

## Focusing on YOU!

The life of a caregiver can be filled with joys and struggles. It is difficult at times to balance your caregiving role with fulfilling your own needs. As a Family Support Coordinator, I find that caregivers can easily tell me what the needs are for their loved one, but are unable to answer when I ask them what *they* need. So what we are going to focus on in the caregiving tip section in the following weeks is **YOU!**

### **Tip #1:** Write it Down!

The first tip of this series is for you to take the time to write down what your needs are. Don't be shy and remember nothing is too big or too small. The first step is to identify what needs to be done.

An example of a list may be:

- Get a pedicure
- Have an hour a day to myself
- Have a good night's sleep!
- Take a trip
- Time with my grandchildren
- A hug

In the following months we will look at tips and strategies for meeting the needs you have written down. Stay tuned! A last note: The Alzheimer Society of Calgary has Family Support Coordinators available to assist you in your caregiving role. Call the Alzheimer Society of Calgary at 290-0110 and ask to speak to a Family Support Coordinator if you have any questions or concerns.

