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.taketimeinstitute.org

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