

Family Caregiver Resources

As a family caregiver, you may experience a range of emotions as you consider bringing in home care help. You may feel guilty or be hesitant to trust someone to care for your loved one the same way you do.

We understand – it's the essence of our origin story. BrightStar Care® was founded to provide A Higher Standard® of care that meets your loved one's needs and provides you with peace of mind.

Resources for Family Members

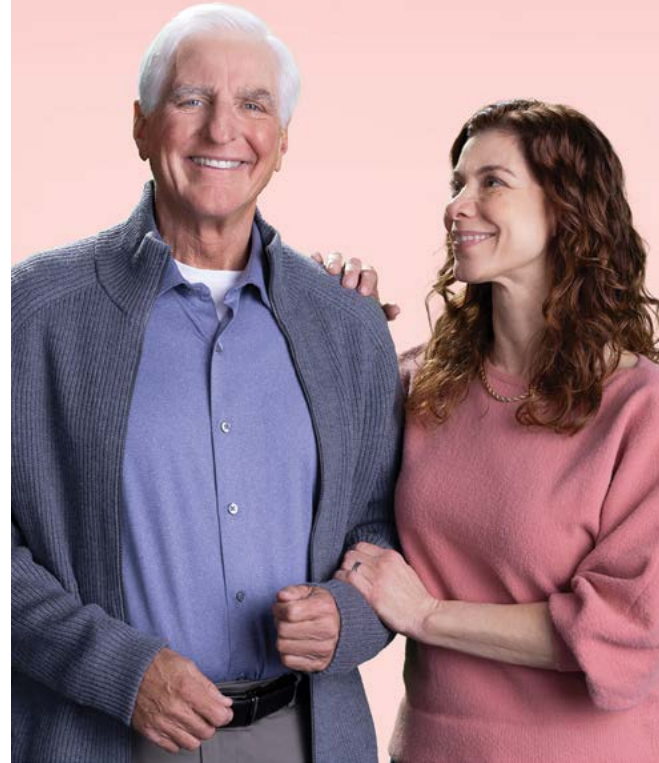
Even if you bring someone into your loved one's home to provide care, you'll probably continue to deliver some care yourself. Here are some helpful websites:

- **Caregiver Action Network** includes disease-specific content, financial and legal tools, and more: [caregiveraction.org](https://www.caregiveraction.org)
- **Family Caregiver Alliance**® features family caregiver stories and a state-based search option: [caregiver.org](https://www.caregiver.org)
- **National Institute on Aging** includes Caregiver Worksheets, FAQs, respite care information and more: [nia.nih.gov/health/topics/caregiving](https://www.nia.nih.gov/health/topics/caregiving)
- **U.S. Department of Health and Human Services** helps you find resources by state such as your Area Agency on Aging and/or your state's Department on Aging: [hhs.gov/aging/state-resources](https://www.hhs.gov/aging/state-resources)
- **AARP**® **Family Caregiving Resources** includes tips for splitting caregiver costs among adult siblings, dealing with dementia, making the home safer and more: [aarp.org/caregiving](https://www.aarp.org/caregiving)
- **National Council on Aging (NCOA)** has a caregiver section that addresses topics like mental health concerns of caregivers: [ncoa.org/caregivers](https://www.ncoa.org/caregivers)
- **BrightStar Care**®: Our website's Resources section includes articles, personal stories and videos.

As a family caregiver, you may experience burnout, exhaustion and self-doubt about this new role. In addition to making smart self-care choices related to your own nutrition, sleep, exercise, social activities, respite and exercise, it's important to connect with people in the same situation. Read on to learn more.



Our location has been accredited by The Joint Commission – a widely recognized organization that evaluates the nation's best hospitals and other healthcare organizations.



Many studies show that family caregivers face challenges such as:

- Greater stress and frustration
- Depression and isolation
- Poor physical health
- Sleep deprivation
- Financial strain
- Short-term memory issues
- Increased substance use

BrightStar Care
[brightstarcare.com](https://www.brightstarcare.com)

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“There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

– Rosalynn Carter, Former First Lady

Attending an-in-person group can address some of the isolation you may feel and provides the human-to-human contact we need when feeling depleted. Here are some ways to find local caregiver communities:

- **Family Caregiver Alliance**® includes a state-based search option that serves up a list of options: [caregiver.org](https://www.caregiver.org)
- **Your local hospital, senior center, religious group or social service agency** may be able to put you in touch with support groups.
- **Your friends and your parents’ friends may have groups they’re a part of.** Ask if they have suggestions.

Although local groups are a wonderful way to connect, you can also reach out to online peers – just be cautious about which group(s) you join. Make sure it’s private, has requirements to join, is led by a reputable organization or individual, and has community guidelines. Be tentative about how much personal information you share.

Adapting to Changing Family Dynamics

Even families with healthy relationships have their ups and downs. Misunderstandings can become amplified when dealing with an ailing family member. Here are some tips for navigating family relationships that evolve when your parents, spouse or other loved one need help at home:

- **Your loved one didn’t choose this challenge.** Whether it happened in an instant (a stroke or fall) or gradually (declining strength, reduced cognitive skills or a progressive disease), it can be a shock and confusing for your family member.

- **They are still the same person you’ve always loved.** They raised you, married you or otherwise have a connection to you.
- **And yet, they’re not the same person they were before.** Physical disease, mental decline and emotional changes have an impact on how they behave and the things they say. They may feel helpless and resentful of their situation.
- **Respect where family members are on their journey to acceptance.** Even if you’re able to easily adapt to this new family dynamic, your siblings or the spouse of your ailing parent may not be able to pivot their feelings and actions as quickly.
- **Recognize the benefit of multiple perspectives.** At some point, you and other family members will disagree about how to handle a situation. Take a deep breath, listen with an open mind and try to find a decision that takes various opinions into account.
- **Practice forgiveness.** Of course it’s important to forgive your family member if they say or do hurtful things while navigating their new normal. But it’s just as important to forgive yourself. There will be times when you mistakenly say the wrong thing or your loved one will perceive that you did – don’t be hard on yourself. You’re doing difficult things.
- **Commit to self-care.** Being a caregiver (even if you have help) can drain your battery faster than you’d expect. Make your own health a high priority – your loved one needs you and wants the best for you.
- **Accept that caregiving isn’t just about your loved one.** It’s also about you. And you matter.



Looking for more ways to be a supportive caregiver while avoiding personal burnout? Scan the QR code or visit [brightstarcare.com/home-care-guide](https://www.brightstarcare.com/home-care-guide) for additional tips.