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## **Tips for Avoiding Caregiver Burnout**

This fact sheet from the American Geriatrics Society's Health in Aging Foundation – [Tips for Avoiding Caregiver Burnout](#) - provides strategies for avoiding caregiver burnout:

1. get information;
2. help your loved one help himself or herself;
3. ask trustworthy, family, friends and neighbors for assistance;
4. take care of yourself, too;
5. don't take it personally;
6. talk about it; and
7. contact professionals and organizations that assist caregivers.

Also provides key resources and programs to help you find the help you need.

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**HealthinAging.org** was created by the American Geriatrics Society's Health in Aging Foundation to provide consumers and caregivers with up-to-date information on health and aging.

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