



Transcribed from the Family Album Radio Program, a co-production of University of Florida IFAS Extension, the Department of Family, Youth and Community Sciences and of WUFT-FM. If you'd like to learn more, please visit our website at familyalbumradio.org

Listening, learning and living together, it's the science of life.

Stress From Caregiving¹

Donna Davis and Suzanna Smith²

As caregiving for the elderly continues to increase, in the future almost everyone will either care for or know someone who's caring for an elderly relative. Adult caregivers can find the task exhausting and overwhelming taking a toll on their physical and emotional health.

Experts say it's important to remember to take care of yourself first. Eat nutritious meals and get enough sleep. Exercise often and get regular medical checkups. If you begin to experience symptoms of depression such as deep sadness, hopelessness, or have trouble concentrating, speak to a doctor right away.

When possible, involve other family members in the caregiving process. Make a list of things that need to be done, including household chores, paying bills, shopping, home repairs, and more. Also, ask friends and family to help by giving you a break to take time for yourself. Some communities have respite programs that give caregivers a few hours off to do things like shop, exercise, and attend special events.

The quality of care you provide can only improve with the quality of care you provide for yourself!

More information, please visit our website at www.familyalbumradio.org

1. This document is FAR6000, one of a series of the Family, Youth and Community Sciences Department, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date May 30, 2006. Some scientific language from the original script has been modified to better serve the listener. The script published here represents the actual broadcast as heard on Family Album Radio. Visit the EDIS Web Site at <http://edis.ifas.ufl.edu>.
2. Donna Davis, Senior Producer, Family Album Radio and Suzanna Smith, Associate Professor, Human Development, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

To listen to the radio broadcast:

http://radiosource.net/radio_stories/234.wav

http://radiosource.net/radio_stories/234.mp3

Reference

"Guidelines for Caregivers." Suzanna Smith and Jennifer Gove. Retrieved from
<http://edis.ifas.ufl.edu/HE018>