

Ten Things You Can Do in Your Role as Family Caregiver

1. Take care of yourself first.
2. Learn about online family caregiver education resources.
3. Use your local Aging and Disability Resource Center to access community resources to help your family member.
4. Accompany your family member during doctor's visits and emergency department visits.
5. During each healthcare visit, ask for a review of your family member's medications and allergies.
6. Start a calendar to coordinate care, e.g. future visits, future tests.
7. Engage other family members to help.
8. Make sure that your family member has an advance directive.
9. Understand and advocate for "what matters most?" for the family member.
10. Engage at a higher-level during times when the stakes are higher: such as hospitalization, procedures, and transitions from one setting to another.

Resource: AGS Health in Aging Foundation

For related resources visit the AGS Health in Aging Foundation at www.HealthinAging.org

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Ten Things You Can Do to Age Well

1. Exercise regularly and guard against falls.
2. Don't smoke and if you do smoke, quit!
3. Develop meaningful relationships.
4. Don't ignore depression.
5. Don't drink (too much) alcohol.
6. Get enough sleep.
7. Have something which brings added value to your day.
8. Don't make a mountain out of a mole hill.
9. Turn your lemons into lemonade.
10. Follow the American Heart Association's Life's Simple 7's.

Resources: AGS Health in Aging Foundation; Harvard Study of Adult Development; & AHA Life's Simple 7's®

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