

# Top 9 Things Family Caregivers Must Do

## Top 9 things family caregivers must do:

1. Take care of your own health first so you can best take care of your loved one.
2. Learn about your relative's health problems and medications.
3. Find a doctor who will help you manage your relative's health.
4. Organize health and financial records. Have Living Will, Health Representatives and Power of Attorney documents in place.
5. Keep emergency numbers and medication information on your refrigerator, in your wallet and in your car.
6. Modify the home for safety and independence.
7. Accept offers of help. Find at least one other person to be a back-up and support for you.
8. Join a caregiver support group.
9. Keep a positive attitude and try to find humor in daily challenges.



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