

Published on *SeniorNavigator* (<https://seniornavigator.org>)

[Make Yourself a Priority, Too: Tips for Caregivers](#)

Caregiving can be rewarding, but difficult. Learn how you can put yourself back on the priority list.

Share this infographic and help spread the word about caring for yourself while caring for others.

Article Source

National Institute on Aging

Source URL

<https://www.nia.nih.gov>

Last Reviewed

Wednesday, November 17, 2021