# Caregiver Well-Being

## 6 Tenets of Self-Care

<table>
<thead>
<tr>
<th>Social Well-Being</th>
<th>Physical Well-Being</th>
<th>Emotional Well-Being</th>
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</thead>
<tbody>
<tr>
<td>• Maintain connection by staying in touch with family and friends</td>
<td>• Eat a balanced diet</td>
<td>• Recognize stress, then take steps to manage it</td>
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<td>• Seek and accept help from others</td>
<td>• Exercise regularly</td>
<td>• Keep a journal</td>
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<td>• Join a virtual support group</td>
<td>• Get a good night’s sleep</td>
<td>• Set aside some “me time”</td>
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<td></td>
<td>• Tend to your own health care needs</td>
<td>• Know your limitations and boundaries</td>
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<td></td>
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<td>• Be mindful, present and judgment-free</td>
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<td>• Practice gratitude</td>
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</tbody>
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## Preparedness Well-Being

- Learn about your loved one’s condition
- Know your loved one’s medical information (pharmacy, medications, health history, etc.)
- Know your loved one’s SSN and birthdate

## Financial Well-Being

- Research programs to help cover caregiving costs and expenses
- Set a budget
- Consider temporary loan, credit card and mortgage deferments
- Review your options if you need to leave your job to become a caregiver
- Review your retirement savings
- Create necessary legal documents (POA, living will, will, DNR)

## Career Well-Being

- Communicate with your supervisor and co-workers
- Review options for flex time
- Organize home and work calendars
- Manage your phone calls and emails to ensure that work and your loved one are tended to
- Use vacation time as vacation time
- Learn about leave policies, like FMLA

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Elder Care and Counseling can help! Utilize your available resources.

[www.uky.edu/hr/work-life/elder-care](http://www.uky.edu/hr/work-life/elder-care)
[www.uky.edu/hr/work-life/counseling](http://www.uky.edu/hr/work-life/counseling)