

Compound Caregiving Tips



Being a caregiver is stressful enough with one aging loved one in mind. Frequently, though, caregivers find themselves caring for an aging couple or a loved one who lives with them and another friend or relative who needs assistance. This dual responsibility can make dividing time more difficult and finding time for your own well-being nearly impossible. Not to worry! These tips can help you manage caring for more than one loved one.



1. Learn to prioritize: Prioritizing pressing needs and managing your time can help relieve that feeling of being spread too thin. Also differentiating between “needs” and “wants” can help as well. Put physical and medical attention first on your schedule, so you can stay on top of what may be considered the most important of your aging loved one’s needs. Following that, tackle the “needs” that may be less pressing or the “wants” of the older adult. Sometimes companionship and attention are all they may be looking for!

2. Ask for help: Seek help from other family members or friends. Everyone has their life to live and may be busy, but that doesn’t mean you should be carrying the whole weight of caregiving on your shoulders! Take some time to discuss and figure out what tasks other people in your life could help with! This may also help your loved one feel more social and connected with others in their life.

3. Take time for yourself: Getting fully consumed in caregiving may cause you to put your life second. It is important to put some time aside for yourself and to take a breather.

Scheduling time in your day for yourself can help relieve stress and prevent feelings of resentment or bitterness.

4. Don’t sweat the small stuff: Acting as a caregiver, you may experience a bunch of little aggravations on a regular basis. Try your best not to get upset or frustrated and remember to pick and choose your battles. You can brush off the little things and focus your energies on risky behaviors or anything that endangers your loved one’s safety.

5. Recognize your limits: Research senior communities, where your loved ones can get in-home help, stay social, and receive round-the-clock care. Be realistic with how much care you can provide given your situation. Seeking help could make things much easier for you and healthier for your loved one – it’s okay to admit that! Provided care by a trained professional can help with the workload you are currently taking on by yourself.

