

10 Tips for Family Caregivers (American Stroke Foundation)



1 Seek support from other caregivers. You are not alone!



2 Take care of your own health so that you can be strong enough to take care of your loved one.



3 Accept offers of help and suggest specific things people can do to help you.



4 Learn how to communicate effectively with doctors.

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5 Be open to new technologies that can help you care for your loved one.



6 Watch out for signs of depression and don't delay getting professional help when you need it.



7 Caregiving is hard work so take respite breaks often.

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8 Organize medical information so it's up to date and easy to find.



9 Make sure legal documents are in order.



10 Give yourself credit for doing the best you can in one of the toughest jobs there is!

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CAREGIVER ACTION NETWORK CAN

CaregiverAction.org

Caring for someone after a Stroke or other long-term illnesses can be exhausting and difficult. Becoming a caretaker is not an easy task, but it is important to know that you must take care of yourself before you can care for others. There are many resources out there to help cope with the process including support groups, therapy, and community resources.



B

loss of Balance or coordination



E

trouble seeing out of one or both Eyes



F

Facial weakness



A

Arm weakness



S

Speech difficulty



T

Time to call 911

For more resources and education for Stroke Survivors and their Caregivers/Families please got to the American Stroke Foundations website at www.americanstroke.org or scan the QR Code.



AMERICAN STROKE FOUNDATION

