

Healthy Living

Topic of February **CAREGIVING**

Duke Health and Exercise Research Trials • Research@duke.edu • 919-681-9000

Caregivers:

Have you helped carry groceries for someone else? Have you called insurance companies on behalf of a loved one? Have you missed work to provide care? Helping those who cannot fully take care of themselves is caregiving.

Did you know...?

- ❖ Almost 44 million Americans provide over 37 billion hours of unpaid care each year for adult family members and friends with chronic illnesses or conditions. TRIANGLEJ
- ❖ These care activities can include bathing, managing medications, preparing meals, grocery shopping, and so much more. cdc
- ❖ It is normal to feel angry, frustrated, exhausted, alone, or sad. Caregiver stress – the emotional and physical stress of caregiving - is common. MAYOCLINIC

Strategies for dealing with Caregiver Stress

- ❖ Accept help
- ❖ Focus on what you are able to provide
- ❖ Set realistic goals, and prioritize them
- ❖ Connect with others in similar situations
- ❖ Join a support group
- ❖ Seek social support from family & friends
- ❖ Set personal health goals
- ❖ See your doctor to stay healthy and well

Resources for additional support:

Guidinglightsnc.org Dukefamilysupport.org
Durham.va.gov/services/caregiver

Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

Research@duke.edu or 919-681-9000

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Take care of yourself!

Get moving with Silver Sneakers – a free exercise program. Many people over the age of 65 and on Medicare qualify. Check your eligibility on their website and get registered at silversneakers.com/Eligibility



If you do not qualify for Silver Sneakers, contact your insurance provider. Many of them offer benefits to help stay active and healthy.

Have your cake & Eat it too?

Sure you can! Choose a healthy treat to enjoy.

- ✓ Ricotta cheese and berries
- ✓ Greek yogurt topped with fruit and granola
- ✓ Unsalted, dark chocolate drizzled popcorn

Words of Wisdom

“Every day is another chance to get stronger, to eat healthier, & to be the best version of you”

- anonymous