

Care For Caregivers

You Are Not Alone

(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. But did you know that trying your hardest and doing your best may be two different things?

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

You are not alone. You are among the more than 50 million adults who are doing what any good daughter, son, spouse or friend would do. It is not unusual for family caregivers to take on more than they can manage. Many have feelings of guilt if they ask for help. Yet asking for help is often the best thing you can do for your loved one. Family caregiving is not all up to you.

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. Signs of burnout may include, among other things, feelings of frustration, lack of



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patience, exhaustion and more conflict in your relationships.

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.