

# Caregiver Tip Sheet

**It's one thing to gear up for a short-term crisis, but it takes different skills to provide care over a longer period of time. It is easy to become overwhelmed as a caregiver.**

**Here are some steps that can help:**

- Identify yourself as a caregiver ([Caregiver Self-Identification Tool](#))
- Get a diagnosis of your loved one's health condition, learn about the condition, and what you can expect
- Learn what specific skills you might need to care for someone with this diagnosis
- Talk about finances and healthcare wishes  
Complete legal paperwork, e.g. Durable Powers of Attorney, Advance Directives
  - [Walk-In Wednesday](#)
- Bring family and friends together to discuss care and keep them up to date on the current situation
- Identify resources -- both personal and in the community
  - [Capital Area Memory Café](#)
  - [Caregiver Café](#)
  - [ServiceLink](#)
- Discuss your situation with your primary health provider
- Remember, YOU ARE NOT ALONE

**Most importantly, taking care of yourself is as important as taking care of someone else.**

**Some things to remember:**

- You cannot be perfect
- You have a right to all of your emotions
- Set realistic expectations - for yourself and your loved one
- Learn the skills you can and cannot perform: Learn to say "no" to things you cannot do
- Learn to accept help from others
- Build resilience AND identify your button-pushers/stressors
- Identify your coping skills

**Powerful Tools for Caregivers** --is a nationally recognized program that provides family caregivers with tools to increase their self-care and confidence. While classes have an educational focus, participants give and receive much-needed support through the sharing that occurs. For more information, call 224-4093, ext. 5815 or visit [www.crvna.org](http://www.crvna.org)