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Together to End Stroke®

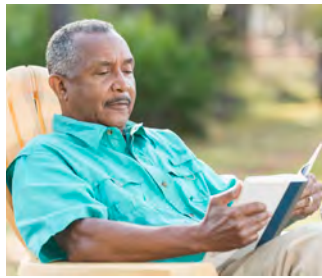
Self-Care for Caregivers Discussion Guide

Whether you're a spouse, adult child, parent, other family member or friend, as a caregiver providing long-term support, you make many sacrifices for your loved one. As a result, you may experience emotional, mental, and physical health problems.

It's important that you take time to care for yourself. Your health and well-being will benefit the person you are caring for just as much as they benefit you. Have an honest conversation with your health care professional about what you are experiencing:



Know the signs of burnout.



Learn practical tips for self-care.



Explore assistance for caregivers.

Discussion starter questions:

1. What are the signs of depression?
2. How do I know if I'm experiencing caregiver burnout?
3. What are some things I can do for myself to practice self-care? Are there small steps I can take to improve my well-being?
4. Can you help me prioritize the most important issues related to my health and how to address them?
5. What national organizations support caregivers?
6. How do I find local resources and support?

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