I’m a Caregiver...Now What?

Lori Hill, CaregiverU Program Associate
AGE of Central Texas
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
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 ourself 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?