

# 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
- Get Organized
- Create a Routine
- Establish Respite Care Options
- Self-Care

# The Faces of Caregiving

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## Get Organized!

- Learn About Disease
- Create a Binder
- Legal Forms
- Safety



Keep Calm  
and  
Get Organized



# Create a Routine

- Consistency
- Simplifies decision making
- Feeling of security for your care receiver
- Improve sleep schedule



# 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





General Health  
Care



Ask for Help



Take a Break

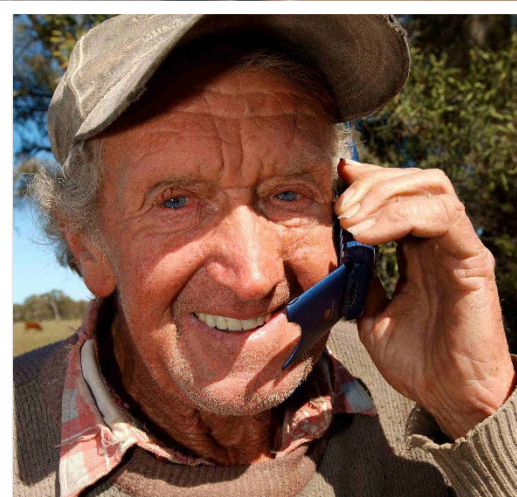


Join a Support  
Group



CaregiverU  
Classes

**Don't Forget YOU!**



Thank you!  
Any Questions?

