

Caregiver Support



"I don't have time
to care for myself."
"I'll be fine."

Caregivers often juggle many roles and put a lot of time and love into caring for their loved one. It's important to ask for help when you need it.

Caregivers are at an increased risk for depression, anxiety, poor physical health, and compromised immunity.

Taking care of yourself can help you provide better care to your loved one.



Ask for Help

It's ok to ask for help. Paid help, family, and friends may be able to help with errands or offer to spend time with your loved one while you take a break.



Support Groups

Support groups can offer a safe space to share feelings and discuss challenges with other caregivers.



Healthcare

Your health is important. Follow up with your medical and mental health providers as needed.

Contact AultCare's Mental Wellness Registered Nurse for education and resources at 330-363-2483.

Additional Resources

<https://www.cdc.gov/aging/caregiving/>

<https://eldercare.acl.gov/Public/Resources/Topic/Caregiver.aspx>

<https://aging.ohio.gov/care-and-living/caregiver-support/caregiver-support-program-1>

In a crisis? Call 988 or text HOME to 741741 for immediate help.

You have the right to assistance and information in your language at no cost. To speak with an interpreter, call 330-363-6360 (TTY 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 330-363-6360 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電330-363-6360 (TTY 711)。AultCare/AultCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.