30 TIPS & RESOURCES FOR CAREGIVERS OF INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

NOVEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Get healthy sleep
2 Make a home cooked meal	3 Find a new hobby	4 NJ Disability Information Hub: Resources for Families and Caregivers	5 Download a podcast	6 Utilize respite services	7 Keep your paperwork organized	8 Take a hike
9 Create a playlist	10 Aging and Disability Resource Connection	11 Spend time in nature	12 An Enhanced Family Crisis Handbook	13 Meditate	14 Mom2Mom	15 Set personal boundaries and say no
16 Use a calendar or Planner to keep track of all your caregiver responsibilities	17 Take breaks during the day	18 Go for a walk at the beach	19 Communicate Effectively	20 Unplug from social media	21 Delegate some tasks to others when you can	22 988 Suicide & Crisis Lifeline
23 Practice gratitude and journaling	24 Visit a farm	25 Take Care of Your Own Health	26 NJ Mental Health Cares	27 Don't be afraid to ask for help!	28 New Jersey Self-Help Clearinghouse	29 Read a book
30 Find a Support Group						

The Arc of New Jersey Family Institute
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