

New Year, New Strength

Because Caring for Yourself is Caring for Them.



Every January, we promise to do better -- eat right, move more, worry less, but for **family caregivers**, resolutions often take a back seat to responsibility.

Caregiver Self-Check Quiz: How Are You Really Doing?

- | | | |
|--|------------------------------|-----------------------------|
| I feel tired most of the time, even after sleeping. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| I've postponed my own doctor or dental appointments this year. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| I often feel guilty taking time for myself. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| I've gained or lost weight without trying. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| I feel irritable, tearful, or anxious more days than not. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| I miss social activities or friends I used to enjoy. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| I have trouble focusing or feel "foggy." | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| I worry about what would happen to my loved one if I got sick. | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

If you checked "YES" to any of these questions, it's time to consider support!

Healthy Caregiver Resolutions

- Schedule "me time" like an appointment. Even 15 minutes of quiet counts.
- Move daily. A short walk boosts endorphins and clears stress.
- Eat and hydrate on purpose. Don't live on coffee and leftovers.
- Sleep without guilt. Rest is recovery, not luxury.
- Ask for help. Share responsibilities before exhaustion sets in.
- Reconnect socially. Joy is preventive medicine.

Home Care Helps You Keep These Resolutions

- ✓ Shared Responsibility: Professional caregivers step in so you can rest, recharge, or work.
- ✓ Peace of Mind: Knowing a trained caregiver is present reduces constant vigilance and worry.
- ✓ Better Health Outcomes: When family caregivers have support, seniors experience fewer hospitalizations.
- ✓ Flexible Solutions: From a few hours a week to full-time care, help is tailored to each family's needs.

Home care isn't giving up care – it's gaining balance, strength, & time to be a family again.



Serving the Greater Austin Area

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