



Brought to you by the Holy Family Health Ministry

**November is National Family Caregivers Month**



National Family Caregivers Month is a time to recognize, honor, and celebrate family caregivers by:

- Raising awareness of family caregiver issues
- Celebrating the efforts of family caregivers
- Increasing support for family caregivers

Family caregivers need you! If you know someone who is caring for an ailing loved one, be open and intentional about offering support.

This could mean:

Doing a household chore, providing a meal, making a grocery run, or lending an empathetic ear. Most importantly, offer them grace and flexibility when with them at work, church, or family gatherings.



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If you are a Family caregiver, it is important that you take care of yourself!



Seek support from other caregivers. You are not alone!



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



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



Learn how to communicate effectively with doctors.

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



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



Caregiving is hard work so take respite breaks often.

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



Make sure legal documents are in order.



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

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CaregiverAction.org

Do not neglect to do good and to share what you have; God is pleased by sacrifices of that kind. -Hebrews 13:16

