

# CAREGIVER WELL-BEING

## *6 Tenets of Self-Care*

*Follow these best practices for well-being during times of uncertainty.*

### **Social Well-Being**

- Maintain connection by staying in touch with family and friends
- Seek and accept help from others
- Join a virtual support group

### **Physical Well-Being**

- Eat a balanced diet
- Exercise regularly
- Get a good night's sleep
- Tend to your own health care needs

### **Emotional Well-Being**

- Recognize stress, then take steps to manage it
- Keep a journal
- Set aside some "me time"
- Know your limitations and boundaries
- Be mindful, present and judgment-free
- Practice gratitude

### **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

**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)