

FINDING TIME FOR YOU

Effective Self-Care in Busy Lives

Caregivers consistently emphasize that the best care you can give your loved one is your own self-care.

And where do you find the time?

Many caregivers have found time by choosing to be a “good enough” caregiver vs. being a “perfect” one. This strategy can happen without compromising quality of care.

Other caregivers have found that asking for and accepting help is an effective strategy.

Here are three other ideas -

- Change **when** you do favorite things. Your former daily routines are often changed by caregiving needs. You may need to pick a new time or day to do your favorite activity.
- Change **where** you do favorite things. Before you give up your lunch with friends, think about having your friends bring lunch to your home. If possible, arrange to have someone sit with the person you are caring for.
- Change the **length** of your favorite thing. A quick walk around the block will never replace the long walks you once enjoyed. However, that quick walk can help give you enough of a break to come back feeling recharged.

Snohomish County Caregiver Support Program

To make an appointment please contact a Caregiver Specialist:

Senior Services: (425) 290-1240

Alzheimer’s Association: (206) 363-5500

Stillaguamish Senior Center: North County: (425) 248-5276

Stillaguamish Senior Center: East and South County: (425) 248-5156

