



I'm a Caregiver...Now What?

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Where's My Orientation or On-The-Job Training????





Agenda

- The Many Faces of Caregiving
- What To Do Early On
- Respite Care
- Self-Care
- CaregiverU Classes

The Faces of Caregiving





What To Do Early On...

- Get Organized
- Create a Routine
- Identify Some Respite Care Options



Get Organized!

- Learn About Disease
- Create a Binder
- Legal Forms



**Keep Calm
and
Get Organized**



Create a Routine

- Consistency
- Feeling of Security for Care Recipient





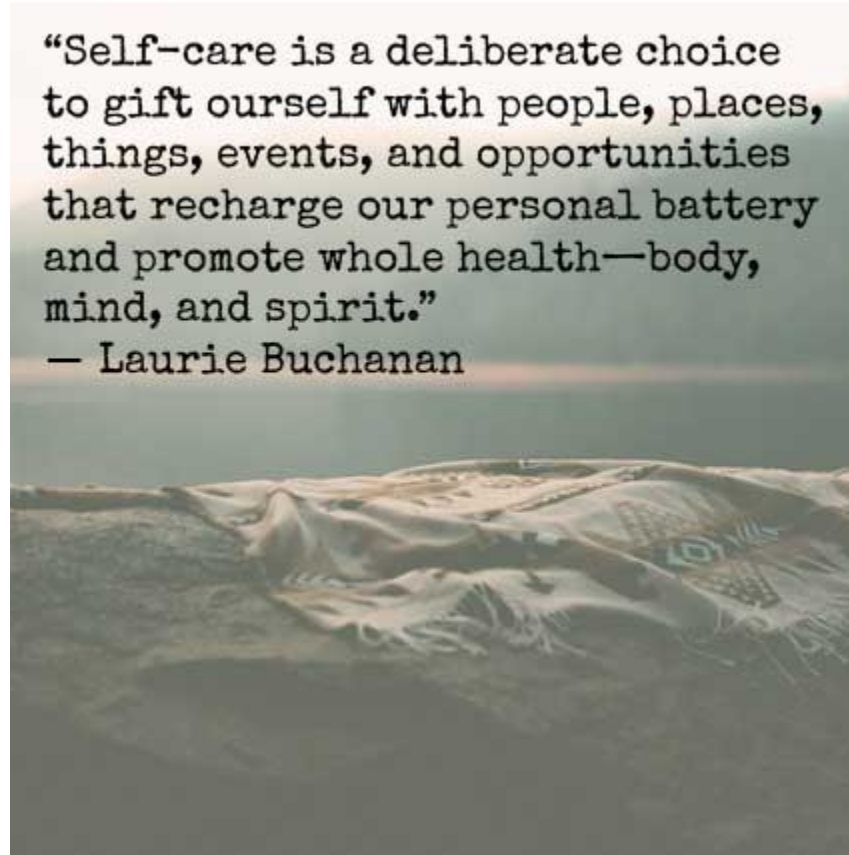
Establish Respite Care Options

- In-Home Care
 - Paid Care
 - Agency
 - Individual
 - Family/Friend/Neighbor
- Out-of-Home Care
 - Adult Day Centers
 - Social Respite Groups
 - Assisted Living/Memory Care Facilities

Self Care...It's Not Selfish!!

“Self-care is a deliberate choice to gift yourself with people, places, things, events, and opportunities that recharge our personal battery and promote whole health—body, mind, and spirit.”

— Laurie Buchanan





Don't Forget YOU!

- General Health Care
- Ask for Help
- Take a Break
- Join a Support Group
- CaregiverU Classes





Thank you!
Any Questions?

