

## Your Health and Safety Matters!



Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones.

**November is National Family Caregivers Month**  
and this year's theme is "Caregiving Around the Clock."



- **1. You're not alone.**
- **2. Your work is valuable.**  
The value of the [unpaid care](#) these 65 million caregivers provide is estimated to be worth \$375 billion. (*National Alliance for Caregiving and Evercare, 2009*)
- **3. You are America's #1 long-term care provider.**  
Family caregivers provide a staggering 90% of long-term care in America. (*Institute of Medicine, 2008*)
- **4. Caregiving is costly.**  
Nearly half of working caregivers report that caregiving expenses have depleted most — or even all — of their savings. (*National Alliance for Caregiving and Evercare, 2009*)

- **5. You have to care for yourself first.**

If you're not keeping yourself healthy and happy, it's doubtful that you will be able to do your best for your loved one. Review the [caregiver's bill of rights](#) and remember to take care of yourself.

- **6. Knowledge and spirituality can make your job easier.**

- **7. You have someone to talk to.**

Caregiver support groups meet throughout the United States. There are many online support groups and forums for caregivers.

- **8. You can take a break.**

Just because you've committed to caring for a loved one doesn't mean you can't take a break. [Respite care](#) is short-term care, lasting anywhere from a few hours to a few weeks, that can be provided at a local senior community or even in the home. [Adult daycare](#) is another similar option.

- **9. You have limits.**

Despite the demonstrated strength and perseverance of family caregivers, each of us has limits. It's important to recognize when our loved one has declined to a point that professional care is the best option.

- **10. Help is available.**

Consider using services such as "Meals on Wheels" or similar, County Senior Ride Services or similar, Senior Help Groups or similar will help balance your time required and also consider consulting a Senior Living Advisor or similar well before your parent or loved one reaches a need for full time care threshold.

## Caregiver Tips for Beating Stress

Focusing on the rewarding aspects of caregiving can also help you beat caregiver stress. We've compiled a short list of tips for getting in touch with positive emotions and fighting stress, gathered from the [Family Caregiver Alliance](#):

- **Learn to recognize warning signs of stress and frustration.**
- **Practice physical and mental relaxation techniques.**
- **Rethink a difficult situation objectively.**
- **Find your "why" and remind yourself of it.**
- **Don't be afraid to ask for help.**

### Family Caregiver Alliance

#### *National Center on Caregiving*

(415) 434-3388 | (800) 445-8106

Website: [www.caregiver.org](http://www.caregiver.org)

Email: [info@caregiver.org](mailto:info@caregiver.org)

FCA CareNav: <https://fca.cacrc.org/login>

Services by State: [www.caregiver.org/connecting-caregivers/services-by-state/](http://www.caregiver.org/connecting-caregivers/services-by-state/)

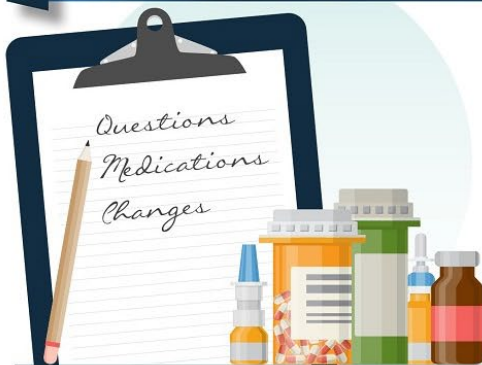
Family Caregiver Alliance (FCA) seeks to improve the quality of life for caregivers through education, services, research, and advocacy. Through its National Center on Caregiving, FCA offers information on current social, public policy, and caregiving issues and provides assistance in the development of public and private programs for caregivers. For residents of the greater San Francisco Bay Area, FCA provides direct support services for caregivers of those with Alzheimer's disease, stroke, traumatic brain injury, Parkinson's, and other debilitating disorders that strike adults.

# Tips for Caregivers

## How to Communicate with your Care Recipient's Doctor



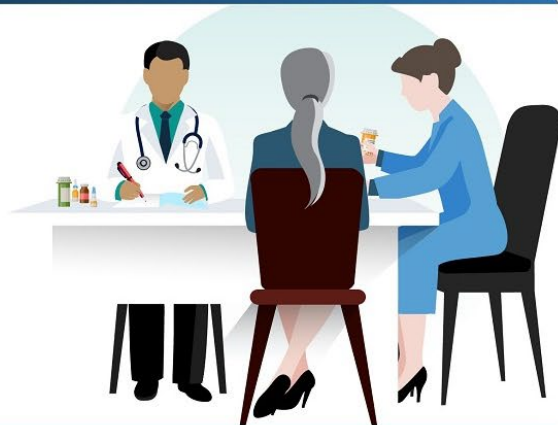
### 1 BEFORE



- **Write** down questions or concerns about their health or care plan
- **Create** a current medications list
- **Note** any changes with their routine, behavior, and health

### 2 DURING

- **Get** answers and **ask** clarifying questions
- **Take** notes to refer to later
- **Review or develop** a care plan and update the list of current medications
- **Discuss** behavioral and health changes, include care recipient
- **Allow** care recipient to openly express their opinions



### 3 AFTER



- **Review** appointment notes
- **Call** the doctor to clear up any questions
- **Update** care plan
- **Discuss** the doctor's visit and changes to the care plan with your care recipient

Your role as a caregiver is important, learn more [www.cdc.gov/aging/caregiving/index.htm](http://www.cdc.gov/aging/caregiving/index.htm)



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@CDCChronic | [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease)

Valuable Resources for Caregivers:

<https://www.caregiver.org/caregiver-statistics-health-technology-and-caregiving-resources>

<https://www.cdc.gov/features/caregivers-month/index.html>

<https://www.caregiver.org/caregiver-statistics-demographics>

**Special Announcement!**  
**CREBPT – Kaiser Open Enrollment is Extended!**

**[Click Here for Information](#)**

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