

# 10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can help you be a better caregiver.



**Find time for yourself.** Consider respite care so you can spend time doing something you enjoy.



**Know what resources are available.** Adult day programs, in-home assistance and meal delivery are some of the services that can help.



**Become an educated caregiver.** As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.



**Get help and find support.** Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected® online social networking community.



**Make legal and financial plans.** Putting plans in place after an Alzheimer's diagnosis is important. This step allows the person with the disease to participate in decision-making and offers guidance to caregivers.



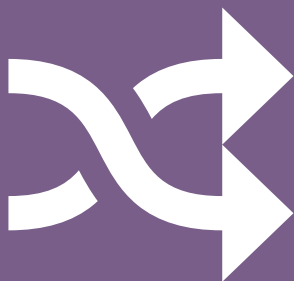
**Manage your level of stress.** Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek help from a doctor or counselor.



**Take care of yourself.** Try to eat well, exercise and get plenty of rest.



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



**Accept changes as they occur.** The needs of people with Alzheimer's change over time. For care beyond what you can provide, utilize community resources.



**Visit your doctor regularly.** Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

Free 24/7 Helpline: **800.272.3900**  
Alzheimer's and Dementia Caregiver Center: [alz.org/care](http://alz.org/care)

alzheimer's  association®