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Caregiving Support Tips

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Caregiving can be a truly rewarding experience, but it can also be demanding and time-consuming. Below are caregiving support tips to help you avoid burnout and to stay sane:

- 1. Ask others for help.** Start with family and friends. Keep less engaged family members informed. Set up a family conference, seek suggestions and talk about disagreements.
- 2. Learn about your loved one's condition.** Research specialists and seek information and guidance.
- 3. Tap local, state and national resources.** Find help with transportation, nutrition or day care.
- 4. Take time away from caregiving.** Listen to some relaxing music. Visit with friends, plan leisure activities. Read a book or a magazine that you enjoy. Do deep breathing and meditation.
- 5. Speak to a counselor or attend a support group.** A counseling professional can help you understand your situation. Groups can help explain your loved one's condition and provide emotional and moral support.
- 6. Call your EAP.** We can help you find caregiving resources and connect you with counseling for support. For more information, Contact Cascade EAP:
Call: 800.433.2320
Text: 503-980-1777
Email: info@cascadecenters.com

Connect with us



Cascade Centers

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