

# Taking Care of the Caregiver

Being a parent is hard work, and when a parent has the additional emotional and physical responsibility of being a caregiver to a family member, it can strain even the most resilient person. It's important to take advantage of the many resources and tools available to help you provide care for your loved one. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

The Caregiver Coalition of United Way of Northern New Jersey has resources online and programs to support caregivers, including a [handbook](#):

[http://www.unitedwaynj.org/ourwork/heal\\_caregivers\\_pathways.php](http://www.unitedwaynj.org/ourwork/heal_caregivers_pathways.php)

The Caregiver Coalition website:

[http://www.unitedwaynj.org/ourwork/heal\\_caregivers.php](http://www.unitedwaynj.org/ourwork/heal_caregivers.php)

Taking Care of Yourself: Self -Care for Caregivers

[http://www.cdss.ca.gov/agedblinddisabled/res/VPTC2/4%20Care%20for%20the%20Caregiver/Taking\\_Care\\_of\\_You\\_SelfCare\\_for\\_Family\\_Caregivers.pdf](http://www.cdss.ca.gov/agedblinddisabled/res/VPTC2/4%20Care%20for%20the%20Caregiver/Taking_Care_of_You_SelfCare_for_Family_Caregivers.pdf)

25 Simple Self-Care Tools for Parents: Quick Ideas to Renew Energy, Strengthen Relationships, and Be Good to Yourself

<https://www.psychologytoday.com/us/blog/joyful-parenting/201708/25-simple-self-care-tools-parents>

Why Self-Care Is Essential to Parenting: Caring for Children with Intense Needs Can Take an Emotional (and Physical) Toll on Parents

<https://childmind.org/article/fighting-caregiver-burnout-special-needs-kids/>

How to Practice Self-Care When Your Child Is Living with Mental Illness

<http://community.today.com/parentingteam/post/how-to-practice-self-care-when-your-child-is-living-with-mental-illness>