CAREGIVER SUPPORT

10 THINGS Many Caregivers Wish They Had Known

Caregiving is learned as you go. Many caregivers share that they wish someone had told them these things earlier. If any of these feel familiar, you are not alone.

1. You do not have to wait for a crisis to ask for help.
2. Feeling overwhelmed does not mean you are failing.
3. Symptoms can change faster than you expect.
4. Safety concerns are signals, not shortcomings.
5. You will need support, not just information.
6. Organization helps, but flexibility matters more.
7. Caregiving can feel lonely, even when people care.
8. It is okay to ask the same questions more than once.
9. Planning ahead can bring relief.
10. Getting support earlier often leads to more peace.

If any of this feels familiar, a conversation can be a gentle first step. Give us a call to talk through your unique situation, ask questions, and learn what support may be available—simply to better understand your options.

HOSPARUS HEALTH®

Give us a call 24/7 at (502) 456-6200,
or contact us online at
hosparushealth.org/contact

WE'RE HERE TO LISTEN, ANSWER QUESTIONS, AND HELP YOU NAVIGATE WHATEVER COMES NEXT.