

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **10 Tips for Family Caregivers**

The [10 Tips for Family Caregivers](#) infographic from the Caregiver Action Network provides helpful tips and strategies for family caregivers.

1. Seek support
  2. Take care of your own health
  3. Accept offers of help
  4. Communicate effectively
  5. Take respite breaks
  6. Watch for signs of depression
  7. Be open to new technologies
  8. Organize medical information
  9. Make sure legal documents are in order
  10. Give yourself credit!
- 

Reprinted with permission from the [Caregiver Action Network](#), the nation's leading organization for all family caregivers.

Article Source

Caregiver Action Network

Source URL

<https://caregiveraction.org>

Last Reviewed

Thursday, November 10, 2022