



## ***Providing Care for Someone in Need is an Act of Kindness***

There are many different types of caregiver situations. You may be taking care of an aging parent or a handicapped spouse. Or perhaps you're caring for a child with a physical or mental illness. But whatever your particular circumstances, you're facing a challenging new role.

The good news is that you don't have to be a nursing expert, a psychologist or a saint. With the right help and support, you can be a good caregiver without having to sacrifice yourself in the process.

- **Learn as much as you can** about the person you are caring for, their particular illness, and what the best care will be for them. The more you know, the less anxiety you'll feel and the more effective you'll be.
- **Seek out other caregivers.** It helps to know you're not alone. It's comforting to give and receive support from others who understand what you're going through. A caregivers support group is a good place to start.
- **Trust your instincts:** Don't ignore what doctors and specialists tell you, but listen to yourself, too.
- **Encourage your loved one's independence.** Caregiving does not mean doing everything for your loved one. Be open to technologies and strategies that allow them to be as independent as possible. Inquire about at home monitoring systems such as Lifeline and Telehealth service
- **Know your limits.** Be realistic about how much of yourself you can give. Set clear limits, and communicate those limits to doctors, family members and other people involved.

New Milford VNA & Hospice offers a Caregiver Support Group as well as  
Lifeline and Telehealth services

For more information visit [newmilfordvna.org](http://newmilfordvna.org) or call 860 354-2216.