

Self-Care for Caregivers

By Margie Basso-Holman

What's the first rule of thumb when you're asked to care for someone with Alzheimer's disease? You can't do it on your own. You need help. You need support. You need a team. You need a caregiver. You need a caregiver who can take care of the person with Alzheimer's disease and all the other things that come with it. You need a caregiver who can take care of the person with Alzheimer's disease and all the other things that come with it. You need a caregiver who can take care of the person with Alzheimer's disease and all the other things that come with it.

DON'T BE AFRAID TO ASK FOR HELP. When someone you love has Alzheimer's disease, it's important to ask for help. Don't be afraid to ask for help. When someone you love has Alzheimer's disease, it's important to ask for help. Don't be afraid to ask for help.

KEEP ON TOP OF YOUR CAREGIVING SKILLS. Your role as a caregiver is not static. It evolves over time. You need to keep on top of your caregiving skills. Your role as a caregiver is not static. It evolves over time. You need to keep on top of your caregiving skills.

SEEK REGULAR RESPIRE CARE. Look into respite care options. They can give you a break from your caregiving duties. They can give you a break from your caregiving duties. They can give you a break from your caregiving duties.

PLAN FOR YOUR OWN CARE. See your health care provider for regular check-ups and check yourself for signs and symptoms of depressive mood, anxiety, and stress. See your health care provider for regular check-ups and check yourself for signs and symptoms of depressive mood, anxiety, and stress.

MAKE TIME TO PLAY FOR AT LEAST 30 MINUTES. Include physical activity in your daily routine. It's important to make time to play for at least 30 minutes. It's important to make time to play for at least 30 minutes.

LOOK AT THE FUNNY SIDE OF LIFE. Laughter is a great stress reliever. It's important to look at the funny side of life. It's important to look at the funny side of life.

BROADEN YOUR INDOOR HORIZON. Try something new. Challenge yourself to learn a new skill or hobby. It's important to broaden your indoor horizon. It's important to broaden your indoor horizon.

FIND A SUPPORT GROUP THAT SUITS YOUR NEEDS. Connecting with others who know first-hand what you're going through will ensure you find the support you need. It's important to find a support group that suits your needs. It's important to find a support group that suits your needs.

TALK TO SOMEONE WHO'S A GOOD LISTENER. It's important to talk to someone who's a good listener. It's important to talk to someone who's a good listener.

Read About Us on our caregiver guide for our staff of volunteers and also a journal of our 2019 "Good Caregiver" and a list of our additional resources and help on how to manage caregiver stress. Visit alzinfo.org/thesamecare.com.



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