



Caregiving Tips from Dr. Pat Bomba

Remember, you are a “human being” - not a “human doing”.

Follow a balanced diet.

Incorporate a regular exercise program.

Avoid excess alcohol.

Reduce your caffeine intake.

Develop a regular sleep pattern; get enough sleep.

Practice relaxing every day.

Get organized.

Establish lists and learn to prioritize.

Demonstrate optimism.

Learn something new.

Laugh often, long and hard.

Maintain your sense of humor.

Recognize work as an addiction. Just say NO!

Accept support from close friends.

Evaluate your situation and reach out for help, if needed.

Embrace your religion or spirituality.

Remember the Serenity Prayer:

God grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the difference.

*Lessons Learned from a Lifetime of Personal and Professional Experience
Dr. Bomba served as a caregiver for her mother – initially long distance
and then in her home for the last 15 months of her mother's life.*