

Checklist For Taking Care Of The Caregiver

- ❑ Recognize your Limitations.
- ❑ Acknowledge your needs.
- ❑ Ask for help when it is needed.
- ❑ Accept help when it is offered.
- ❑ Recognize feeling of stress and address them.
- ❑ Get the proper amount of sleep.
- ❑ Exercise on a regular basis.
- ❑ Maintain proper nutrition.
- ❑ Take time just for yourself.
- ❑ Keep a journal or diary.
- ❑ Learn relaxation exercises.
- ❑ Attend a support group (or start one if none exists).
- ❑ Maintain you social contacts.
- ❑ Obtain knowledge about the illness.
- ❑ Accept acknowledgment when it is given.
- ❑ Help build the morale of your co-workers and others.
- ❑ Adjust your attitude and accept the unpredictable behavior associated with the illness.
- ❑ Be flexible, tolerant and personable.
- ❑ Learn to be a creative caregiver.
- ❑ List your own positive qualities.
- ❑ Develop your sense of humor.
- ❑ Communicate honestly.