

# MAKE YOURSELF A PRIORITY, TOO:

[ TIPS FOR CAREGIVERS ]

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



*National Health and Aging Trends Study, 2011*



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

*National Health and Aging Trends Study, 2011*

<sup>1</sup> Substantial 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](http://www.nia.nih.gov/caregiving).



National Institute  
on Aging