



Community Resources

DRCOG Network of Care
www.seniorreach.org

AARP - www.aarp.org

National Alliance on Caregiving –
www.caregiving.org

Caregiver Action Network –
www.caregiveraction.org

Alzheimer's Association –
www.alz.org

Seniors Resource Center –
www.srcaging.org

Colorado Respite Coalition –
www.coloradospitecoalition.org

Lutheran Family Service Rocky Mountains - www.lfsrm.org

Easter Seals Colorado –
www.easterseals.com/co

Caring for the Care Partner

Did You Know: that taking even a small break for a few minutes can help you physically, spiritually, and emotionally. It will help you in reducing stress, care partner exhaustion and help you overall be a better you, within your role as care partner. Whether you are a care partner or not many of these suggestions are help to the average human being. It is even more critical that care partner take steps to their personal health and wellbeing.



Caring for the Care Partner

Resources and ideas for self care.

15 Minute Timeout

- Call A Friend
- Mediate or Pray
- Stretch. Relaxing each part of your body.
- Listen to your favorite music
- Listen to a book on tape
- Watch funny movies on YouTube



30 Minute Timeout

- Take a walk in your favorite park
- Take a nap
- Work in your garden
- Make a cup of tea and enjoy mindfully
- Take a warm bath

RESPIRE

R: Relaxation

E: Energize

S: Sleep

P: Programs that Can Help

I: Imagination

T: Take Five

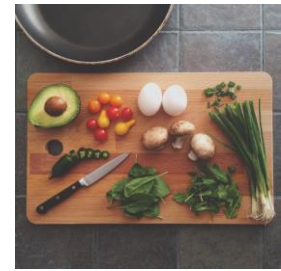
E: Exhale

Plan your time. Scheduling these events are important, to ensure you have some time for self-care.

Although planning isn't always fun it is important, so we don't forget to take care of our own needs.

60 Minute Timeout

- Get a massage
- Meet a friend for lunch
- Go shopping
- Attend a support group
- Cook your favorite recipe



A Day of Self-Care

- Go out with a friend
- Take a drive to the mountains
- Visit your local botanic gardens
- Take a day trip to the museum

