

This information provided by
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Your rock in a hard place

Serving Elders and their families in
Minnesota since 1984.

Caring for the Caregiver



Caregivers are the unsung
heroes of our health care system.
They provide \$306 billion dollars'
worth of care per year* to our
most vulnerable loved ones.

If you are a person who is
struggling to care for a loved one,
know that you are not alone.
Support is available.

* National Family Caregivers Association and Family
Caregiver Alliance (2006)

Caregivers: Educate, Support, Empower, Advocate

*“Life is not the way it’s supposed to be, it’s the way it is. The way you cope with it is what makes the difference.”
(Virginia Satir)*

How do you know it may be time to look for help with caregiving? Ask yourself, do I...

- Get enough rest
- Have enough time for myself
- Have time to be with family or friends
- Feel guilty/angry about my situation
- Have conflict with the person I care for
- Have conflict with other family members
- Cry/feel lonely everyday
- Worry about having enough money to make ends meet
- Feel I don’t have enough knowledge or experience to provide care

If you responded yes to any of the above, it may be time to look for help. Every day, family caregivers need to take steps to reduce their stress. Some ideas to consider:

- Educate yourself before a crisis
- Don’t be shy - ask for and get help
- Don’t try to be super human
- Establish a balance between work and caregiving

- Understand that caregiving is usually long term
- Continue your hobbies and social activities
- Build support networks and healthy relationships
- Keep in touch with professionals who monitor your loved one’s health
- Get regular check-ups - manage your own health needs
- Obtain/update legal and financial documents
- Learn/practice creative problem solving techniques

Helpful Resources:

www.alz.org/mnnd or 800-272-3900

www.caregiver.org or 800-445-8106

www.careoptionsnetwork.org

www.MinnesotaHelp.info or 800-333-2433

www.nia.nih.gov/ or 800-222-2225

www.parkinsonmn.org/ or 763-545-1272

These tips sound simple on paper but may be challenging to actually execute. Being aware of what is required to successfully navigate the road of caregiving is a step in the right direction. There is no “One Road Map” that fits every situation. If you are missing some of these tools, consult with your physician, attorney, social worker or support group. The Care Coordinator at our office is available to assist you with evaluating your situation and moving forward with an effective plan. Call Cindy at 952-925-4147.