Take time
and talk with the caregiver

Caregivers are a critical part of your healthcare team. Up to 70% will experience depression and anxiety, and caregivers develop chronic health problems at nearly twice the rate of non-caregivers.

How can you help?
Talk with the caregiver and advise them to see their doctor regularly
Ask if they need help finding respite
Recommend respite care- a temporary break from caregiving

For more information on caregivers and resources for respite care, visit www.taketimeatexas.org

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