



Caring isn't the hard part of caregiving

When someone you love needs care, it's natural to want to be the one to provide it. But when caregiving becomes difficult, it's O.K. to ask for help.

If you or someone you know needs help, there is a place to go in your community to get the information and services you need to better care for your loved one – and yourself.

Help is just a phone call away!

Your logo and contact information here.

Are you a caregiver?

If you check one or more of the statements below, you are a caregiver.

Do you do any of the following?

- Provide **direct care** to someone such as feeding, bathing, dressing, supervision or any other type of care
- Provide **supportive care** such as delivering meals, giving rides, calling or stopping in to check on someone
- Feel concern that **someone** you know isn't taking care of him or herself
- Feel concern that a **caregiver** you know is struggling and needs help

Some signs that a caregiver may need help:

If you or someone you know is a caregiver and experiencing any of these symptoms, it's time to seek help.

- Health problems: chronic pain, fatigue, sickness, weight change, or other physical symptoms
- Emotional problems: irritability, stress, depression, anxiety, or other symptoms
- Sleep problems: difficulty falling asleep, waking up in the middle of the night, or other sleep disturbances
- Loss of interest in things you used to enjoy

Your logo here.