

10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

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



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



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



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



Get help and find support. Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected® online social networking community.



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



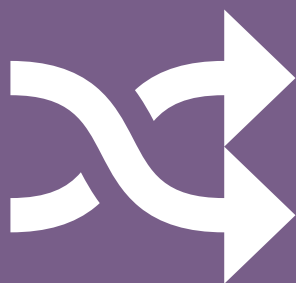
Manage your level of stress. Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek help from a doctor or counselor.



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



Know you're doing your best. Remember that the care you provide makes a difference and that you are doing the best you can.



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.



Visit your doctor regularly. Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

Free 24/7 Helpline: **800.272.3900**
Alzheimer's and Dementia Caregiver Center: alz.org/care

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