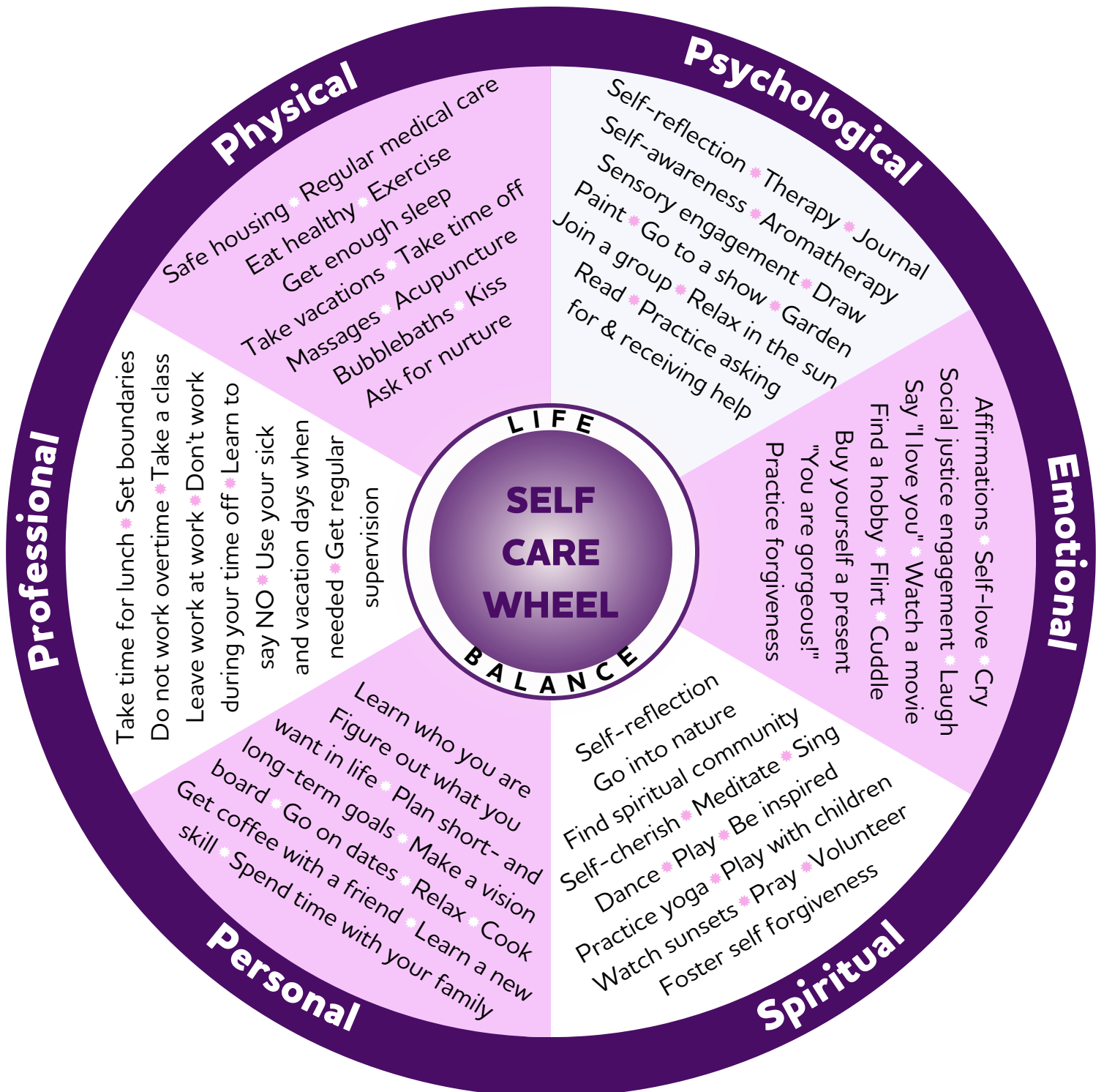




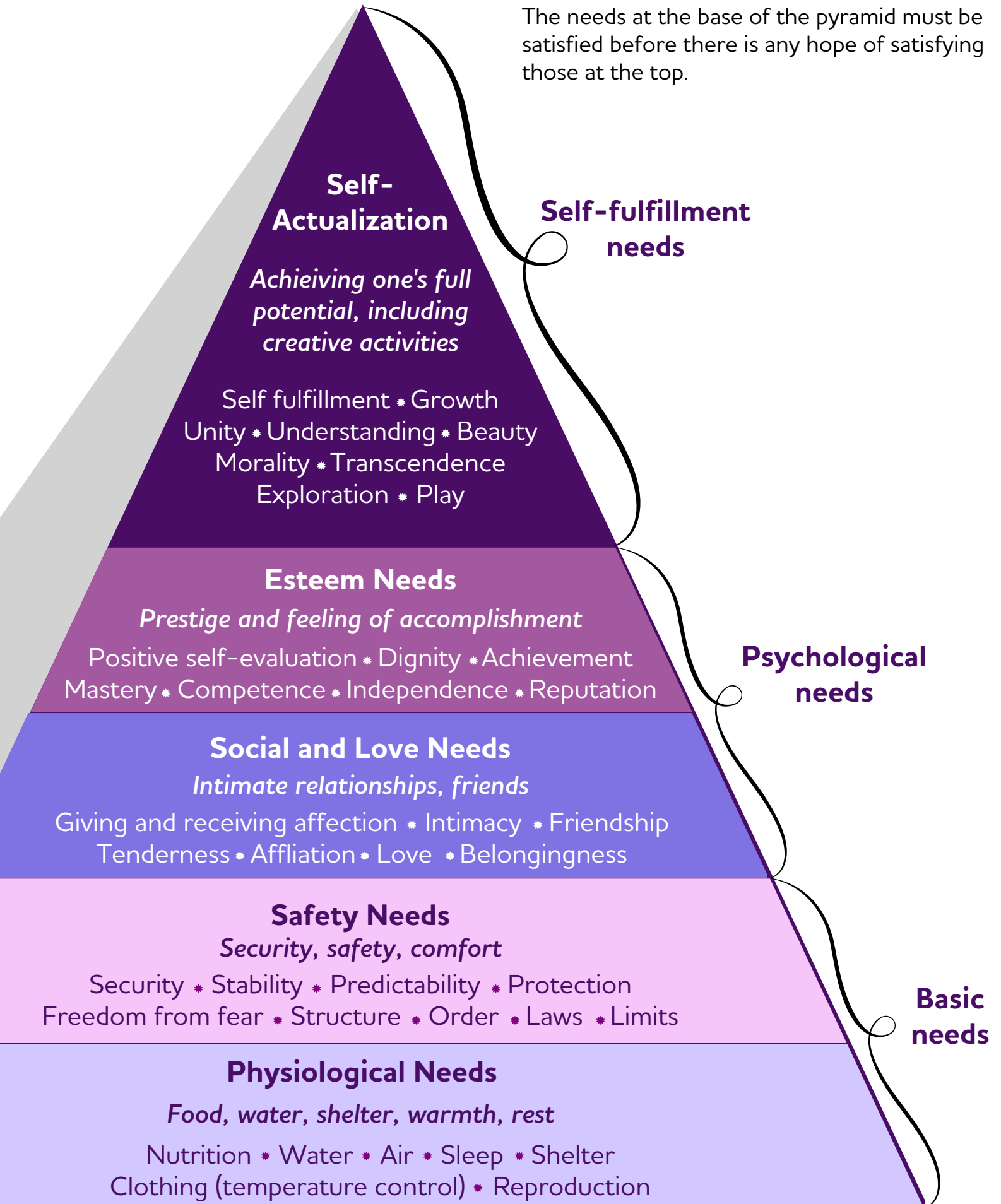
TAKING CARE OF YOURSELF

while caring for a loved one with dementia

Caregivers of those living with Alzheimer's disease and other dementias are at a higher risk of burn-out due to the enormous stress of caring for a loved one with this disease. As a caregiver, you may find yourself with so many responsibilities that you neglect taking good care of yourself. But the best thing you can do for the person you are caring for is stay physically and emotionally strong. Think of it like the oxygen masks on an airplane - you have to put your mask on first before you can help anyone else with theirs.



The needs at the base of the pyramid must be satisfied before there is any hope of satisfying those at the top.



HOW TO TAKE CARE OF YOURSELF

How you care for yourself depends on your personal preferences. For some people, spending a couple hours at the spa is self care; for others, it's working on a project.

Here are some ideas for how to care for yourself while you care for your loved one with dementia.

SELF-CARE IDEAS



CAREGIVER CHECKLIST FOR STAYING HEALTHY



- Keep regular sleep hours**
Go to bed at the same time each night, and set an alarm for the same time each morning. Be sure to get at least 7 to 9 hours of rest each night.
- Eat breakfast every day**
Prepare a nutritious meal for yourself each morning to get your day started on the right foot. It will give you the energy you need to care for your loved one and yourself.
- Get regular exercise**
'Exercise' is anything involving movement: work with your hands, garden, take the stairs, go for a brisk walk during meals. Find something that you enjoy and make time for it each and every day.
- Refresh your home**
Remove clutter, organize and get rid of unneeded items. Bring houseplants into your space to make your home feel clean, fresh and comfortable.
- Take a break**
It's normal to take a break from caregiving duties. No one can do it all by themselves. Look into respite care or ask a friend or family members to step in, even if it's just a for a few hours.
- Find ways to reduce stress**
There are lots of ways to reduce your stress, but it takes discipline to practice these each day. Meditate, practice breathing exercises, find an enjoyable hobby, spend time with friends, and (most important) ask for help to take things off your plate.
- Find support**
Talking to other people who can empathize with your situation is key to reducing stress, learning techniques to handle challenges, and reducing feelings of isolation. Join a support group, identify a trustworthy friend or family member to talk with, or start seeing a therapist.