MAKE YOURSELF A PRIORITY, TOO:
[ TIPS FOR CAREGIVERS ]

Nearly **15 million** Americans provide **unpaid care** to an older adult.

Caregivers who provide substantial care are more likely to have **physical & emotional health problems.¹**

¹Substantial care refers to involvement in health care activities, including care coordination and medication management.

Take care of yourself.
It is one of the most important things you can do as a caregiver.

Ask for help when you need it.
Spend time with friends.

Join a support group—in person or online.

Take breaks each day.

Keep up with hobbies.

Use these tips, and learn more about caregiving at www.nia.nih.gov/caregiving.