

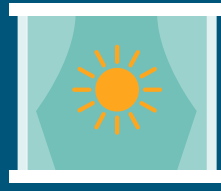
Caregiving Facts and Tips

Caring for yourself while caring for others



Global stats *

Research shows **43%** of the global population supports a family member or loved one with long-term medical conditions



More than **one in 5** caregivers say they have completely changed their daily routine as a result.



28%

say their role as caregiver has negatively impacted their other relationships.



32%

say caregiving takes a large emotional toll on them.



24%

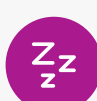
say they do not have enough support to properly care for the person they are looking after.

Tips for caregivers



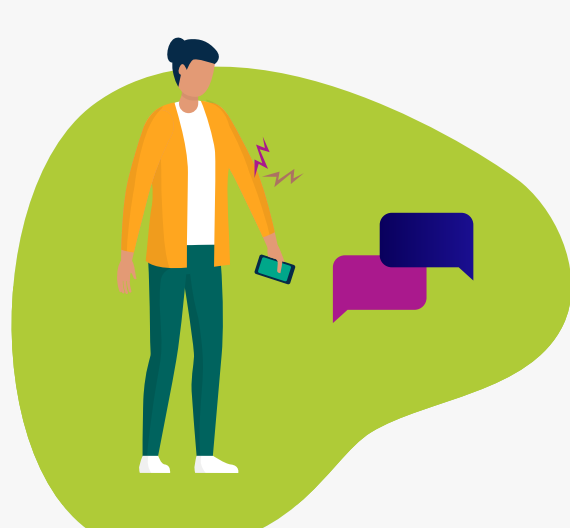
Don't try to do this alone

Reach out to loved ones, medical professionals, non-governmental organizations, or your community.



Make sure you get enough rest

This includes time for yourself and setting boundaries on what you can do.



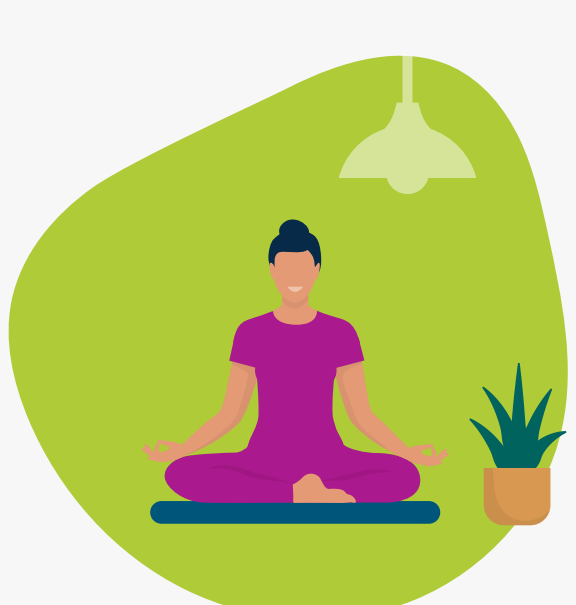
Don't neglect aches and pains

Caregiving can be physical work and you might be straining your body. See a healthcare professional before it gets worse.



Let go of guilt

You won't be perfect all the time. But you are enough.



Fill your own cup

Don't stop doing things that make you happy. You need as much care as anyone else



For more tips from experts and other carers, please visit our caregivers section at

www.tevapharm.com/patients-and-caregivers/caring-for-the-caregivers