

FIVE TIPS for caregivers

1

MANAGE YOUR STRESS LEVEL

Consider how stress affects your body (stomach aches, high blood pressure) – and your emotions (overeating, irritability). Find ways to relax.



2

BE REALISTIC

The care you give does make a difference, but many behaviors can't be controlled. Grieve the losses, focus on positive times as they arise and enjoy good memories.



3

GIVE YOURSELF CREDIT, NOT GUILT

It's normal to lose patience or feel like your care may fall short sometimes. You're doing the best you can. For support and encouragement, join ALZConnected.org, our online caregiver community.



4

TAKE A BREAK

It's normal to need a break from caregiving duties. No one can do it all by themselves. Look into respite care to allow time to take care of yourself.



5

ACCEPT CHANGES

Eventually your loved one will need more intensive kinds of care. Research care options now so you are ready for the changes as they occur.



alzheimer's  association®

Support our vision for a world without Alzheimer's

[DONATE NOW AT ALZ.ORG](http://ALZ.ORG)

Share this on

