

Caregiver Fatigue and How to Manage It

Please note: For the most current recommendations and information, please consult your physician

This document has been provided compliments of:



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Taking care of a loved one can be a hard job. It is very important that caregivers stay healthy and maintain their well-being so that they are able to continue to care for their loved one. Caregivers often suffer from fatigue as well due to the demands placed on them. There are many things that you as a caregiver can do to ensure your well-being and to decrease your fatigue.

Helpful tips for caregivers:

- Find someone you trust to share your feelings with and talk to. This can be a friend, family member, or a professional counselor.
- Set aside time for yourself. 1-2 hours a day is a good way to start so that you have time for the things that you need and may want to do. Taking care of yourself is important so that you can continue to take care of your loved one.
- Make time for daily exercise.
- Set realistic goals and know that you can not accomplish everything alone.
- Maintain your health and eat a well balanced diet.
- Give yourself adequate time to obtain a sufficient amount of rest.
- Reduce stress.
- Locate a caregiver support group. These groups can help give you tools to manage your caregiver fatigue.
- Utilize respite care services. Home health care, adult day care, and private care aides are some of the options available.

References

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