



## 25 Healthy Tips for Caregivers

Caregivers fill challenging roles, making it important to stay healthy — physically, mentally and emotionally. The CareGiver Partnership has collaborated with Caregivers' Monday to bring you simple tips for taking care of yourself, which is essential before you can effectively care for someone else.



[www.caregiverpartnership.com](http://www.caregiverpartnership.com)

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**1 - Begin your week on the right track.** Determine how you'll approach your caregiving tasks by breaking down each day into increments: what absolutely must be done now, what can wait, what can be done by someone else, and what really does not have to get done.



**2 - Arm yourself with knowledge.** Learn about your loved one's condition, which will help you anticipate, understand, and be ready for physical and emotional changes. Start by visiting [www.caregiverpartnership.com](http://www.caregiverpartnership.com) for more than 1,000 easily searchable caregiver resources.



**3 - Call a helping hand.** Everyone needs a little support sometimes. Make it known to family members that you may need help at some point and you expect them to pitch in.



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**4 - Keep in touch.** Set aside an hour or so each Monday to connect with friends and family. Say hello and catch up by phone, e-mail or Facebook.



**5 - Take short naps.** A cat nap can work wonders. Sleep patterns can suffer when caring for an elder, so revive your energy this week by grabbing 40 winks — or just lying down and relaxing — during the day when you can.



**6 - Spend quality time together.** Sit with the person you're caring for this week and look at photo albums, read or just talk about the good old days. This unhurried time together can be relaxing and rewarding for both of you.



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**7 - Pat yourself on the back.** This week, give yourself the credit you deserve. End each day reminding yourself that you did everything you could for your loved one and that you'll do your best again tomorrow.



**8 - Move-It Monday.** Exercise helps recharge mind and muscle, so get moving for yourself and your loved one this week. Take a break from caregiving and make exercise part of your schedule. Even a half-hour of activity helps.



**9 - Strike some balance.** It can be difficult to balance your own needs with caring for your loved one, but minding your own health and well being will make you a better caregiver. Think of ways to put your health first this week.



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**10 - Restock Monday for health's sake.** Restock vitamins and medications at the start of the week, including over-the-counter, prescription medications and supplies. Check out our Never Run Out<sup>SM</sup> service for convenient doorstep delivery of health care supplies.



**11 - Get regular checkups.** While it may seem that you don't have time to see your doctor or dentist, do your best to have regular checkups. Regular care can help prevent health problems and ensure you're at your best. If it's been a while, make an appointment this Monday.



**12 - Keep laughter in your life.** Have your "Me-Time Monday" by watching a funny movie or reading a funny book. Use a digital video recorder or a Netflix subscription to watch a movie on your schedule. Invite a friend and laugh in good company.



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**13 - Make hobbies a habit.** Love to sketch, bake, ride your bike or play an instrument? Be sure to fit your favorite activity into your Me-Time schedule, to help you recharge and stay positive.



**14 - Have a veggie adventure.** Fruits and vegetables are delicious and healthy, so try to sneak more into your diet. Observing Meatless Monday is an easy way to start your week with the extra nutrients you need to care for yourself and others.



**15 - Learn to say time-out.** Constant caregiving can leave you feeling burned out, so listen to your body's cues. If you're feeling hungry, angry, weary or isolated, take the time you need for your own well being. Consider scheduling some Monday Me-Time as your weekly rejuvenation.



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**16 - Use respite care resources.** Caring for a loved one who needs constant attention is hard work, so find a helping hand this week. Local short-term respite care services can offer the break you need to run errands or do something for yourself. One example is Visiting Angels.



**17 - Find time for favorite things.** Schedule a weekly pampering activity, like lunch with a friend, a haircut, massage or trip to the movies. Just an hour of indulgence can make you feel good and reduce stress.



**18 - Make now, munch later.** Make meal preparation easier by cooking extra portions when you have the time and freezing some for later. Take the time you would have spent cooking, and savor your favorite dish with music, candlelight or a glass of wine.



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**19 - Keep a diary.** Begin your week by writing down thoughts in your journal. Use this space to acknowledge your feelings and to plan your caregiving and personal activities. Use Monday to look back on the previous week, make changes and acknowledge your hard work.



**20 - Get technical.** Learn how to use the Internet to stay connected. There are many online resources for caregivers, including message boards, Facebook communities and Twitter feeds. Plugging in can help you get the advice and support you need, so start researching this week.



**21 - Recommit to taking care of yourself.** When you find yourself breaking your promise to mind your health, renew your commitment. Use each and every Monday to focus on your goals to maintain the momentum you need to make real change.



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**22 - Slow and steady to lose weight.** Being overweight can affect many aspects of your health, so check your body mass index this Monday. If you need to lose weight, take it slowly. A healthy and sustainable weight-loss goal is 1 to 2 pounds per week.



**23 - Be good to your heart.** There are no visible symptoms of high cholesterol, and excess levels can lead to a heart attack, so know your numbers. Make an appointment to have your cholesterol checked this Monday.



**24 - Make healthy headlines.** This week, record your healthy activities in a journal. Then look back next Monday on everything you've accomplished and set goals for the following week.



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**25 - Do a Monday meet-up.** Begin the week with a bit of fun. Pick an activity you enjoy and find a group or club that shares your interest. Or simply chatting with another caregiver over a cup of tea or coffee can be relaxing.

**The CareGiver Partnership** is a national direct-to-consumer retailer of home healthcare products for incontinence, diabetes, nutrition support and more. In its fifth year of providing products and services that help caregivers and loved ones maintain personal dignity, the company also offers an online library of more than 1,000 family caregiver resources and personal service by experts in caregiving. For more information on the topics most important to caregivers, or for personal service by experts in caregiving, visit us at [www.caregiverpartnership.com](http://www.caregiverpartnership.com) or call 1-800-985-1353, Monday through Friday, 9 a.m. to 4 p.m. CST.

**Caregivers' Monday** is an initiative from The Monday Campaigns, the nonprofit organization founded in 2005 in association with Johns Hopkins, Columbia and Syracuse universities. Why Monday? Research by Johns Hopkins shows that most people see Monday as a day for a fresh start and are most likely to start healthy behaviors like diet and exercise. Caregivers' Monday encourages caregivers to use Monday as the day to recharge and refocus on their own health to better serve their dependent loved ones. [www.caregiversmonday.org](http://www.caregiversmonday.org)



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