

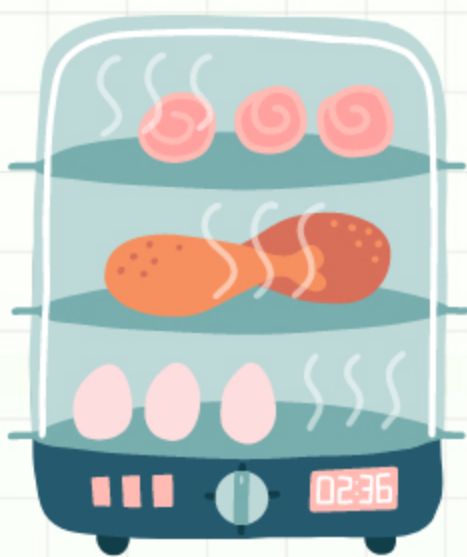
# Supporting Caregivers of People with Dementia

Reach out to let caregivers know you are thinking about them and are available to help. Try to find out whether they prefer a call, card, email or visit. For example, an email may be considered easy and helpful by some but impersonal and burdensome by others.

## 1



## 2



Some people have a hard time asking for help. Instead of asking "Do you need help?" try offering something specific like "I love to cook. What's your favorite dish?" or "I'm going shopping tomorrow - what do you need?"

Some caregivers believe they should be able to do everything on their own and may not accept your help. If possible, gently remind them that good self-care will enable them to continue to care for others. Keep offering help every now and then if it feels appropriate.

## 3



## 4



Be on the lookout for signs that the caregiver is overwhelmed. Caregiver stress can lead to irritability, anger, exhaustion, anxiety, depression, withdrawal and other problems. The Alzheimer's Association has a free helpline at 800-272-3900 (24/7/365).

Source: <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers/art-20048212>