

Resources

AoA National Eldercare Locator
1-800-677-1116 www.eldercare.gov

AoA's Caregiver Website:
www.aoa.gov/carenetwork

AoA' Alzheimer's web site:
www.aoa.gov/alz

State Units on Aging:
www.aoa.gov/aoa/pages/state.html

Local Area Agency on Aging:
Eldercare Locator or your local
telephone directory

Family Caregiver Alliance:
www.caregiver.org

National Alliance for Caregiving:
www.Caregiving.org

Alzheimer's Association: www.alz.org

National Family Caregivers Association:
www.nfcacares.org

AARP: www.aarp.org



**Area Agency on Aging
Information and
Assistance (I&A)
1-580-562-4882
1-800-627-4882**

Senior Info Line

**South Western Oklahoma
Development Authority**

P.O. Box 569
Bldg. 420 Sooner Drive
Burns Flat, Oklahoma 73624

Phone: 580-562-4882
1-800-627-4882
Fax: 580-562-4880
www.swoda.org

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**Caregiver
Survival
Tips**



South Western Oklahoma Development Authority

Caregiver Survival Tips

1. **Plan Ahead:** As a caregiver it is important that you learn about medical, financial and legal issues. Talk with the person you are caring for about these issues even though it may be difficult, but it is crucial in planning for the future.
2. **Learn About Available Resources:** Contact your local area agency on aging, county social services office, or senior center for more information on respite care, meal delivery, transportation services, and adult daycare centers.
3. **Take One Day at a Time:** Remember that there is no one way to care for a person. Each person has different needs. Every day will be different, but a sense of humor can help you deal with the emotional ups and downs.



4. **Develop Contingency plans:** Find out about a Durable Power of Attorney for health care and finances. These give you the legal right to make decisions if your loved one cannot. You may also need to know about income, bank accounts, wills, and insurance policies.
5. **Accept Help:** Care giving is a full-time job. Write out a list of things you can use help with so if someone offers help, they can choose a job from the list. When people do offer to help, don't be afraid to accept it- no one can do it by themselves.
6. **Make Your Health a Priority:** Be sure to take care of yourself as well as you do your loved one. The healthier you are, the better care you will provide.
7. **Get Enough Rest and Eat Properly:** Be sure to eat well and exercise. Rest is also important- don't be afraid to say you need a break.

8. **Learn as Much as You Can:** Get information about the person's illness, disease, or condition. Talk to a health care provider, read books or search the internet. Learning to care for another person can take practice and special skills.



9. **Share Your Feelings:** You may feel overwhelmed at times, and it is good to get those feelings out. You can find support from a support group, friends and family members, or other caregivers.
10. **Caregiving is not an easy job... but it can be very rewarding!**

