



Take time and talk with the caregiver

Caregivers are a critical part of your healthcare team. Up to 70 % will experience depression and anxiety, and caregivers develop chronic health problems at nearly twice the rate of non-caregivers.

How can you help?

Talk with the caregiver and advise them to see their doctor regularly

Ask if they need help finding respite

Recommend respite care- a temporary break from caregiving

For more information on caregivers and resources for respite care, visit www.taketimetexas.org

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**take
time
TEXAS**