

MACAB Caregiver Tip Sheet

SelfFULL Care for the Caregiver



Dawnita Brown

Founder, The Binti Circle & Hey Caregiver!®

Caregiver to Both Parents | Certified Caregiving Consultant
Memory & Aging Community Advisory Board Member

1

Rest in the care, not just after it.

Don't wait until you're running on fumes to care for yourself. Get your rest. Breathe. Create small rituals that ground you. Find or design your happy place and go there often.

Say yes to help.

You don't have to carry it all. Let people show up for you. Accepting help doesn't mean you're not capable. It just means you're not doing this alone. Build your circle. Lean on your village.

2

3

Remember who you are.

You were somebody before caregiving, and you still are. Don't lose sight of what brings you joy. Discover or return to the things that make you feel most like yourself.

Be selfFULL.

The sweet spot between selfless and selfish. Prioritize what fills you up emotionally, physically, and spiritually so you're better equipped to provide care. Being selfFULL may mean finding something you and your person both enjoy and doing it together—that connection is care, too.

4