

## Community Resources

**DRCOG Network of Care** -[www.drcog.networkofcare.org](http://www.drcog.networkofcare.org)

**Senior Reach** -[www.seniorreach.org](http://www.seniorreach.org)

**AARP**– [www.AARP.org](http://www.AARP.org)

**National Alliance of Caregiving**– [www.caregiving.org](http://www.caregiving.org)

**Caregiver Action Network**– [www.caregiveraction.org](http://www.caregiveraction.org)

**Alzheimer's Association**– [www.alz.org](http://www.alz.org)

**Seniors' Resource Center**– [www.srcaging.org](http://www.srcaging.org)

**Colorado Respite Coalition**– [www.coloradospitecoalition.org](http://www.coloradospitecoalition.org)

**Lutheran Family Services Rocky Mountains**- [www.lfsrcm.org](http://www.lfsrcm.org)

**Easter Seals Colorado**– [www.easterseals.com/co](http://www.easterseals.com/co)

**R** is for "Rest & Relaxation"

**E** as in "Energize"

**S** as in "Sleep"

**P** is for "Programs that can help you"

**I** as in "Imagination"

**T** as in "Take Five"

**E** is for "Exhale"

"There are two ways of spreading light—  
to be the candle or the mirror that reflects it"

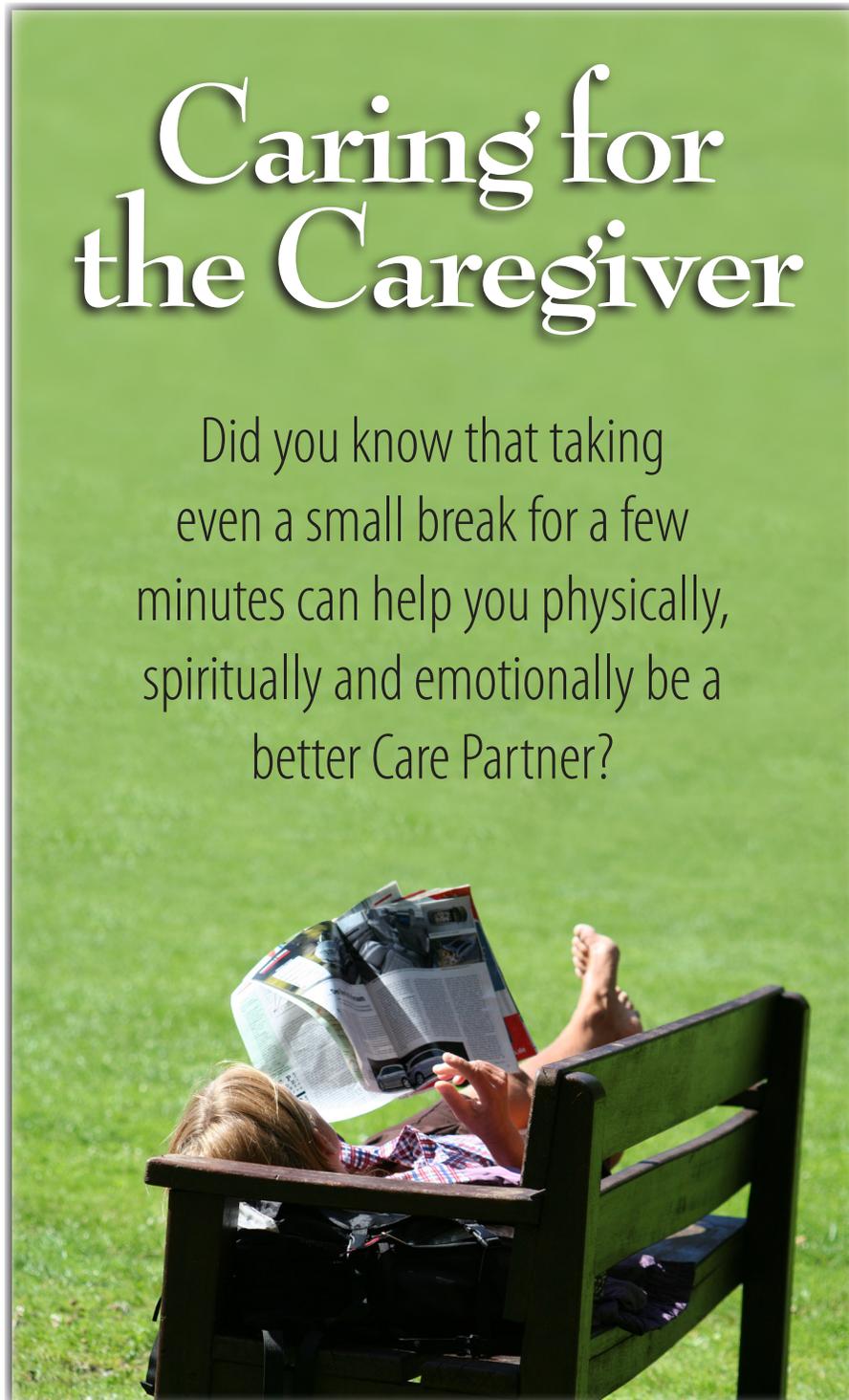
*Edith Wharton*

**Aging  
Well**  
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# Caring for the Caregiver

Did you know that taking  
even a small break for a few  
minutes can help you physically,  
spiritually and emotionally be a  
better Care Partner?



# 30 things you can do in small periods of time to care for yourself

Pick three things to do a day or in a week. Mix them up and have fun with your day's activities.

## 15 Minute Time Out

- Write in a journal
- Using a small jar and small pieces of paper, write down one thing you are thankful for each day and add it to the jar
- Read literature (1 chapter) that is unrelated to work or education
- Meditate or pray
- Turn the radio up and sing along with your favorite song
- Stretch; take time to stretch all your muscles; relaxation exercises, by systematically relaxing each part of your body, while focusing on a place of peace and renewal for you (i.e. the beach, the mountains, your garden)
- Have a piece of chocolate and watch funny animal videos on YouTube
- Laugh out loud
- Call a friend
- When you make an appointment for the person you are caregiving for, make the same type of appointment for yourself, i.e. doctor, dentist, hair, manicure, or pedicure

"Impossible situations can become possible miracles"

*Robert H Schuller*

## 30 Minute Time Out

- Take a walk in your favorite park
- Eat a full balanced meal
- Take a hot bath
- Take a nap
- Work in the garden
- Watch a funny TV show; laughter is great medicine
- Color or create something
- Write a loving letter to yourself and read it when you are feeling upset
- Make a cup of tea and enjoy it quietly
- Call and chat with a friend for the whole 30 minutes

"Life's challenges are not supposed to paralyze you: they're supposed to help you discover who you are"

*Bernice Johnson Reagon*

## 60 Minute Time Out

- Go to a park or local garden and sit and relax
- Watch your favorite TV show or funny videos
- Go to the gym or take a fitness class
- Cook your favorite recipe
- Meet a friend for lunch
- Attend a support group
- Go shopping
- Listen to your favorite music for a whole hour
- Take a yoga class - try laughter yoga
- Get a massage

"One person caring about another represents life's greatest value"

*Jim Rohn*

## A Day of Self Care

- Go to the museum with a friend
- Visit the Botanic Gardens (Denver or Chatfield)
- Take a drive to the mountains

"Some days there won't be a song in your heart. Sing anyway"

*Emory Austin*