



### Caregiver Key Messages

When you feel overwhelmed and exhausted, you can't be a good caregiver to your loved one. All caregivers of older adults need a break from time to time.

Taking care of a sick family member is hard work. But taking care of yourself is important too.

Do you feel like you have no time for yourself? Are you feeling stressed out?  
Do you worry about the unexpected? We are in your corner.

We know caregiving can be expensive which is why all Exhale programs are free of charge to the caregiver.

Caregivers of older adults need support to find time to rest, clear their minds, and take a breath. That's why we're here to help.

Being a caregiver for an older adult loved one is an honor...it's also really intense. Over half of us are in the role, many of us without even realizing it. All those ways you're "just helping out" mowing the lawn, picking up meds and groceries, calling every night to check-in? That's called caregiving. (Reference: ARCHANGELS)