



Support for Caregivers

Did you know that people who have a friend or family caregiver are often able to manage their condition better than those who don't?¹ Below are helpful resources and tips on how to support someone with a chronic condition while also taking care of yourself!

“What you do speaks so loud that I cannot hear what you say.
Ralph Waldo Emerson

Providing Support

As a caregiver, you are a valued part of the healthcare team. Whether you're an experienced caregiver or are new to caregiving, there are many ways you can provide support to your friend or relative.

-  **Treatment:** send reminders to your friend or relative to take their medication, and help them prepare for doctor appointments. Offer to attend medical appointments with them and ask how you can be a partner in care.
-  **Organization:** create a care file (with a binder, folder, or digital tool) with essential information about your friend or relative's health condition and treatment plan.
-  **Lifestyle Changes:** identify healthy activities that you and your friend or relative can do together, such as cooking nutritious meals or walking together. Speak with your friend or relative's doctor to learn about any diet or exercise limitations.
-  **Emotional Support:** practice active listening, and don't try to 'fix' everything. Accept that managing a chronic disease can be overwhelming at times.
-  **Tasks and Chores:** help with everyday tasks that can be difficult for your friend or relative, like getting dressed or preparing meals.



Honoring Care Preferences and Wishes

When you care for someone, you may not know what their care preferences are. These tools may help you honor and support their wishes:²

-  **Durable Power of Attorney for Healthcare:** this document is similar to 'Durable Power of Attorney,' but is specific to healthcare decisions and may provide instructions about what medical care your friend or relative may want.
-  **Advance Healthcare Directive:** this document allows a person to specify what actions should be taken for their health if they are no longer able to make decisions for themselves.

For more information, please visit: www.prepareforyourcare.org, www.fivewishes.org, www.theconversationproject.org

This informational sheet may identify third-party organizations and provide links to third-party websites or other third-party information (third-party content). The third-party content is meant for informational purposes only, is not endorsed by or under the control of Mallinckrodt, and is not meant to replace an attorney's advice. Please speak with your healthcare provider and appropriate attorney about these tools. Mallinckrodt has no responsibility or liability for and makes no representations or warranties whatsoever about any third-party content. All trademarks, service marks and logos appearing on this page are the property of their respective owners. Any rights not expressly granted herein are reserved.

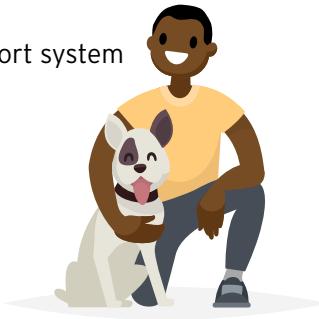
Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.
Lao Tzu



Taking Care of Yourself

Caregiving can be frustrating and stressful.⁵ Sometimes it can make you feel sad, angry, or isolated. As a caregiver, you need to rest, eat well, exercise, and spend time pursuing your personal interests in order to be a better partner in care. These steps for self-care may reduce stress and help you maintain your well-being and health. Use the section below to determine how you will practice self-care:⁶

- Set aside leisure time
- Make sure I have a support system
- Play with a pet
- Exercise/Yoga/Massage
- Read a book
- Invest in my hobbies
- Cook healthy meals



- Look for laughter (eg, movies, friends, etc.)
- Listen to a podcast
- Carve out time in nature
- Take myself out for coffee
- Declutter my home
- Other: _____



Join a Support Group

There are many different kinds of support groups (eg, community, religious, online, condition-specific). There are also support groups just for caregivers.⁷

SUPPORT GROUP BENEFITS

- ◆ Reducing stress
- ◆ Staying motivated
- ◆ Learning about resources
- ◆ Sharing & comparing
- ◆ Developing friendships
- ◆ Managing complicated feelings (eg, grief, guilt)
- ◆ Finding community



Caregiver Support and Educational Resources

This list includes helpful websites and organizations that provide information on support groups and caregiver resources. You can also check with your workplace, employee assistance plan, or your local Area Agency on Aging to learn more about additional caregiver support available in your community.

- ◆ **National Alliance for Caregivers**
www.caregiving.org
- ◆ **Caregiver Action Network**
www.caregiveraction.org
- ◆ **National Institute on Aging - Caregiving**
www.nia.nih.gov/health/caregiving
- ◆ **VA Caregiver Support Program for Military Families**
www.caregiver.va.gov

Take rest; a field that has rested gives a bountiful crop.
Ovid



References: 1. Freedman VA, Spillman BC. Disability and care needs among older Americans. *The Milbank Quarterly*. 2014;92(3): 509-541. 2. Advance Care Planning: Health Directives. National Institute of Aging Website. <https://www.nia.nih.gov/health/advance-care-planning-healthcare-directives>. Accessed September 23, 2020. 3. Caregiving in the U.S. 2020. From National Alliance for Caregiving and AARP Family Caregiving. <https://www.caregiving.org/wp-content/uploads/2020/05/AARP-835-AARP-Caregiving-in-the-US-Infographics-vFINAL1.pdf>. Accessed March 8, 2021. 4. 2015 report: caregiving in the United States. National Alliance for Caregiving website. http://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf. Published June, 2015. Accessed March 15, 2019. 5. Reinhard SC, Feinber LF, Choula R, Houser A. Valuing the Invaluable: 2015 Update. AARP Public Policy Institute website. <https://www.aarp.org/content/dam/aarp/ppi/2015/valuing-the-invaluable-2015-update-new.pdf>. Published July, 2015. Accessed March 15, 2019. 6. Taking Care of YOU: Self-Care for Family Caregivers. From Family Caregiver Alliance. <https://www.caregiver.org/taking-care-of-you-self-care-family-caregivers>. Accessed September 27, 2020. 7. Taking Care of Yourself: Tips for Caregivers. National Institute of Aging Website. <https://www.nia.nih.gov/health/taking-care-of-yourself-tips-caregivers>. Accessed September, 25, 2020.

This informational sheet may identify third-party organizations and provide links to third-party websites or other third-party information (third-party content). The third-party content is meant for informational purposes only, is not endorsed by or under the control of Mallinckrodt, and is not meant to replace a physician's medical advice. Mallinckrodt has no responsibility or liability for and makes no representations or warranties whatsoever about any third-party content. All trademarks, service marks and logos appearing on this page are the property of their respective owners. Any rights not expressly granted herein are reserved.