
Laundry
Other household chores
And much more!

Remember to Be Yourself

Being a caregiver is only part of who you are. If you don't tend to all the other things that make you who you are--your spouse or other family and friends, your hobbies and interests, your career--you could be headed for trouble. Family caregivers who don't take time for themselves can experience increased levels of stress, exhaustion, and even serious health problems.

It's OK to want some time for yourself, without guilt. Everyone deserves the opportunity to take a break; to step out of the everyday routine to relax, re-energize, and refresh. It's healthy, normal, and can strengthen the relationship you enjoy with the person you care for. After all, when you're happy and more energized, you'll both be better off. FirstLight respite care services can help you find the "you" you've been missing without compromising the quality of care and attention your family member needs.

For more information visit our website at: <https://www.centralorlando.firstlighthomecare.com> or watch a video of our clients telling you about our services:

<https://www.youtube.com/watch?v=5Dv7hLB-YBI>