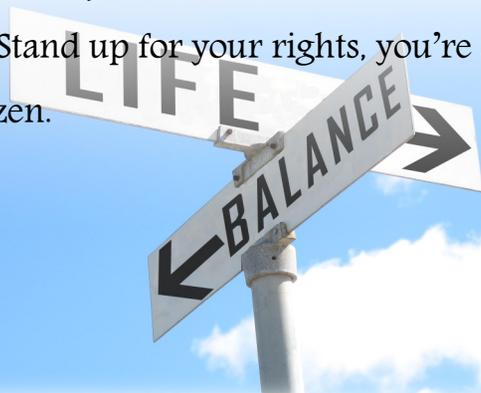


TEN COMMANDMENTS FOR CAREGIVERS

1. Reward yourself, you deserve it.
2. Be alert, watch out for depression.
3. Accept offered help, it's good for you.
4. EDUCATE yourself about everything in your new life.
5. Be open to suggestions and new ideas.
6. Trust your instincts, mostly they'll be right.
7. Be good to yourself, your body strength is necessary.
8. Dream new dreams, experience your loss, but dream again.
9. Seek support, it's most important to know you're not alone.
10. Stand up for your rights, you're a citizen.



ABOUT US..

Aging and Adult Care of Central Washington (AACCW) is a non-profit agency dedicated to helping people maintain a life of choice and independence as they age and deal with the challenges of disability. AACCW offers a host of services for seniors, disabled adults, and families in Adams, Chelan, Douglas, Grant, Lincoln and Okanogan Counties.

AGING &
ADULT CARE
of Central Washington

If you have any questions or would like additional information please feel free to contact us at:
1-800-572-4459

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FAMILY CAREGIVER SUPPORT GROUPS



Giving and
Receiving
Support

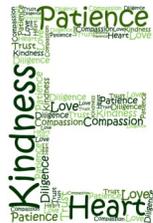
PREVENTING CAREGIVER BURNOUT

Where to get help:

- Family, friends and neighbors.
- Caregiver support groups.
- Talk about your problems and difficulties.
- Listen to others difficulties.
- Both give and get help and encouragement.
- Most importantly, discovering you're not alone.

Taking care of yourself:

- Do the things you enjoy.
- Pamper yourself.
- Eat well and exercise.
- Laugh a lot.
- Keep a journal.



SEVEN DEADLY BURNOUT WARNINGS

- You have no energy.
- You catch every illness in the area.
- You're always exhausted.
- You begin to self-neglect.
- You have trouble relaxing.
- You become more impatient in general.

WHAT WE CAN *EXPECT*

- More energy
- Feel better
- Joy for living- A self "Way To Go" system

We all need to ask ourselves the Questions...

- How do I feel? - Awareness
- What do I need? - Assessment
- Do I need support? - Planning

SUBJECTS FOR *DISCUSSION*

- Physical Condition - your health.
- Psychological & Emotional Health -how to address this issue.
- Spiritual Life - can this give you help?
- Intellectual - what can you do to learn about what you are doing?
- Financial - what happened to the caregivers income?
- Social - how do we maintain our social life?
- Family - what happens after my recipient becomes ill?
- Occupational - some of the same

