

Session 8

Who is Taking Care of You?



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FOR ALZHEIMER'S RESEARCH
& TREATMENT

Objectives

1. Learn facts about caregiving.
2. Learn stress management techniques and self care tips.
3. Find out about support groups.



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FACTS ABOUT CAREGIVING

1. Caregiving is costly.
2. Help is available.
3. Knowledge can make your job easier.
4. You are America's #1 long-term care provider.
5. You are not alone.
6. You can take a break.
7. You have limits.
8. You have someone to talk to.
9. You have to care for yourself first (if you don't, who will?).
10. Your work is valuable.



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Source: A Place for Mom

MORE FACTS

1. Caregivers of loved ones with dementia put in longer hours than caregivers of people with other health conditions.
2. Caregivers for those with dementia spend 13.7 hours per week caregiving while other caregivers spend 11.17 hours.
3. 63% of dementia caregivers say their responsibilities have led to working different hours, leaving work unexpectedly, and worrying about finances higher than other caregivers (36%).



Source: AARP



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10 Signs of Caregiver Fatigue

1. Belief that the person with memory loss will get better.
2. Anger at the person with memory loss or others involved in their care.
3. Social withdrawal-social isolation from friends and activities that once brought pleasure.
4. Anxiety about the future.
5. Depression affects the caregiver's ability to cope.

I FEEL LIKE I'M ALREADY
TIRED TOMORROW



Source: National Institute on Aging



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10 Signs of Caregiver Fatigue

6. Sleeplessness caused by never-ending list of concerns.
7. Irritability leads to moodiness and triggers negative responses and reactions. This may lead to arguments with the person who has memory loss.
8. Lack of concentration which makes it hard to get things done.
9. Health problems physically, mentally, and emotionally
10. Exhaustion-makes it nearly impossible to complete necessary daily tasks and more difficult to think clearly and make tough decisions



Source: National Institute on Aging



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BEYOND THE MEDICAL CENTER PROGRAMS

- Music and Memory
- Art Express
- Early Stage Memory Loss Group
- Dementia Caregiving 101
- Minds in Motion
- Stepping Up
- Opening Minds through Art



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How Do Caregivers Take Care of Themselves?

- Ask for help when you need it.
- Join a caregiver's support group.
- Take breaks each day.
- Spend time with friends.
- Keep up with your hobbies and interests.
- Eat healthy foods.
- Get exercise as often as possible.
- See your doctor on a regular basis.
- Keep your health, legal, and financial information up-to-date.



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10 Ways to Manage Stress and be a Healthier Caregiver

1. Find time for yourself.
2. Know what community resources are available.
3. Become an educated caregiver.
4. Get help and find support.
5. Take care of yourself.
6. Manage your level of stress.
7. Accept changes as they occur.
8. Make legal and financial plans.
9. Know you're doing your best.
10. Visit your doctor regularly.



Source: Alzheimer's Association

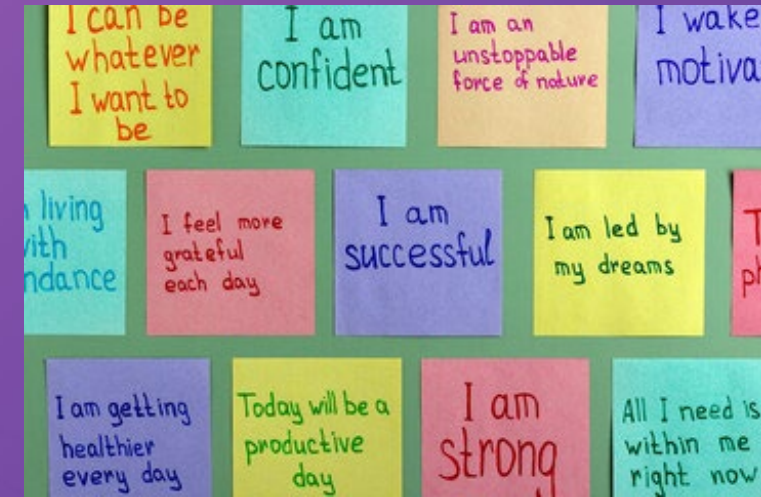


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Positive Affirmations for Caregiving

- I am doing the best I can.
- What I am doing would be hard for anyone.
- I'm not perfect, and that's, OK.
- I can't control some things that happen.
- Sometimes I just need to do what works for right now.
- Even when I do everything I can think of, the person with Alzheimer's disease or related disorders will still have problem behaviors because of the illness, not because of what I do.
- I will enjoy the moments when we can be together in peace.
- I will try to get help from a counselor if caregiving becomes too much for me.



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More help needed!

Build a support system

- Smith Alzheimer Center at SIU, 217-545-7204
- Call the Alzheimer's Association 24/7 helpline 800-272-3900
- Call the National Institute on Aging 800-438-4380
- Call the Eldercare Locator at 800-677-1116 to learn about where to get help in your community
- Call your local Area on Aging Center. For Springfield and surrounding areas call Agelinc at: 217-787-9234



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