5 Short & Simple Tips for New Caregivers

1 Get Organized.



Get a Caregiver Navigator for appointments, medications, and important information. Link is in this newsletter!

2 Ask Questions.



You don’t have to know everything. Reach out to healthcare providers and trusted resources when you need guidance.

3 Build Your Team.



Accept help from family and friends. You don’t have to do it alone. Join our Caregiver Support Group!

4 Take It One Day at a Time.



Focus on what needs to be done today instead of worrying about everything at once.

5 Be Kind to Yourself.

You’re learning as you go. Give yourself grace, celebrate small wins, and remember that doing your best is enough.

