

Caregiver

Survival Tips

Plan ahead

1

Take one day at a time

3

Accept help

5

Get enough rest and eat properly

7

Be good to yourself!

9

Learn about available resources

2

Develop contingency plans

4

Make YOUR health a priority

6

Make time for leisure

8

Share your feelings with others

10





Resources

AoA's National Eldercare Locator: 1- 800-677-1116
www.eldercare.gov

AoA's Caregiver web site: www.aoa.gov/carenetwork

AoA's Alzheimer's site: www.aoa.gov/alz

State Units on Aging:
www.aoa.gov/aoa/pages/state.html

Local Area Agency on Aging:
Eldercare Locator or your local telephone directory

Family Caregiver Alliance: www.caregiver.org

National Alliance for Caregiving: www.caregiving.org

Alzheimer's Association: www.alz.org

National Family Caregivers Assn: www.nfcares.org

AARP: www.aarp.org



Phone: (202) 619-0724
Fax: (202) 260-1012
E-mail: aoainfo@aoa.gov

