

Caring For A Loved One

(NAPSA)—If you're caring for a loved one, you want to do your best. You want to help with all the day-to-day activities that he or she can't manage alone.

While trying to do it all, family caregivers can become overwhelmed and put their own emotional and physical health at risk. As this happens, the level of care for their loved one may also suffer.



Acknowledging that you are a family caregiver is the first step in getting help. Recognizing the symptoms of burnout and getting assistance can help you adapt and enjoy the personal rewards of family caregiving.

The National Family Caregivers Association and the National Alliance for Caregiving urge you to visit the nonprofit Web site www.familycaregiving101.org. Made possible by the generous support of Eisai Inc., a New Jersey-based pharmaceutical company, this Web site is a good first stop for family caregivers beginning to seek information and support. It provides new ideas and resources that can help you get help, feel better and do better.