

30 TIPS FOR CAREGIVERS OF INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

NOVEMBER 2025



MON	TUE	WED	THU	FRI	SAT	SUN
					1 <u>Take Care of Your Own Health</u>	2 <u>Don't be afraid to ask for help!</u>
3 <u>Communicate Effectively</u>	4 <u>Find a Support Group</u>	5 <u>Use a calendar or Planner to keep track of all your caregiver responsibilities</u>	6 <u>Delegate some tasks to others when you can</u>	7 <u>Find a new hobby</u>	8 <u>Get healthy sleep</u>	9 <u>Read a book</u>
10 <u>Spend time outdoors</u>	11 <u>Meditate</u>	12 <u>Create a playlist</u>	13 <u>Practice gratitude and journaling</u>	14 <u>Spend time in nature</u>	15 <u>Set personal boundaries and say no</u>	16 <u>Take breaks during the day</u>
17 <u>Utilize respite services</u>	18 <u>Remember to breathe</u>	19 <u>Keep your paperwork organized</u>	20 <u>Make time for your favorite cup of tea or coffee</u>	21 <u>Create a vision board</u>	22 <u>Take a hike</u>	23 <u>Be a tourist in your own town</u>
24 <u>Make a home cooked meal</u>	25 <u>Download a podcast</u>	26 <u>Do one thing at a time</u>	27 <u>Visit a farm</u>	28 <u>Unplug from social media</u>	29 <u>Go for a walk at the beach</u>	30 <u>Be kind to yourself. You're doing the best you can</u>