

## **CARING FOR THE CAREGIVERS**

### **Taking Care of Yourself**

Although Alzheimer's disease brings many problems, with a united family and with professional help, you can find comfort and peace when you know that you have done all you can do for your loved one.

I have talked about the needs of the person with Alzheimer's disease in this website. We have heard what works for other families caring for their loved ones with Alzheimer's. But I don't want to forget about you, the caregiver. I know how difficult your work can be. So I urge you to make sure you take care of yourself, too. Here are some ideas:

- Make sure you take care of your own health. Get regular check-ups, and be sure to take your own medications if you need them.
- Find someone you can confide in and talk to. You need friendly support. This can include professional counselors who understand the needs of the Alzheimer's caregiver or good friends. Some times local hospitals have free support groups for families.
- When possible, try to get a few other people to come in and help out once in a while so you can get out to do something on your own.
- Look to see what programs there are in your community for people with Alzheimer's. Some communities have adult day care, which is a place that people with Alzheimer's can go during the day for socializing and activities, so caregivers can have some time to themselves.

You are doing something wonderful for someone you care about. Yes—the journey is long. Yes—the work is hard. I applaud you for your dedication and your true desire to learn more about Alzheimer's disease. I wish you and your family good days together.

For more information on ways you as the caregiver can get help, press the button below.

**Button for caregiver resources/adult day care**