



MINNESOTA

**Brain Injury
Alliance**

Engaging Communities. Improving Lives.

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Tips for Family Caregivers

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1. Choose to **take charge** of your life, and don't let your loved one's illness or disability always take center stage.
2. Remember to **be good to yourself**. Love, honor and value yourself. You're doing a very hard job and you deserve some quality time, just for you.
3. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
4. When people offer to help, **accept the offer** and suggest specific things that they can do.
5. **Educate yourself** about your loved one's condition. Information is empowering.
6. **There's a difference between caring and doing**. Be open to technologies and ideas that promote your loved one's independence.
7. **Trust your instincts**. Most of the time they'll lead you in the right direction.
8. Grieve for your losses, and then allow yourself to **dream new dreams**.
9. **Stand up for your rights** as a caregiver and a citizen, especially when dealing with public agencies.
10. **Seek support** from other caregivers. There is great strength in knowing you are not alone.

National Family Caregivers Association (NFCA) is the only national, charitable organization dedicated to making life better for all of America's family caregivers. Through its services in the areas of information and education; support and validation; public awareness and advocacy, NFCA strives to minimize the disparity between caregiver's quality of life and that of mainstream Americans. They can be located at www.nfcares.org