

Sunday Morning

Health Corner



Caring for the Caregiver

Caregivers are the unsung family members and heroes that step in and provide the love, care, and support for their loved ones suffering from disability and disease.

- Caregivers are at increased risk for depression and other mental health issues due to the overwhelming burden of caring for their family members and themselves.
- Caregivers may not be aware of resources and support services to help with the stresses of being a caregiver.

Tips and Tools for the Caregiver:

- **Find a local support group** – Knowing that you are not alone can help to ease the stress and emotional challenges caregivers face on a daily basis.
- **Make time for yourself** – Burnout is a major issue among caregivers. It is important to take time to recharge, refresh, and simply relax to help keep yourself healthy.

For more information and resources check out these websites:

www.aarp.org/home-family/caregiving/

www.healthychurches2020.org

www.balmingilead.org

