



# The Family Caregiver Do's and Don'ts

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## The DO's

- DO take care of yourself as well as you take care of the person you care for
- DO ask for help before you get burned out
- DO accept help when it is offered - others get joy from being able to give
- DO find something each day to be grateful for DO be honest with yourself and your loved one
- DO remember the things that bring you happiness and joy no matter how small
- DO know your boundaries
- DO remember that you cannot control everything in this situation
- DO practice mindfulness - live in the moment
- DO walk away when you need a moment to collect yourself
- DO try to remember that the only thing you can control is how you react to each situation
- DO write down one positive thing that happens each day
- DO make an appointment with a friend for a regular check in
- DO keep a record of your journey - in a journal, with drawings, by painting

## The DO NOT'S

- DO NOT hold yourself responsible for the things that appear to go wrong
- DO NOT lose hope - there are people who are willing and able to help you
- DO NOT forget to laugh DO NOT ignore the small blessings that do happen
- DO NOT feel guilty about taking breaks
- DO NOT ignore the signs of caregiver burnout
  - losing patience easily
  - inability to focus and make good decisions
  - increasing health issues
  - inability to sleep
  - excess gain or loss of weight