

## The Ulliance Top 5 Tips for Caregivers

1. Know your limitations.
2. Assess what your loved one's needs are.
3. Determine what assistance your loved one will allow.
4. Obtain resources – Ulliance can help!
5. Enlist the help of others.

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anytime, anywhere.



## Who Cares For the Caregiver?

The simple  
act of  
caring is  
heroic.

– Edward Albert



Anyone who has ever provided long-term care for a loved one knows the emotional toll of such a responsibility. Even providing short-term care or simply being involved in the care of a loved one who is in need can be alternately rewarding and exhausting, profound and difficult.

As a caregiver, it is critically important that you take time for yourself. Ever flown on an airplane before? Remember that part of the flight attendant safety demonstration when they talk about oxygen masks and they say, "Put your oxygen mask on first before helping the person next to you"? This is a great metaphor for caregivers – if you are not taking care of yourself, you cannot take care of someone else. Do not be afraid to ask for help. Do not be afraid to talk about how overwhelmed you may be feeling.

Are family and friends just not hearing you? Do your responsibilities as a caregiver get in the way of your old friendships sometimes? This is where a counselor can be of great help. A counselor is an ally who is also objective and not personally involved in your circumstances. They can be a great sounding board, an effective advocate, and they may even be able to provide tips and tools you hadn't thought of before to help and support you while providing care. Call your Life Advisor Employee Assistance Program today and we can help you find a counselor that's right for you. Remember, the Life Advisor EAP services are free and confidential.