

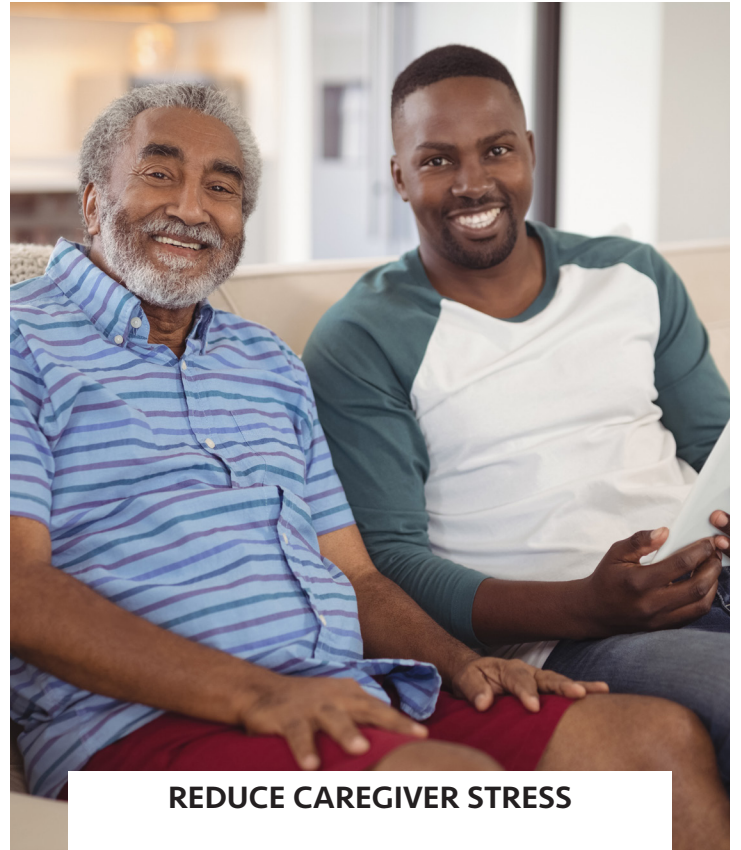


# Stress relief for caregivers

If you're the primary caregiver for a spouse, parent, or other relative, you face a tough challenge.

## HERE'S WHAT YOU CAN DO TO MAKE THE WORKLOAD EASIER:

- Set up the sickroom on the main floor, so you don't have to continually go up and down stairs.
- Purchase or rent equipment that will make caregiving easier. Examples include an electric hospital bed, an over-bed table, and a walker or wheelchair.
- Keep clean bed linens, towels, washcloths, hand lotion, drinking cups, and other supplies in or near the sickroom.
- Develop a daily routine and stick to it.



## REDUCE CAREGIVER STRESS

- Delegate some tasks to family and friends.
- Investigate community services that provide transportation, deliver meals, and provide other kinds of help.
- Find out if the cost of hiring help to care for someone at home is covered by your medical insurance provider, Medicaid, or Medicare. The Veterans Administration may be able to provide financial assistance for veterans' medical or nursing care.
- Enlist the services of a home health care agency. The social service or discharge planning department of your hospital, Social Security Administration, local agency on aging, county public health department, or your physician, can refer you to an agency in your area.
- Take care of your own health and well-being, too. Eat well. Get regular activity. Get enough sleep. Stay up to date with health screenings. Find ways to manage stress. Stay socially connected with friends and your community.