

Caregiver Tips

...that you can
actually do!

Manage Your Day

- Repeat a mantra.
- Use phone reminders, calendar, and alarms.
- Accept when “the plan” doesn’t go as planned.
- Reassure yourself often.
- Find humor when things aren’t going well.

Focus Your Energy

- Learn about your child’s disability and individual needs.
- Seek out friends and groups who are empowering and uplifting.
- Create a winning team.
- Play with your child the way your child likes to play.
- Adjust your expectations. Different is not worse.

Stay Connected

- Plan events with your child’s needs in mind.
- Have date night in. Hug your kids. Play with your dog or cat.
- If phone calls with your friends are difficult, text or email.
- Invite a friend to your house if you can’t go out.
- Surround yourself with supportive people who will accommodate as needed.

Relieve Stress

- Take a shower. Wear things that make you feel good.
- Enjoy a morning ritual (5 minutes at home or on the go).
- Exercise ANY way you can.
- Find some comic relief.
- Create a night time ritual to help yourself wind down.

Stay Organized

- Make a menu for the week before shopping.
- Keep supply kits in your car, at work, etc.
- Keep your calendar current.
- Plan to do one or two things that NEED to get done that day.
- Set realistic expectations for yourself.

