



24/7 Helpline: 1.800.272.3900

ALZHEIMER'S COSTS CAREGIVERS MORE THAN THEIR TIME

FAMILY CAREGIVERS SPEND MORE THAN **\$5,000 A YEAR** CARING FOR SOMEONE WITH ALZHEIMER'S

FOR SOME FAMILIES THIS MEANS **MISSING A VACATION**

BUT FOR OTHERS, IT MAY MEAN **GOING HUNGRY**

Family Caregivers Spend a Huge Percent of Their Income on Care Costs

A recent study reported by CBS News shows that a large portion of a caregiver's salary goes toward the needs of their sick family member or loved one, with the biggest impact being felt by Hispanic and low-income caregivers. [Read more.](#) The Alzheimer's Association of Colorado offers workshops at no charge on Legal and Financial Planning. Click [here](#) for details.

Caring for the Caregiver: 3 Daughters Watch over Their Father

Families can't just worry about their loved one with Alzheimer's or other forms of dementia. They must be mindful of the health and well-being of the primary caregiver, as their health can suffer as well. Sirena Rodriguez talks about how she and her sisters care for their mom, who has Pick's disease, as well as their father. [Read more in the Denver Post.](#)

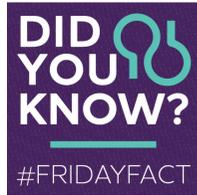


Actress Carey Mulligan: Keep Visiting Loved Ones, Even if Their Symptoms Worsen

One symptom of Alzheimer's is memory loss, and for families of people with Alzheimer's, it may mean your close relative no longer recognizes you. Actress Carey Mulligan, whose grandma suffers from dementia, urges caregivers to keep visiting, in spite of worsening symptoms. [Read more.](#)

Did You Know... We Are Introducing #FridayFacts?

As we deal with the complexity of Alzheimer's disease or other dementias in our loved ones, it is a constant learning process. How can we communicate better? How can we make the best legal and financial plans? How can we ensure the caregiver stays healthy? We now offer "Friday Facts" on our [Facebook](#) page to give you some added insights for dealing with this dreaded disease. Don't forget to ["like" us on Facebook](#) to ensure that you never miss a #FridayFact.



Caregiver Center
Online resources, tools and support.
[Visit alz.org/care](#)

ALZHEIMER'S navigator
Create a free, customized action plan.
[Map out a plan](#)

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