

CARING FOR THE CAREGIVER



Many caregivers tend to set their own needs aside while caring for the person living with dementia. Providing care for someone living with dementia can take a tremendous toll on the physical and emotional health of the caregiver.

These are some ways you can support caregivers.

1. Provide a change in scenery

Suggest an outing or a walk to help get them out of the house. Consider including family and friends during this time.

2. Learn about dementia and the progression

Educate yourself about dementia, about Alzheimer's disease, and about some of the challenges they may be experiencing.

3. Keep in touch

Staying in touch can mean calling, emailing, texting, or sending mail. Remind them that you are there for them.

4. Give them a break

Stay with the person living with the dementia to provide the caregiver a chance to take a break.

5. Offer to help with the little things

Instead of asking what you can do, try to offer to help with specific errands or household chores.

6. Be there to listen

Every caregiver will have a unique experience and feelings; focus on actively listening to what they have to say.

7. Stay by their side

Caregiving can be a long journey. Support can go a long way.