



Morristown
Medical Center
ATLANTIC HEALTH SYSTEM

Leo Buscaglia
Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.



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CAROL G. SIMON CANCER CENTER

ATLANTIC HEALTH

10 Tips...

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ATLANTIC HEALTH

if you are caring for a loved one

1 Caregiving is a job and respite is your earned right. **Take time** for yourself and don't feel guilty about it. **Reward yourself** with respite breaks often.

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2 **Watch out** for signs of depression, and don't delay in getting professional help when you need it.

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3 When people offer to help, **accept the offer** and suggest specific things that they can do.

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4 **Educate yourself** about your loved one's condition and **be a partner** in healthcare decisions. Attend medical appointments and don't be afraid to ask questions.

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5 There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.

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6 **Trust your instincts.** Most of the time they'll lead you in the right direction.

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7 Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**

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8 Grieve for your losses, and then allow yourself to **dream new dreams.**

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9 **Seek support** from other caregivers. There is great strength in knowing you are not alone.

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10 **Stand up for your rights** as a caregiver and a citizen.

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