Tips for caring for a person with Alzheimer's disease

Caring for a person with Alzheimer's disease can be hectic and sometimes seem overwhelming. It can affect every aspect of the caregiver's life.

This table lists some tips for caring for a person with Alzheimer's disease.

Tips for caring for a person with Alzheimer's disease	
Know your limits	– It is important to remember that you are just one person and there are limits to what you can do – You should focus on what you can do and accept the things that you can't
Prioritize what you do	– Caregiving involves taking care of your schedule and someone else's – When there are lots of things to do, it can seem overwhelming – Focus on the most important things first and start with what you really need to do
Don't compare yourself to other caregivers	– Every person with Alzheimer's disease is different and requires different levels of care – You may feel that some caregivers are doing so much better than you, but remember that every caregiver has unique challenges – You may struggle with things that they find easy, but they may struggle with things where you are coping well
Confront your feelings	– It is important that you try to understand how you are feeling and accept any negative feelings that you have – You are not the only caregiver feeling this way, it is a normal reaction and does not make you a bad person – The key is to acknowledge the way you are feeling and look for helpful and healthy ways of dealing with them
Talk about how you are feeling	– Keeping things bottled up inside and being stoic is not normally healthy and can make you feel very isolated – Consider talking to friends, family, your family doctor, a social worker, or religious figure to share your thoughts and feelings – If you are struggling, it is important that you talk to someone as soon as possible
Talk to other caregivers	– Talking to other people going through a similar experience can be helpful – They can share advice and discuss the challenges that you are having

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Involve family and friends	– You may find that friends and family can help to give you a break and lower some of your stress – These people can provide a wide range of support – It may also help you to talk to friends and family about how Alzheimer's disease is affecting you
Think positively	– Pick out and focus on some of the positive aspects of caring and supporting someone, such as your commitment to the person you care for, and your fondness for them – Think about your relationship with them and the fact you are there for them and are helping them enormously
Take a break	– Find time to take breaks away from the person you care for – Spending time on your interests and hobbies can recharge you to provide care – Breathe by focusing on your belly or chest and notice the physical feelings of breathing in and breathing out. Do this for 10 full breaths

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