



Caring for others: tips to help you and your loved ones from Consumer Reports

People become caregivers to loved ones for different reasons—some inspiring and uplifting, some sad. [About one-third](#) of the U.S. population provides care for someone who needs it.

And even though many people will be in this situation, few have the skills to do it all on their own. Taking care of a loved one is demanding and at times can be overwhelming. But the right resources can help.

Taking care of a loved one's health

When caring for someone, such as an aging parent or a family member with a serious disease, it's important to build a relationship with his or her doctor. You should understand the type of care he/she needs, such as screenings, treatments and medications. It's also important to know how to help your loved one cope with what's ahead. The following resources provide key information and tips to help you care for loved ones:

- [Caring for aging parents](#)
- [Coping with serious illness](#)
- [What you need to know about doctor-patient relationships](#)

Taking care of your own health

It's easy to become so involved in the caregiving of others that you forget to take care of yourself. Managing your own health is important to make sure you are healthy enough to help others.

Eat properly, get regular exercise and set aside some time each week to do something you enjoy. Continue to get regular checkups and see your doctor if you experience any health problems. These resources can help you maintain balance and manage your own health:

- [Living life to the fullest: building healthy habits](#)
- Five health tips for men (coming soon!)
- Five health tips for women (coming soon!)

You can be a resourceful caregiver and continue to have a life apart from the caregiver role if you remember to maintain balance.