

MAKE YOURSELF A PRIORITY, TOO

TAKE CARE OF YOURSELF. It is one of the most important things you can do as a caregiver.

Tips for Caregivers



Ask for help when you need it.



Spend time with friends.



Join a support group
– in person or online.



Take breaks each day.



Keep up with hobbies.



www.nia.nih.gov/health/caregiving



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