

# MACAB Caregiver Tip Sheet

## Holistic Tips for Caregivers



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### Never be afraid to ask for help

*Trying to be a superhero and taking on everything will burn you out. Create a team of family members to help with tasks.*

### Take 15 minutes, daily

*Every morning, take 15 minutes to yourself: exercise or read to refresh your mind. (Dancing around the house can be exercise!)*

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### Maintain emotional connections

*Find fun ways to connect with your loved one on an emotional level. For example, listening to music can be a great way to connect.*

### Practice patience and flexibility

*When you feel yourself getting frustrated, take a deep breath and briefly step away. Be flexible with deviations in schedule, and don't expect things to go the same way everyday.*

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