

Employee Assistance Program

Managing family caregiving

If you've taken on a caregiving role within your family, you're likely dealing with a whole new level of responsibility. However, whether you're a new or experienced caregiver, there are ways to improve your ability to handle caregiving's many challenges.

Fitting daily caregiving demands into your life (which may include simultaneously caring for your own children) can cause strain. The stress of keeping up can lead to physical and psychological ailments including depression.

No one is a perfect caregiver. It can be frustrating sometimes when caregiving doesn't go well and you get physically and emotionally exhausted, but this is normal. Do your best to get through each day, and don't dwell on what you can't control.

It takes a team to manage caregiving effectively. Your other family members, friends, medical providers, counselors, care managers and home health aides are all part of the caregiving team. Be sure to ask for help, whether you need medical advice or a much-needed break from caregiving.

Sources: Family Caregiver Alliance, AgingCare.com, Caring.com, National Alliance for Caregiving, AARP.



Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)
TTY users should call 1-800-424-6117
Visit us online: www.eap.calhr.ca.gov



Tips for becoming a better caregiver

Here are some basic strategies that can enhance your ability to meet your loved one's needs.

Have patience. Your loved one may at times frustrate or confuse you with his or her actions. Step away, take a deep breath, and start again calmly.

Gain knowledge. Learn more about your loved one's condition through online research and from healthcare professionals.

Communicate with touch. Remember that holding a hand or giving a hug or a pat on the arm can help your family member feel more comfortable, less frightened, and more valued.

Keep good records. It helps to make notes about personal contacts and healthcare information when working with service providers, health plans, and insurance companies.

Take breaks and stay healthy. To avoid caregiving burnout, it's vital to care for yourself. Make time for healthy eating, regular exercise, relaxation practices, and outside activities with friends.



Log on to www.eap.calhr.ca.gov today!

S-C70E-SoC (12/15) ©2015 Magellan Health, Inc.

Magellan
HEALTHCARESM