

Stay healthy while helping others

It's easy to neglect your health and wellness while taking care of others. Taking care of yourself is important for you and can also help you better care for your loved one.



Steps to help maintain health:

1 Move. Stay physically active doing something you enjoy each day, such as a walk, gardening, or exercising with others.

2 Eat a balanced diet.

3 Get enough rest.

4 Visit your healthcare professional to help maintain your health. Discuss stress, coping, and your emotions to get connected to additional support or treatments that can help.

5 Use relaxation techniques:

- **Visualization:** Picture a place or situation that is calm or peaceful.
- **Meditation:** Ground thoughts in the present by connecting with your body and breath. Examples are at Family Caregiver Alliance: qrco.de/Caregiver_meditation
- **Breathing exercises:** Take slow, even breaths, or try “box breathing” (for each step, count for 4 seconds: hold the breath, slowly breathe out, hold the breath, slowly breathe in).

6 Learn more about caregiving for patients with dementia. These needs change as dementia progresses. Education is available at: Alzheimer's Association (alz.org) and dementiafriendsPA.org

7 Find time for yourself. Caregiving can be exhausting. Schedule time to do things you enjoy. Here are some resources that can help make that time possible:

- Pennsylvania Adult Day Centers: qrco.de/PDA_adult_daycare
- Respite care: qrco.de/Alz_respites_care
- Local Area Agency on Aging: qrco.de/PDA_AAA
- Eldercare locator: eldercare.acl.gov 800-677-1116
- Additional resources:

8 Get tools to help plan care needs.

Keeping a written record of appointments, healthcare professionals, medications, and other care needs can save you time and improve care. A tool from the CDC is available at: qrco.de/CDCCaregiver_plan



Need help with transportation?

Services are available to older adults in Pennsylvania. Learn more at: bit.ly/PDA_transportation

Learn more and take advantage of resources as care needs change.



Pharmaceutical Assistance
Contract for the Elderly



Balanced information for better care

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