



▶ **CARING FOR A LOVED ONE CAN BE AN HONOR**  
But it can also take a toll on the caregiver

**65 MILLION+** adults in the U.S. **CARE FOR A LOVED ONE** with health issues

Caregivers spend an average of **20 HOURS/WEEK PROVIDING CARE**

## A MOUNTAIN OF RESPONSIBILITY

Common duties caregivers provide their loved ones include:



Caregivers are **AT RISK** for:

- ⚠️ **DEPRESSION**
- ⚠️ **STROKE**
- ⚠️ **HEART DISEASE**
- ⚠️ **HIGH BLOOD PRESSURE**
- ⚠️ **OTHER ILLNESSES**

## Avoid BURNOUT



**TAKE CARE OF YOURSELF**



**SET LIMITS**  
It's OK to say "No"



**ESTABLISH A SUPPORT CIRCLE**  
Seek professional help if you feel depressed



**FIND WAYS TO RECHARGE**  
Exercise, try a new hobby, connect with friends



**GET ENOUGH SLEEP**



**EAT HEALTHY FOODS**

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

▶ For more information, visit **CardioSmart.org/Caregivers**