

Caregiver Connection

AREA AGENCY ON AGING OF SOMERSET COUNTY

"One person caring about another represents life's greatest values." - Jim Rohn

10 Tips for Family Caregivers to balance Caregiving and Self-Care



1 Seek support from other caregivers. You are not alone!

2 Take care of your own health so that you can be strong enough to take care of your loved one.

3 Accept offers of help and suggest specific things people can do to help you.

4 Learn how to communicate effectively with doctors.

5 Caregiving is hard work so take respite breaks often.

6 Watch for signs of depression. Don't delay getting professional help when you need it.

7 Be open to new technologies that can make the job easier.

8 Organize medical information so it's up to date and easy to find.

9 Make sure legal documents are in order.

10 Acknowledge yourself for rising to meet one of the most demanding responsibilities there is.

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Caregiver Anxiety: How to Overcome Anxiety, Stress & Worry

to read more on this article, go to agingcare.com

Feeling stressed is normal for caregivers. But constant worrying, unrelenting doubts and pre-occupation with the "what ifs" and worst-case scenarios can be unproductive and even paralyzing. Anxiety causes physical symptoms - - trembling, heart palpitations, insomnia, sweating, fatigue - and mental anguish that interfere with day-to-day life.

The good news is that chronic worrying is a mental habit you can learn how to break. Here are five techniques for recognizing triggers, reducing stress, and overcoming caregiver anxiety.

Recognize the Physical Response to Stress

Listen to your body and recognize physical changes in your body...

Pause to Practice Relaxation

Relaxation techniques...can instantly lower the physical symptoms and mental worry associated with anxiety.

Accept that Caregiving Brings Uncertainty

Thinking about all the things that could go wrong doesn't make life any more predictable and it won't keep bad things from happening.

Schedule Worry-Time

When you find yourself worrying, jot down what you are worrying about and resolve to think it through later.

Avoid Triggers that Cause Stress

Avoid things that can aggravate the symptoms of anxiety disorder.

"Be kind to yourself and don't give in to feelings of guilt. Remember that you can't do it all, you can only do your best."

Care for the caregiver

Activities for self-care

When taking on the responsibility of caring for others -- whether family or a close friend -- people tend to put their own self-care last. If you are a caregiver, take time throughout the month to prioritize yourself in a variety of ways.

Choose at least one row, column or diagonal to check off as you complete the activities this month. Celebrate your wins and remember that every box counts.

Extra challenge: try to get a blackout by crossing off each space.

Take a sunrise stroll	Enjoy nature for 15 minutes	Reflect on the day with a peaceful stroll at sunset	Learn a new skill, like cooking, painting or dancing	Make a delicious and healthy meal you've never tried before
Offer to help a neighbor or volunteer in your community	Take 5 minutes to focus on relaxation	Clear your physical and mental space for fresh energy	Share a funny joke or video with someone you care about	Write down 3 things before bedtime that you're grateful for
Play a board or card game with family or friends	Remind yourself of your strengths and value	Divide daily tasks with others to help balance your day	Unplug from devices for 1 hour	Let loose and groove to your favorite music
Create a playlist of songs that make you feel happy and energized	Cuddle up for a movie night filled with popcorn and laughter	Write down your thoughts and feelings through daily journaling	Watch a documentary, take an online course or learn a new skill	Enjoy a special meal prepared with love
Get lost in a captivating book for 30 minutes	Express appreciation to someone who helps you	Explore a local museum or art gallery	Practice a simple yoga or stretching routine to release tension	Reach out to a loved one for a heartfelt conversation

UPCOMING:

"Being able to share our stories reminds us that we all have issues, and that we are all going through this crazy thing called, 'life' together.
-AgingCare

**UPCOMING CAREGIVER
SUPPORT GROUP DATES:
SEPTEMBER 16TH, 2026**

**HELD AT THE AREA AGENCY ON AGING IN
OUR LARGE CONFERENCE ROOM FROM
12:00PM - 2:00PM**

**VIRTUAL OPTION AVAILABLE
EMAIL SGUIDRY@SOMERSETAAA.ORG FOR LINK
IF YOU HAVE ANY QUESTIONS DO NOT
HESITATE TO CALL AT 814-443-2681**

CAREGIVER RESOURCES

- AARP
- Caregiver Action Network
- Senior Planet from AARP
- Aging Care
- PA CareKit
- The Option Group

**THANK YOU FOR ALL YOU DO FOR OUR COMMUNITY
EACH OF YOU ARE APPRECIATED AND ALL YOUR
HARD WORK DOES NOT GO UNNOTICED**

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