

CAREGIVER IN THE MIDDLE

WHEN IS IT TIME FOR ME?

Attend to your own needs

Work out a balance for yourself and your situation

Adopt flexible strategies

Learn active problem-solving techniques

Separate needs from wants

Determine and evaluate options

Hold realistic expectations

Become a good communicator and active listener

Involve family members

Focus on the elders' needs

Research communal resources

Recognize that you are not indispensable

Learn to delegate without guilt

Set limits – say “no”

Accept that you cannot control all, fix all, do all

You are responsible for your own happiness

Self-nurture

Make time for yourself regularly

Decide what and when you will do

Involve children and grandchildren

Do not be afraid to ask for help

Pre-plan

Make contingency plans

Eliminate: "I should." "I have to."

Add: "I need." "I want."

Focus on the important things in life

Employ any and all stress reduction techniques

Laugh

Talk and share

Be physically active

Find a safe place to vent

Hold family meetings

Turn to communal resources

Take a personal day

Accept "I am good enough"

Don't forget to have fun

Make time for "you"

Start now!