



Better care for your aging parents.

notes

Seven Tips for Caregiver Success

- Prioritize.** If you have recently become a caregiver then the first step is to make sure the most pressing issues are in order. Typically those items are: (1) the living/housing situation; (2) locating important documents; and (3) assessing financial status and anticipated financial needs.
- Get your emotions under control.** This can be one of the most challenging aspects of caregiving and can paralyze your ability to get organized and function effectively.
- Take notes.** Get a pocket notebook and pen and carry it with you everywhere.
- Get help as needed.** There are numerous experts and resources available to help you with issues from financial and legal to home care and medical concerns.
- Simplify.** Now is the time to cut out the fluff and focus on the basics. You might want to put off the kitchen remodel or the addition of a new household pet.
- Communicate effectively.** Take the time to speak frankly with all the important people in your life and your parent's life.
- Expect to get caught off guard.** No matter how organized you are, glitches are going to creep in. Know they are coming and don't let the glitches get you down.

For more information on these questions and what to expect, access the Parentgiving Learning Center.