatric care manager, counselor, or a friend or family member.

**Log on to the Web.** Websites such as the National Alliance for Caregiving ([www.caregiving.org](http://www.caregiving.org)), Family Caregiver Alliance ([www.familycaregiver.org](http://www.familycaregiver.org)), AARP ([www.aarp.org](http://www.aarp.org)) and National Family Caregivers Association ([www.nfca.org](http://www.nfca.org)) provide valuable insights and information.

**Find a support group** for other caregivers in your situation. Many groups are available online.

**Schedule time for yourself.** Make time each week to do something that you enjoy. After all, who will care for your loved one if you are not there?

It is important for caregivers to maintain their own health and well-being to meet the day-to-day demands of care giving. It may not be easy to ask for help, but it will benefit you and the person you are caring for.

*For more information on caregiver stress, contact Eldercare Assessment & Resources at 484.895.3720.*