



Friends of St. John the Caregiver

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www.FSJC.org • www.YourAgingParent.com • www.CatholicCaregivers.com

Tips for the Caregiver

- ___ Be aware of the presence of God and nourish your spiritual life.
- ___ Plan ahead. Don't wait for a crisis.
- ___ Don't panic.
- ___ Be creative. If your first solution doesn't work, find a new one and try again.
- ___ Get reliable information about your parent's illness and be aware of any emotional issues.
- ___ Learn about your role as a caregiver and improve your skills.
- ___ Practice new coping strategies for the particular challenges you face in caring for your parent.
- ___ Find your family's strengths and work together.
- ___ Accept offers of informal support from your family, friends, and parish community.
- ___ Respect yourself and set limits.
- ___ Take care of yourself with rest, good nutrition, exercise, and some time off.
- ___ Access the formal support of social services in your community.

Follow the advice of St. Francis of Assisi:

**"Start by doing what's necessary, then what's possible,
and suddenly you are doing the impossible."**