

## **Conclusion: Top Things Caregivers Should Know**

When I met caregivers who thrived, I asked them how they lived a life where they could pursue their dreams while caregiving.

Here's the top 10 list of their advice:

- 1 Be aware of your needs and prioritise them
- 2 Make regular dates with yourself for healing and self-care
- 3 Show love and affection to your loved ones
- 4 Set clear boundaries
- 5 Learn what to prioritise, and what to let go
- 6 Advocate for your needs
- 7 Educate and empower people in your ecosystem to understand how to support you
- 8 Use toolkits and apply strategies to achieve better physical, mental and emotional health
- 9 Plan short-term (daily/weekly), medium term (quarterly/yearly) and long term (five to ten years) goals
- 10 Believe in yourself, acknowledge your efforts, and love yourself