



Caregiver Self-Care That Actually Works: Real Tips for Busy, Burned-Out Caregivers

For many family caregivers, time is stretched thin, emotions are worn raw, and the idea of taking a break feels unrealistic.

If you've ever thought, "I don't have time for myself," then it's time to recognize the signs of caregiver burnout and implement self-care practices that work for you.

The reality is that caregiver self-care is essential, not optional. Without intentional care for your own physical, emotional, and mental well-being, you're at risk for caregiver burnout and caregiver fatigue.

These conditions can impact not only your ability to care for your loved one but also your long-term health and quality of life.

At The Senior Alliance, we recognize the critical role caregivers play, and we're here to provide realistic tools, support, and resources that fit into your everyday life.

Services:

- Adult Day Services
- MI Choice Waiver Program
- Care Management
- Caregiver Support
- Nutritional Services and Home Delivered Meals
- Friendly Reassurance
- Long-term Care Ombudsman
- MMAP Assistance
- Information & Assistance
- Elder Abuse Prevention
- Outreach, Advocacy, and Education
- Transportation
- And Much More

Announcing

Halal Congregate Meal Program

Our Halal Congregate Meal program has been named a 2025 USAging Aging Innovations Award winner! This program is the first of its kind in the country to provide nutritious, culturally appropriate meals in a group setting for older adults who keep halal.

Now Available

MI Options Program

Navigating long-term care just got easier. The new MI Options program connects adults over 18 with trusted information and support--no income or asset limits required.

Contact our person-centered counseling for help understanding your options.

Inside The Senior Alliance Podcast

Person-Centered Options Counseling

Find out how the person-centered options counseling benefits older adults, individuals with disabilities, and their caregivers, particularly in terms of maintaining independence and quality of life.

Manager of the Quarter

Kari West

Whether it's testing new equipment, researching software tools, or finding ways around roadblocks, Kari works tirelessly to ensure her team can do their jobs well and with confidence.

We're so proud of our team! **Thank you!**



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