



Tips for Caregivers

- 1. Learn about your loved one's disease so you know what to expect.**
Breaking down tasks into single easy-to-manage steps helps those with Alzheimer's to achieve success.
Answer a repeated question as if this is the first time it is asked.
- 2. Attend support group meetings or participate online.**
Ask questions even if you think you know the answer. You're not alone. Others are walking the same road. Together you will help one another.
- 3. Make direct eye contact then address your loved one where she is.**
If happy, smile and greet her enthusiastically. If solemn, speak to him in a lower and more calming tone. Touch him and give him a hug, if appropriate.
- 4. It's okay to get frustrated and even angry.**
Find an appropriate outlet for your feelings. Try to exercise or call a fellow caregiver. At the very least, STOP and take a deep breath.
- 5. LAUGH. Find the JOY in the smallest things. SMILE.**
- 6. Seek respite, even for five minutes.**
Martyrs are not heroes. NEVER say, "NEVER."
Consider your options—adult day care, in-home care, board and care, assisted living, skilled nursing facility.
- 7. Seek competent professional advice regarding legal, financial, and healthcare matters.**
Then talk with someone you trust about the advice you receive.
Have all your questions answered before you sign anything.
- 8. Most importantly, care for your loved one the way you would want to be treated, if you needed care for this same disease.**

Adapted from: ["Where's my shoes?" My Father's Walk through Alzheimer's](#) (2nd ed.)
by Brenda Avadian, MA

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