



THE IMPORTANCE OF SELF-CARE FOR FAMILY CAREGIVERS

Article by Jeff Goreski

Caring for elderly family members is a responsibility that many of us accept at some point in our lives. However, sometimes in doing so we often neglect the one person's needs that matter the most, our own. Whether we're caring for an elderly spouse, parent, or grandparent, caring for ourselves is key to sustaining our caregiving duties.

Indeed, it's imperative that we maintain healthy boundaries so that we don't burn out. After all, if we don't balance out our caregiving tasks with other important activities, be it work and/or leisure pursuits, we may soon find ourselves exhausted and no longer capable of providing care. So, those we care for and ourselves benefit when we engage in self-care.

Caregivers In Distress

For us to thrive as a caregiver, it's important to have the resources we need to perform our duties in a way that supports our well-being. The Family Caregivers of BC offers one such tool, a [caregiver support plan](#). Putting a plan together helps us identify what we need to support ourselves with our caregiving tasks, and aids in balancing those duties with our own personal needs along our caregiver journey. Every caregiver's support plan is different as we all have different self-care needs and these needs evolve over time as our caregiving situation changes, but knowing what they are is important to our well-being.

Respite Care Is A Form Of Self-Care

Regardless of our caregiving experience, we all need a break at some point or another. Indeed, having respite care in place allows us to recharge our batteries and reminds us that our needs are important too. Understanding the significance that self-care plays in family caregivers' lives and supporting their well-being should be central to future government policy that addresses the ever-increasing home care needs in British Columbia.

[1] [2] Office of the Seniors Advocate British Columbia. [We Must Do Better: Home Support Services for B.C. Seniors](#). February 23, 2023.



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Examples of home care services you can get through Gravitii:

- Bathing
- Dressing
- Toileting
- Grooming
- Personal care
- Hospital recovery care
- Laundry
- Transportation
- Companionship
- Mobility support
- Family caregiver respite
- Medication management