

CAREGIVER SUPPORT (updated 9/2020)

Caregivers provide care to people who need ongoing assistance with everyday tasks on a regular or daily basis. It can be an ill spouse, a disabled child or an aging relative or friend. Caregiving is not easy for anyone—not for the caregiver and not for the care recipient. There are sacrifices and adjustments for everyone. Caregiving allows the person with a health condition to stay in the home for as long as they can be cared for safely and comfortably.

Taking care of yourself is one of the most important things you can do as a caregiver. Although caregiving can be rewarding, caregivers commonly report high levels of stress. Caregivers who are happier and healthier are better able to provide care. If you're feeling overwhelmed and exhausted, it becomes harder to be the caregiver you would like to be. Eating healthy foods, staying physically active, socially engaged and getting enough rest are important.

Give Yourself a Break. All caregivers need a break. Take necessary respite time to manage your own life, such as get some exercise and personal time with others you care about. Accept help from family members or friends. Ask them to visit, bring a meal, run an errand, help with house or yard work, or provide respite for you for a few hours.

Respite Care. It may be hard to imagine leaving your care recipient in someone else's care, but taking a break can be one of the best things you do for yourself - as well as the person you're caring for.

Respite care includes:

- **In-home respite.** Health care aides come to your home to provide companionship, nursing services or both.
- **Adult care center and programs.** Centers that provide care and programs for older adult participants needing care.
- **Short-term stays in facilities.** Some assisted living homes, memory care homes, and nursing homes accept residents for short stays while caregivers are away.
- **Companions.** Hired companions can spend time with the person needing care, enhancing their day with activities they enjoy.

Caregiver Support Groups. A support group can help you feel less alone and gives you a chance to exchange stories, ideas, and learn from others that understand. Listings of local support groups can be found online and through **the Community Resource for Aging 818.949.4033**, often by the disease or symptoms the person needing assistance is experiencing.

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CAREGIVER RESOURCES

Local resources designed for the caregiver journey, include:

Alzheimer's LA Call 323.938.3379 or visit www.alzheimersla.org	Provides free services which include a 24/7 hotline, care counseling, support groups, early stage programs, arts 4 ALZ and memory mornings.
Leeza's Care Connection Call 818.847.3686 or email: info@leezascareconnection.org	Located at St. Joseph's Hospital in Burbank, they have a monthly calendar of support groups, webinars and caregiver activities
USC Family Caregiver Support Center Visit www.fcscgero.org to sign up for classes and receive the monthly e-newsletters of events/activities.	Offers individual support, as well as programs designed to educate and support, such as the Stress-Busting Program.

Caregiving has us managing two lives and balancing both.