

Self-Care for the Caregiver

1. Create a [routine](#) (rest when your care recipient rests)
2. Give yourself 15-minute breaks to do something you enjoy by utilizing the time your care recipient is sleeping or otherwise engaged. That engagement can include setting up an activity for the person, or by asking someone to be on the phone with the person for that time. To provide an activity that will engage the person for 15-minutes, consider what the person is capable of doing and the person's interests. AGE of Central Texas has created a list of activities and resources that are available on the AGE website at <http://www.AGEofCentralTX.org>

Tips for creating an activity for a person with dementia:

- Consider what the person is capable of doing
 - Decide if the task will fit their current interests or in the past
 - Set up the activity and use support to get them started
3. Use guided meditation videos: <https://www.caregiver.org/relaxation-caregivers-series-english>
 4. Do a 10-minute exercise break: [Tai Chi for Beginners](#) [Chair Exercises](#)
 5. Think of 3 things that you are thankful for, no matter how small.
 6. Schedule a coffee date with someone, either via the phone or virtually.
 7. Do a 10-minute unplug without phones or screens. Sit outside, listen to soft music, or light a candle and relax.
 8. At mealtimes, sit down, and really enjoy your meal. Stay hydrated.
 9. Take care of chronic conditions by taking medications exactly how prescribed, monitoring blood pressure if necessary and getting the sleep you need.
 10. Use positive affirmations. We really do believe what we say to ourselves. Be kind to yourself as you would to a much-loved friend.
 11. Sharing your feelings is an important part of caring for yourself. If you need to talk, call a trusted friend or family member with whom you feel comfortable sharing your feelings. If needed, there are also hotlines available for caregivers to call with questions or concerns:
 - Caregiver SOS www.caregiversos.org; Phone:1-866-960-649
 - [Caregiver Action Network Help Desk](#); 855- 227-3640 Monday through Friday from 7 a.m. to 6 p.m. CST
 - Alzheimer's Foundation of America at 866-232-8484 or the Alzheimer's Association of America at 800- 272-3900