

# Alzheimer's Disease and Caregivers

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can also help you be a better caregiver.

Here are 15 ways to help you manage your stress and be a healthy caregiver:



1

## Know you're doing your best job.

Remember that the care you provide makes a difference and that you are doing the best you can.



2

## Find time for yourself. Caregiving is hard work.

Consider respite care so you can spend time doing something you enjoy.



3

## Know what resources are available to you.

Adult day programs, in-home assistance, and meal delivery are some of the services that can help you.



4

## Become an educated caregiver.

As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.



5

Be open to new technologies that can help you care for your loved one.



6

Learn how to communicate effectively with doctors and your loved one's care team.



7

## Get help and support.

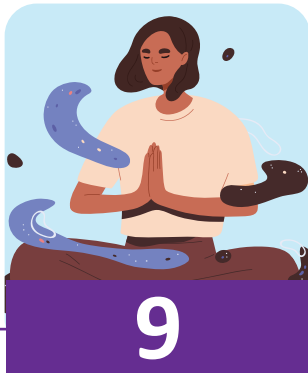
Seek comfort and guidance through local support groups, the ALZ hotline or [brainhealth.dc.gov](http://brainhealth.dc.gov).



8

Make legal and financial plans. Putting plans in place after an Alzheimer's diagnosis is important. This allows the person with the disease to participate in decision-making and offers guidance to their families and caregivers.

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**Manage your level of stress.** Find relaxing techniques that work best for you. If stress becomes overwhelming seek professional help.



**Take care of yourself.** Try to eat well, exercise and get plenty of rest.



**Accept changes as they occur.** The needs of people with Alzheimer's change over time. For care beyond what you can provide utilize community resources.



**Do not neglect your own health.** Visit your doctor regularly and get recommended screenings. Pay attention to changes in your health or mood. Ignoring signs or symptoms can cause your health to decline.



**Accept offers of help** and suggest specific things people can do to help you.



**Organize medical information** so it's up to date and easy to find when you need it.



**Seek support from other caregivers.** You are not alone!

Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 or visit [brainhealth.dc.gov](http://brainhealth.dc.gov) and [alz.org](http://alz.org) for more information and resources.