

Caring for an Aging Parent?

Tips to Reducing Stress

Helping an elderly family member with chores, managing medications, and doctor appointments can be rewarding—but caregiving tasks can also be overwhelming. It's important to take care of yourself, so you can care for others.



A One Stop Shop for Minnesota Seniors

STRESS REDUCING TIPS:

- Take breaks and time away for yourself.
- Encourage and accept help from others.
- Take care of your health—eat well and stay active to increase energy and reduce stress.
- Call the Senior LinkAge Line® to learn about resources in your area. Ask for a Caregiver Consultant who can help you create a plan for staying healthy and active.

