

SIMPLIFY DECORATING

It is not only time consuming but can be confusing (blinking lights) and sometimes unsafe (wires, cords, candles) for the person with the disease. Instead, you might plan an outing to look at holiday lights and decorations.

MAINTAIN YOUR HEALTH

If you don't care for yourself
you will not be able to care
for anyone else. Don't skip
medications or medical
appointments. Do your best
to exercise and eat properly
to help sustain your energy,
and try to avoid alcohol.

COMMUNICATION TIP #1

**Identify yourself
and address the
person by name.
(They may not
remember you or
their relationship
to you.)**

