

WAYS TO REDUCE CAREGIVER'S STRESS

(Courtesy of the Alzheimer's Association)

1. Know what resources are available in your community.
2. Become educated about Huntington's Disease (or affected disease) and caregiving techniques.
3. Get help from family, friends and community resources.
4. Take care of yourself by watching your diet, exercising, and getting plenty of rest.
5. Manage your level of stress by consulting a physician and using relaxation techniques.
6. Accept changes as they occur.
7. Engage in legal and financial planning.
8. Be realistic about what you can do.
9. Give yourself credit for what you have accomplished; don't feel guilty if you lose patience or can't do everything on your own!