

- Schedule breaks and quiet time. This is essential and will allow you to be a more effective caregiver. You cannot take care of someone else without replenishing your own inner resources as well.
- Make use of respite so that you can take some time away from caregiving. Respite care could be provided by other family members, friends or professional service.
- Let go and accepting help. One person cannot do everything by themselves. Being strong is also about recognizing your fears.
- Join a support group and share with others who are going through similar situations.
- Be pragmatic about how far you can stretch yourself. Define the boundaries of what you are prepared and able to do. You do not have to say yes to all requests. Maybe there is someone else who is actually better qualified or equipped to carry out some of the responsibilities.
- Take care of your own health as well - eat healthily, get regular sleep and participate in activities you find stress relieving. Visit the doctor for your own health concerns.
- Take care of your emotional health, this is also a vital piece of the puzzle. Talk with a mental health professional, as this will give you a private space to safely address your needs, fears and concerns without feeling like you are imposing on friends and families. Talking to a mental health professional will also equip you with skills and tools to cope effectively.
- Give yourself permission to grieve, cry and express your feelings.
- Try meditation, yoga, music, or deep breathing to relax
- Educate yourself.
- Make a list of priorities for each day. Set realistic goals.
- Recognize the warning signs of stress

Caregiving Action Plan

What type of support would be helpful for you and the individual you are supporting? Use a chart like this to allocate tasks.

TASK	DATE & TIME	PERSON RESPONSIBLE			
		You	Family/friend	Community Resource	Professional Resource
Driving to and from appointments					
Filling and picking up prescriptions					
Coordinating medical appointments					

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