Family Caregiver Wellness Guide

Taking care of yourself supports more sustainable caregiving.

Notice your own needs

- Pay attention to ongoing stress, fatigue, or poor sleep.
- Keep time for meals, movement, rest, and social connection.
- Share responsibilities with trusted family members where possible.

Build a support plan

- List tasks you can delegate or ask others to share.
- Discuss respite support and any limits on timing or staffing.
- Keep useful phone numbers and resource contacts available.

Get more help

- Ask a healthcare professional about significant health concerns.
- Explore the NJ Division of Aging Services for caregiver support.
- Reach out to local Area Agencies on Aging or NJ 211 for community programs.

Talk with Golden Years (908) 801-9083 | Support@goldenyearhca.com

General educational information only. Not medical, legal, or financial advice. Specific service availability and professional scope must be confirmed with the agency. Never send medical records through the public website form.