

10 WAYS TO MANAGE STRESS AND BE A HEALTHIER CAREGIVER



Are you so overwhelmed by taking care of someone else that you've neglected your own physical, mental and emotional well-being? To avoid putting your own health at risk, consider the following tips.



Take a Break.

Consider using respite care services to allow you a temporary rest while the person with Alzheimer's disease continues to receive care in a safe environment.



Seek community resources.

Locate dementia care resources in your area. Adult day programs, in-home assistance, companions and meal delivery are just some of the services that can help you manage daily tasks.



Become an educated caregiver.

As the disease progresses, it may become necessary to adopt new caregiving skills.

Learn more and access care training resources, including free online workshops.



Get help and find support.

Contact the Alzheimer's Association's 24/7 Helpline 800.272.3900. If stress becomes overwhelming, seek help from a doctor or counselor.



Take care of your own health.

Making sure you are healthy can help you be a better caregiver.



Manage your level of stress.

Stress can cause physical problems and changes in behavior. Note your symptoms and discuss with a doctor, as needed.



Accept changes as they occur.

Becoming aware of community resources — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.



Make legal and financial plans.

Putting legal and financial plans in place after an Alzheimer's diagnosis allows the person with the disease to participate in decision-making. Having these plans in place can provide comfort to the entire family.



Know you're doing your best.

Remember that the care you provide makes a difference and that you're doing the best you can.



Visit your doctor regularly.

Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

Signs of caregiver stress can include anger, anxiety, depression, exhaustion and health problems.

Remember you are not alone.

Visit [Oklahoma.gov/health/OHBI](https://oklahoma.gov/health/OHBI) or Alz.org for more caregiver resources.



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