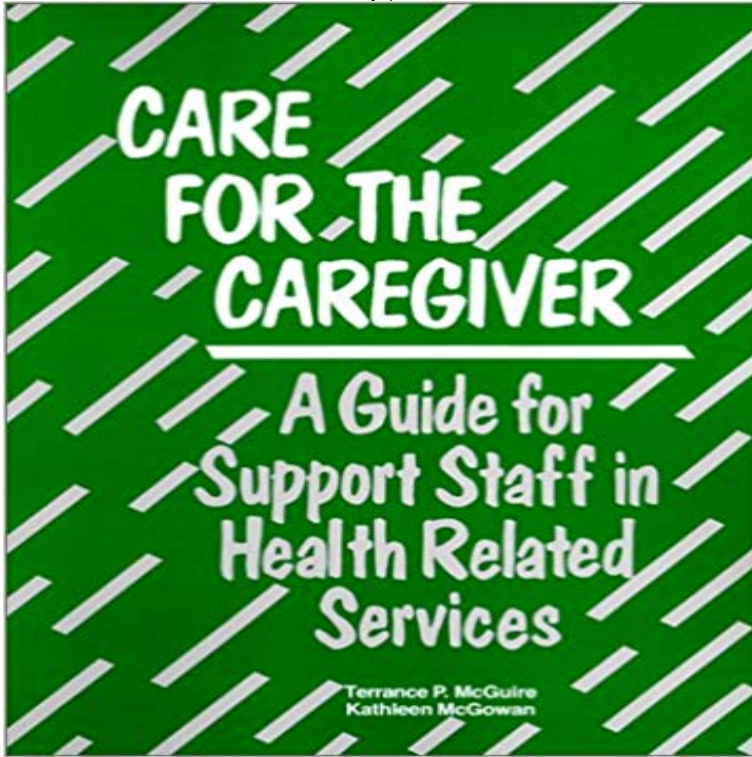


## Care For The Caregiver



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All of your emotions, good and bad, about caregiving are not only allowed, but valid and important. Many feelings come up when you are caring for someone. Caregiving is stressful work. It can be exhausting, both physically and emotionally. To be a good caregiver, first take care of yourself. Remember, it is not selfish to focus on your own needs and desires when you are a caregiver. It's an important part of the job. You are responsible for your own self-care. Focus on the following self-care practices: Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi. Project CARE (Caregiver Alternatives to Running on Empty) is the only state-funded, dementia-specific support for caregivers who take care of family members. SHE'S HAVING AN OKAY DAY today, Mr. B whispers as I enter the house. I've been working with Mr. B and his wife for almost a year. He's her primary caregiver. You need to learn ways to take care of yourself. Because if you're not taking care of yourself, you can't take care of anyone else. Fulfilling the role of a caregiver can be both challenging and stressful. Caregivers must care for themselves to remain healthy both physically and mentally. Caregivers provide help to another person in need. The person receiving care may be an adult - often a parent or a spouse - or a child with special medical needs. According to AARP and the National Alliance for Caregiving, the typical family caregiver is a 49-year-old woman caring for an older relative. An overview of palliative care for the caregiver, including how to access palliative care, how to deal with the stresses of caregiving, and how to find a caregiver. Jun 21, 2018 - Find your perfect caregiver on ! Search by rates, reviews, experience, & more! Average rate: \$12.75/hr. Match made every 2 minutes! Most provide unpaid care for other adults age 50+. The task of caregiving is enormous. Caregivers often put themselves at the bottom of the list of people who