

Caregiving 101 Tips
Autonomy & Self-Esteem: Part 5
Rebuilding Self-Esteem: Caregivers

Caregivers must also make sure that they have opportunities to renew their own sense of self-esteem. If the caregiving becomes too much of a burden, hire someone or invite a relative to take care of the elderly person for a few days and leave for a mini-vacation. Take time each day to do something you enjoy: ■ read a book ■ go for a walk or run ■ go out with and talk to friends ■ attend a movie, play or the opera.

You can't take care of someone else well unless you also take care of yourself.

More information on this topic is in our web site: <http://www.lcsnw.org/library.html>.

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