

Caregiving 101 Tips *Assuming The Role of The Caregiver*

GET HELP EARLY—caregiving assistance, counseling, financial advice, support groups.

INVOLVE ALL FAMILY MEMBERS in the caregiving process.

EDUCATE YOURSELF about aging and disease.

RESPECT the dignity of your parent.

RECOGNIZE YOUR OWN EMOTIONS, and those of your parent.

ACKNOWLEDGE YOUR NEED to care for yourself and your own family first.

FORGIVE YOUR PARENT for not being perfect—and for not being in control.

FORGIVE YOURSELF for your perceived inadequacies or emotions.

ACCEPT THE CHANGING ROLES and circumstances.

COMMUNICATE—with your parent first, then with siblings, doctors, friends.

ALLOW as much independence as possible.

KEEP ACCURATE RECORDS of your elder's health, finances (keep receipts!), and legal matters.

More information on this topic is posted in our Resource Library: <http://www.lcsnw.org>.

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