CAREGIVER WELL-BEING
6 Tenets of Self-Care

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
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