

Tips for Caregivers

~These tips were shared on the Empath Health Caregivers' Tip Board~

Caregivers Conference 2016, Saint Petersburg, FL

- Always take time at least once a month to take care of yourself
- Be thankful for being able to do God's will of being a caregiver
- Let go of the things you can't control
- Don't forget it is about love...smile
- Keep a notebook for your loved one's health and medical records
- Be a great listener
- Patience, Prayer, and Rest when you can
- Be patient
- Attend yearly Caregiver Conference
- Learn to forgive
- Seek outside resources
- Knowing there is a support is good, but USING all the forms of support is KEY! Let others help!
- Get out in sunshine and fresh air
- As a caregiver, don't take all of the independence away from your loved one; let them continue to do as much as they can for themselves.
- Let Go and Let God!
- In everything we do, we have to learn to laugh
- Crying is a release...pray, cry, and increase your faith

Karen Davis-Pritchett, Community Partnership Specialist

727-773-7638 karendavis-pritchett@empathhealth.org

Check out www.EmpathHealth.org for more information