

# Self-care for Caregivers



Many family caregivers do not consider themselves “caregivers” but rather a spouse, a son or daughter; doing what needs to be done to care for a loved one who is showing signs of frailty or health decline. This role may start out small and gradually grow in scope.

Caregivers give so much of themselves, even though they may have their own health issues to deal with. It is important to know that caregivers can often see the stressors and challenges for their loved ones but not always their own. Over time, the sustained response can lead to physical and emotional fatigue. Without consciously paying attention to self-care, the health and well-being of the caregiver will suffer and ultimately their ability to be effective in their role as a caregiver.

If you are helping a loved one or friend on a regular basis with things they used to do for themselves, like day to day tasks and personal care, medication reminders, attending appointments to take notes, coordinating care or support services, banking, paying bills or managing legal

affairs; then you are considered a caregiver. The fact is, who knows your loved one better than you? They need you in their life for many reasons but doing what you can to take care of yourself means you are better equipped to take care of your loved one.

We don't know how long the journey will be and where the twists and turns may lead but asking for help from others and being aware of support options will help you enjoy the rewarding parts of this challenging role. The Caregiver Support Program at OneSky Community Resources offers one-to-one support, social opportunities for caregivers and their loved ones together, education, help to navigate the health care system and planning for future needs. For more information contact [caregiver.support@oneskycommunity.com](mailto:caregiver.support@oneskycommunity.com) or call 250-487-7455

