

Self-Care Checklist

**TO AVOID
CAREGIVER
BURNOUT**

- TAKE CARE OF YOUR OWN HEALTH
- DON'T BE AFRAID TO ASK FOR HELP
- SCHEDULE DAYS IN ADVANCE
- CONNECT WITH OTHER CAREGIVERS
- CREATE "CARE FOR THE CAREGIVER" MOMENTS
- CELEBRATE THE SMALL WINS & MOMENTS OF JOY!

Aeroflow  *Urology*

Remember that Aeroflow Urology can relieve your financial burden of purchasing incontinence products out of pocket by getting your loved one incontinence products for free through insurance if they qualify!

Go to aeroflowurology.com/qualify-through-insurance to check your loved one's eligibility.