

Well-Being Tips: Care Giving

Whether taking care of children or an elderly family member, caregiving can be a difficult yet rewarding job. Listed below are some tips and resources available to help make your caregiving experience the best it can be.

Caregiving for Children:

- Questions: Do you have questions about pregnancy, parenting, or other child care related problems? Rather than searching the internet, check with UW Children's Hospital. [Click here](#) to view commonly asked questions from caregivers like yourself.
- Children with Special Needs: Are you caring for a child with special needs? Check out this [term list](#) for clarification on commonly used language surrounding kids' health.
- Child Care: UW-Madison's [Office of Child Care and Family Resources](#) offers child care services, parent resources, and financial assistance for caregivers on campus. The office works with 3 campus and 2 affiliated centers to help find a child care option that is best for you.

Caregiving for Elderly Adults:

- Take Care of Yourself
 - Making sure you are well and healthy will allow you to bring your best self to your caregiving role.
 - Get some exercise. Aim for at least 2.5 hours of moderate activity a week.
 - Eat healthy meals and snacks.
- Don't Help Too Much
 - Let the person do as much as possible and empower them to act independently when they are able to do so.
 - Simplify and make tasks easier rather than doing them yourself.
 - Reward both the effort and the result. Help the person feel good about doing things on their own.
- Ask for Help
 - Ask family and friends to help. Start by asking them to do tasks they might enjoy like picking up something at the grocery store.
 - [Wisconsin's Family Caregiver Programs](#) provide information and support to family caregivers including grants, referrals, and resources.