

# Caregiver Resources

Caregivers play a vital role by providing hands-on care, assistance and emotional support to family members or friends who need them. Caregivers are often busy providing care for others and do not pay close attention to their own needs. It is important for caregivers to remember to actively care for their own physical, mental and emotional well-being.

## Tips to manage caregiver stress

1. Have realistic expectations. Learn all you can about your loved one's condition and be realistic about what you can and cannot do.
2. Ask for and accept help. Share the care. Most people are willing to help when you take the step to let them know what you need.
3. Bring humour into your life. Laughter helps put things in a more positive perspective. Seeing the lighter side of things may help you cope.
4. Connect with others to help ensure that you do not become isolated physically or emotionally. This could mean finding someone you trust who you can talk to, joining a suitable support group, being involved regularly in a hobby or participating in a recreational activity.
5. Learn to control what causes you stress. Establish limits. Identify what you can and cannot change. Practice slow, deep and mindful breathing. By regulating your breath, it is possible to slow down all physiological activity, including heartbeat. Blood pressure lowers, pulse rate slows and tense muscles release.
6. Recognize your physical signs of stress. Eat well, get enough rest and visit your doctor when needed.
7. Accept and share your feelings. It is normal for caregivers to experience a wide range of emotions. Find someone you are comfortable with talking to about how you feel and what is troubling you.
8. Take time for yourself so you can find the renewed energy to return to your tasks with the care, dedication and inner strength that brought you to this role of caregiving in the first place. Identify and engage in activities and interests that have a calming effect on you such as walking, listening to music and reading. Research respite options in your community.

## Resource for caregivers

[Caring for the caregiver](#) Self-Assessment and C.A.R.E tool by the Government of BC.

[Family Caregivers of British Columbia](#) Provides access to information, education, and supports that enable caregivers to feel more confident and successful in their role.

[Homepage - Ontario Caregiver](#) Provides a variety of resources for caregivers including webinars, and blog posts. Get resources, based on your needs.