



Daughterhood

Before you throw in the towel

STOP THE TRAIN, I want to get off!

Caregiving's not fun. The work's unrelenting, hard, and requires tremendous sacrifice

It's OK to want out! Duty does not require joy

When you feel like quitting... Look for ways to ease the pressure, fear and exhaustion just a little.

Let go of expectations

Don't let the burden of unmet expectations STEAL all your energy!

Take it one moment, one day at a time

Just try to accept what's in front of you

What can you give up?

Be ruthless and strategic: Constantly re-evaluate your priorities every year, every month, every day **What's most important?**

How Can You Get Help?

Asking for help is the hardest thing to do but the only SURE way to get it; you may get a 'no' for an answer, but please don't let that stop you

You DO Need A Break

Remember: a break is better than a breakdown

Moving Your Parents Into a Facility isn't throwing in the towel and quitting caregiving

You'll still be your parents' most most important advocate and caregiver.