

MAKE YOURSELF A PRIORITY, TOO:

[TIPS FOR CAREGIVERS]

Nearly
15 million
Americans provide
unpaid care
to an older adult.



National Health and Aging Trends Study, 2011



Caregivers who provide substantial care are more likely to have **physical & emotional health problems.**¹

National Health and Aging Trends Study, 2011

¹ Substantial care refers to involvement in health care activities, including care coordination and medication management.

Take care of yourself.

It is one of the most important things you can do as a caregiver.



Ask for help when you need it.

Spend time with friends.



**Join a support group—
in person or online.**

Take breaks each day.



Keep up with hobbies.

Use these tips, and learn more about
caregiving at www.nia.nih.gov/caregiving.



National Institute
on Aging