

Karen's Caregiving Credo©

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(To Be Posted On The Refrigerator!)

1. Try to set limits around your caregiving...a process which doesn't happen overnight.
2. Realize that you operate on two levels...intellectual and emotional and that they don't always coincide.
3. Learn to be an advocate for the care-receiver *and* for yourself.
4. Remember that other caregivers are your best source of unconditional support.
5. Admit when you need help. Don't be a martyr.
6. Remember that you are the expert on the person needing care; outsiders can only offer advice. If you disagree with a suggestion made to you, work with others to find solutions that will work. Remember, caregiving is a two-way street.
7. Be aggressive. Demand answers from everyone...physicians, professionals and suppliers of products and services.
8. Ask questions constantly. "I don't know" is a legitimate starting point from which to begin gaining the knowledge and finding the answers you need.
9. Consider that love may be doing what people need, not always what they want.
10. Maintain your own health and lifestyle, friendships and activities. If your health fails, you will be of no help to your care-receiver.