

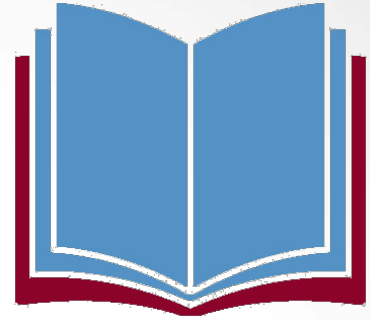


# Elder Care at Home

## Caregiving 101: Becoming a Family Caregiver

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At what point do you become a family caregiver? Sometimes, you may not even realize the new role you're adopting. Once you recognize that you are taking on some caregiving responsibilities, it is good to know what steps to take to care for your loved one as effectively as possible.



### *Common Qualities of Family Caregivers*

- You are generally providing care without pay and respond to situations all day
- You plan for your loved one and transport them to various appointments and meetings
- You help your loved one get dressed, bathe, and take medicine
- You may start handling your loved one's personal finances and legal affairs
- You may help around the house with chores like cooking, cleaning, and doing laundry

### *Steps to Take for Family Caregivers*

- Learn about your loved one's diagnosis—understanding what your loved one is going through is the first step to empathetic and effective care.
- Learn about the kind of caregiving you need to do—there are different kinds of care that you should provide depending on what kind of condition your loved one is in. It may be helpful to talk to a doctor to find additional resources.
- Find yourself support, whether it is familial, financial, or psychological—it is important that you have somebody or something to rely on so you can continue devoting energy and time to caregiving.
- Find resources—these resources can include caregiving services around the community, support groups, medical advice, etc.
- Talk to your loved one about finances and their personal wishes/desires.
- If necessary, complete legal paperwork, like determining if you will be Power of Attorney.

Also, [don't forget to care for yourself](#). Caring for yourself includes eating healthy, exercising, sleeping, and socializing. Be mindful of your limitations, whether these limitations are emotional, physical, or temporal. As a caregiver, it is very easy to "burn out." Do not be afraid to decline doing certain tasks if you think it will negatively impact your own psychological, emotional, and physical wellbeing. Preserving your own health not only benefits you, but your loved one since you are more likely to better care for them if you are healthy.

AHCA Nurse Registry # 30211002

**(561) 585-0400 | [www.ElderCareatHome.org](http://www.ElderCareatHome.org)  
[info@eldercareathome.org](mailto:info@eldercareathome.org)**