

NEW
website for
Oklahoma
Caregivers



OKCares

www.okcares.org

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Statewide resources for
caregivers across the lifespan:

- ✓ Respite locator
- ✓ Support groups
- ✓ Legal support
- ✓ Grandparents or other
relatives raising children
- ✓ Advocacy
opportunities
- ✓ Join the OK
Caregiver
Coalition
- ✓ Upcoming events



Maximize Your Respite Time

Here are some ways you can take time to care for yourself!



15 Minute Time Out

- Write in a journal
- Read literature (1 chapter) that is unrelated to work or education
- Meditate and pray
- Stretch
- Call a friend
- Make an appointment for yourself (doctor, hair, dentist, manicure)

30 Minute Time Out

- Take a walk
- Take a hot bath
- Take a nap
- Work in the garden
- Watch a funny TV show
- Make a cup of hot tea and enjoy it quietly

1 Hour Time Out

- Go to the gym or take a fitness/yoga class
- Cook your favorite recipe
- Meet a friend for lunch
- Attend a support group
- Go shopping
- Get a massage

A Day of Self Care

- Go to the museum or take a drive/day trip
- You and your spouse go to the movie and then dinner afterwards
- Go hiking and have a picnic
- Spend the day with a friend
- Attend a scheduled appointment

Tips for choosing your respite activity:

- Choose an activity** → you have always enjoyed doing;
→ you did before you became a caregiver;
→ that has meaning to you;
→ that will help improve satisfaction with caregiving;
→ that will help you reduce the stress you might be feeling; and
→ that encourages you to use your respite more regularly.

Caregivers who use their respite time to do what they intended to do may feel less stress and more satisfaction with their caregiving role.

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