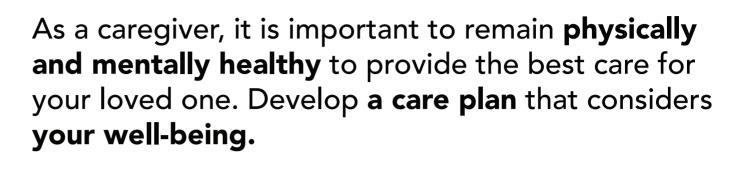
BETTER CAREGIVING BEGINS WITH

SELF-CARE





Plan and set realistic, bite-sized goals



<u>Learn new skills</u> to help in your caregiving role





Ask for and accept support from family, peers, and care professionals



Normalise taking breaks for your self-care



Scan for more information and resources





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