



# STAGES of SENIOR CARE

Your Step-by-Step Guide to Making the Best Decisions

by Paul and Lori Hogan

## Chapter 5: Caring for the Caregiver

Here are some tips on taking care of yourself:

- Give yourself a break. Have a team of siblings, other relatives, or neighbors take over your responsibilities at least one week a month.
- Keep a pile of 3" X 5" index cards handy. Jot down your needs. When someone asks how she can help, hand her a card.
- If you've never used the Internet before, start now. There are a lot of websites with useful information.
- It's hard to find time for exercise, an antidote to stress. Be creative. While you're waiting for Mom at the doctor's office, walk up and down the stairway of the medical building, which is great aerobic exercise.
- Meditate. When you feel you are overwhelmed, break away for half an hour or so, sit still, and breathe deeply with your mind as quiet as possible.

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