

CATHI

**C**aregiver’s **A**nswers, **T**opics, and **H**elpful **I**nformation

In an endeavor to continually assist caregivers in their search for pertinent information regarding eldercare, our Information and Referral Specialists address topics most frequently asked questions via **C**aregiver’s **A**nswers, **T**opics, and **H**elpful **I**nformation (**CATHI**). Additionally, caregivers are invited to e-mail individual questions **caregiver2@senior-resources-guilford.org** and an Information and Referral Specialist will reply.

**Dear CATHI,**

**Question:** Is it a good idea for me as a caregiver to make New Years resolutions? If so, what should they be?

**Answer:** The new year is an excellent time to make positive changes to your lifestyle, even related to your role as a caregiver. Try a few of the following suggestions. Promise yourself this year will be the year you become your own best caregiver.

**Accept Help**

You are only one person. You can’t do everything. Quite simply, you deserve a break. Your care recipient might even enjoy interaction with others who might step in to give you a break. Lean on friends and let them help. They really want to, you know.

**Laugh, Exercise and Relax**

Laugh, exercise and relax, not necessarily in that order but understand the importance of letting go. Laughter has long been touted as an antidote for what ails you and exercise tones our bodies and our minds. Laughter and exercise combined are a powerful formula for relaxation which is key to relaxation.

**It’s All About You**

Maintain “me” time. You should continue with hobbies and personal routines. Read a book, dig in the dirt, or even cook. Treat yourself to a manicure or pedicure. Get a massage. Keep up with friends and social activities. Time away can be a quality investment. You will return refreshed and ready for new challenges.

**Stay Positive**

Your outlook is contagious. Putting a smile on your face just might help your loved one do the same. Keeping a journal of your emotions can provide an outlet as well as gauge your moods and attitudes.

**Take Care of Yourself**

This includes eating regular, well-balanced meals, sleeping well, minimizing smoking (or quitting) limiting alcohol and caffeine intake. It turns out worry is a big culprit stealing sleep from weary caregivers. Try hard not to worry.

So, there you have it. Five resolutions you should be sure to keep in this new year. Your own health is a pre-requisite to good care. Know you are investing in your own best future.

The information in this article was adapted from an article “A New Year’s Resolution for Caregivers” by Frances Maquire Paiste

Note: This is for informational purposes only.

For referrals to community organizations in Guilford County that assist older adults and caregivers, contact Senior Resources of Guilford’s SeniorLine at (336) 333-6981 in Greensboro and Guilford Co., in High Point/Jamestown (336) 884-6981 or the Caregiver Support Specialist, at (336) 373-4816 or (336) 883-3586 in High Point.

