



**Weill Cornell Medicine**

# Care for Your Aging Loved Ones.



They raised you well. Now you want to return the favor. Take a few moments to learn how to care for your aging loved ones.

## Covering the Needs

Care for aging loved ones covers a lot of ground.



**Day-to-Day Life.** Your loved one may need help cooking, cleaning, remembering to take medication and performing other daily activities.

**Finances.** Aging is expensive. Look into programs to lighten the financial burden.

**Living Situation.** Wherever your aging parent lives, you want it to be comfortable and safe.

## Remember Yourself

Providing ongoing care can lead to burnout. Avoid burning out with these tips.



**Recognize stress sources and symptoms.**

Then reduce stressors and increase stress-relieving activities.

**Set a simple personal goal.**

Plan to walk 10 minutes a day or make an appointment for your annual check-up.

**Write things down.**

You have a lot of responsibilities and questions. Don't expect to remember them all. Grab a pen and paper and write them down.

## Reach Out

You don't have to do all the caregiving on your own.

**Ask family and friends** to sit with loved ones, run errands or do other tasks to lighten your load.

**Contact Weill Cornell Medicine's Geriatric and Palliative Care program** for expert medical assistance.

**Talk with a counselor or advisor** when you feel burnout building up on you.



Learn more at: [weillcornell.org/services/geriatrics-and-palliative-medicine](http://weillcornell.org/services/geriatrics-and-palliative-medicine)



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