

Rewards of Caregiving



DELORO

caregiver resource center

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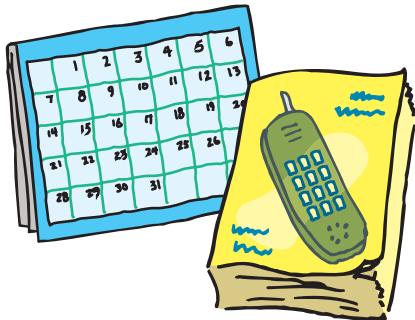
916-728-9333

www.deloro.org

Being a caregiver can be challenging and stressful. But caregivers also describe their role as very meaningful. Here are a few of the many rewards that you may experience when caring for a loved one.

You may gain new skills.

- ✓ You may learn to be more organized and to plan ahead.
- ✓ You may learn to speak your concerns and needs more clearly.
- ✓ You may discover strengths and skills you did not know you had.



You may develop new and lasting friendships.

- ✓ You accomplish more and feel less alone when you connect with others who face the same challenges.
- ✓ Caregivers benefit by sharing their concerns, information and solutions with others.
- ✓ To find caregiver support groups, call your local social service, senior citizen agencies or faith community. Join or create an online support or discussion group.

You may learn to find joy in small pleasures.

- ✓ Sharing meals, walks or sunsets can give you precious time for talking, laughing and getting to know more about each other.
- ✓ You have the chance to build memories that will last a lifetime.



Caregiving offers you a chance to give back to someone important in your life.

- ✓ Caring for others:
 - Can renew or heal your relationship with the person.
 - Can boost your own spirits.
 - Can help family members bond as they share caregiving tasks.
 - Is a value we can model for others, including our children.



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You can learn about yourself and your limits.

- ✓ You cannot do everything for another person. But you can learn to ask others for help.
- ✓ Family, friends, neighbors, volunteers and professional caregivers can help with caregiving tasks such as:
 - Dressing, transportation, feeding, medical or personal care.
 - Grocery shopping, housework and meal preparation.
 - Providing you respite, or time off.
- ✓ Senior centers and adult day centers can offer daytime respite.
- ✓ Some assisted living and nursing facilities offer short-term overnight stays to give caregivers a break.



You can learn about taking care of yourself too.

- ✓ Taking care of your needs is an important aspect of caring for another. Your ability to give care is only as good as your health allows.
- ✓ Make sure you are eating well, getting enough rest, physical activity, and emotional support.
- ✓ See your health care provider regularly.
- ✓ Arrange for respite so that you can stay healthy too.

Caregiving is an opportunity.

- ✓ To say:
 - Thank you.*
 - You are valuable to me.*
 - I love you.*
 - I care about you.*
 - I will be here for you.*
- ✓ To help someone as you would wish to be helped.
- ✓ To be useful and appreciated.
- ✓ To help maximize the person's independence and dignity.
- ✓ To be there as a caring companion.



To find information about support groups and services in your area, consult your local phone book or search online. You can also call the Eldercare Locator at 1-800-677-1116, or visit its website at www.eldercare.gov on the Internet.



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