



## Reclaiming Your Free Time

If you are the caregiver of your aging loved one, you may not be able to remember the last time you had a moment to yourself. No matter if you are a spouse who has the majority of caregiving duties for your partner or if you are a child who checks in on an aging parent, caregiving or coordination of care can leave you feeling stressed out, exhausted, frustrated, and lonely. It's these feelings, along with almost zero alone time when you are "off the caregiving clock", that can lead to caregiver burnout.



Research out of the [Centers for Disease Control](#) has shown us that caregivers are tired, sick and depressed. In fact, more than half of family caregivers say they do not have time to take care of themselves, and are just too tired to do so. Unfortunately, if you are exhausted, you are unable to provide the quality of care that your loved one needs.

The best way to stay healthy as a family caregiver is to make it a point to take time for yourself. Schedule your time away on your calendar, using [respite care services through Visiting Angels](#) to give you peace of mind that your loved one is in good hands while you are away. Now that you have made a commitment to yourself, use your time away wisely to leave yourself feeling refreshed when you walk back through your front door.

### ***Take care of medical appointments***

Use your time away to literally take care of yourself. Go to that annual checkup with your doctor you have been putting off, get your teeth cleaned at the dentist, or get a new prescription for your glasses. Whether you choose a chiropractor appointment or a physician follow up appointment, use your time away to invest in your health so that you can continue being a support to your loved one.

### ***Go grocery shopping***

Heading to the grocery store with your loved one in tow can sometimes feel like an impossible feat. During your few hours away, hit the grocery store to pick up nutritious and delicious foods to stock your fridge for the upcoming week. A good diet is a wonderful way to keep you and your loved one healthy and happy.

### ***Meet up with friends***

Whether you attend your monthly book club meeting or meet a friend for pedicures, spending time with your support network can give you the energy and confidence that

you need to be healthy and feel connected. Grabbing coffee or meeting a friend for lunch can be just what the doctor ordered.

***Exercise***

Take a yoga class, try out a strength conditioning group, go for a swim or take a walk. No matter your decision, you will be making a major impact on your health. Exercise not only releases endorphins to make you feel great, it also allows your body to stretch and get stronger – just what you need to continue to be a good caregiver to your loved one.

Does going out for a few hours each week sound great, but you feel that it is just impossible? Please let us show you how a few hours of [respite care with our Angels](#) can give you the break that your mind, body, and heart need.

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