



## Caring for Yourself as a Caregiver

Caregiving is not easy – not for the caregiver and not for the person receiving care. It comes with sacrifices and adjustments for everyone. Taking care of an older adult can be demanding, difficult, and stressful. Often, family caregivers must juggle work and family life to make time for these new responsibilities.

Caring for an older adult can also be rewarding. Many people find that caregiving provides a sense of fulfillment and that they like feeling useful and needed. Despite these benefits, the emotional and physical stress of caregiving can take its toll. The ongoing demands of taking care of someone else can strain even the most resilient person. Too much stress, especially over a long time, can harm your health and relationships. That's why it's so important for you to take care of yourself.

If you're feeling overwhelmed by caregiving, tending to your own needs may be the last thing on your mind. But taking time for yourself can actually make you a better caregiver. If you can find small ways to lower your stress and boost your mood, you'll have more strength and stamina to take care of someone else.

The infographic, below, has some activities you can try. If you only have a few minutes every day, start with one or two. You don't have to do everything all at once, especially if the thought of self-care just makes you feel more exhausted.



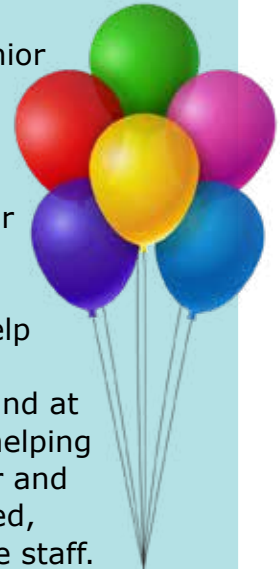
Sources: U.S. Dept. of Health & Human Services and National Institute on Aging.

### We're Celebrating Our 15th Birthday!

August 2024 marks the 15th year of continuous operation for family-owned Rita's Care at Home.

Founder and owner Rita Huffer is also celebrating over 30 years working in senior care.

Inspired by her Mom and Dad to care for people, Rita started her business to help people stay independent and at home with a helping hand from her and her well-trained, compassionate staff.



See more caregiver resources by downloading the **Caregiver's Handbook** at [order.nia.nih.gov/publication/caregivers-handbook](http://order.nia.nih.gov/publication/caregivers-handbook)