



Tips for Caring for Aging Parents

Don't try to do it all alone. See if another relative can help a little each week, or consider paying a healthcare worker to come in for a few hours each week. Some communities have day care programs for the elderly. Making use of these resources even occasionally will give you a break and lighten your load.

Ask for help, but be specific. Telling your siblings that you sure could use their help isn't enough. If you need your sister to take Dad to the doctor next Tuesday at 3 p.m., ask for that help specifically. Does Mom need groceries? Make a list and ask your brother to stop by the store tomorrow.

Get support. Your doctor, local hospital, public health department or faith community can refer you to support groups for people taking care of aging parents. It helps to talk to others who are in a situation similar to yours. You're not alone!

Take care of yourself. Your own well-being is very important to your ability to care for your parent. Be sure to take time out for yourself to do the things you like to do, whether that's shopping, taking a walk in the woods or going to a movie. You can't be a good caretaker if you're not taking care of yourself.