



THE SENIOR SOURCE®

## TIPS TO AVOID CAREGIVER BURNOUT



Educate yourself.  
Learn about your loved one's condition or illness.  
Ask your health professionals questions.



Nothing will be perfect and it will be okay. Just do the best you can. Access family, friends and spiritual community for respite.



Remind yourself you are not alone.  
Find yourself a support group.



Find a relaxing technique to help you at times of stress.  
Be mindful of when you need to take a break.



Set boundaries. Understand your limits.  
Have realistic expectations.



Plan ahead. Use a Caregiver App to organize your information or a binder to have all documents together.



Take care of yourself, so you can take care of your loved one.

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*"There are only four kinds of people in the world- those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers." –Rosalyn Carter*

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These tips are provided by the Caregiver Support Program at The Senior Source. For more information and support please contact the Caregiver Support Program at (214) 823-5700.