The Importance of Self Care
Objectives

- What about YOU? Keeping the caregiver healthy
- Prioritizing Efforts: Oxygen Mask
- Wellness: Taking good care of yourself
- Utilizing Strategies: Time/Stress management
- Maximizing Support: Connecting with others
- Expanding Connections: Support groups
- Resources: Finding caregivers
What About You?

Keeping the caregiver healthy

- Physical
- Mental
- Emotional
- Recreation
- Spiritual
- Financial
- Legal
- Social
Physical
Mental
Emotional
Recreation
Financial
Legal
Social
Spiritual
Prioritizing Efforts: The Oxygen Mask
Wellness

*Taking good care of yourself*

- Exercise
- Sleep
- Nutrition
Utilizing Strategies: Time Management
Utilizing Strategies: Stress Management
Maximizing Support
Expanding Connections

Support groups

• Benefits
• Types
• Access
Resources

*Finding caregivers and care locations*

- Selecting
- Engaging
- Collaborating
- Evaluating
Resources (cont.)

U.S. Department of Education Resources for Child Care for Children with Special Needs


Center for Disease Control Resources for Child Care and Extended Support for Children with Special Needs


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