

# Health Bulletin

## Caring For Caretakers

(NAPSA)—Americans tend to be giving people. For example, almost 25 million Americans spend all or part of their day assisting older family members or friends who need help.



**It's important for caretakers to take care of themselves, as well as those they look after.**

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It's estimated that half of these caregivers also work outside the home. The resultant time crunch can often leave caregivers feeling guilty and stressed. However, experts say that needn't be. Try these tips:

- Don't try to be all things to all people. Remember that you are not alone and you don't have to take on all responsibilities.

- Know their needs. Talk to the person you take care of. Find out what he or she wants and needs. For instance, some older people only need—or want—visitors a few times a week.

- Know when to get help. Companies offering non-medical care such as Interim HomeStyle Services can help caregivers keep balance in their lives. The company provides well-trained professionals who can assess a person's needs and provide safe and intelligent solutions—from visiting and reading with a person a few times a week, to sending live-in caretakers.

For more information, visit [www.homestyleservices.com](http://www.homestyleservices.com).