Caring For A Loved One With Dementia

Support for them.
Care for you.



A Place For Honest Conversation

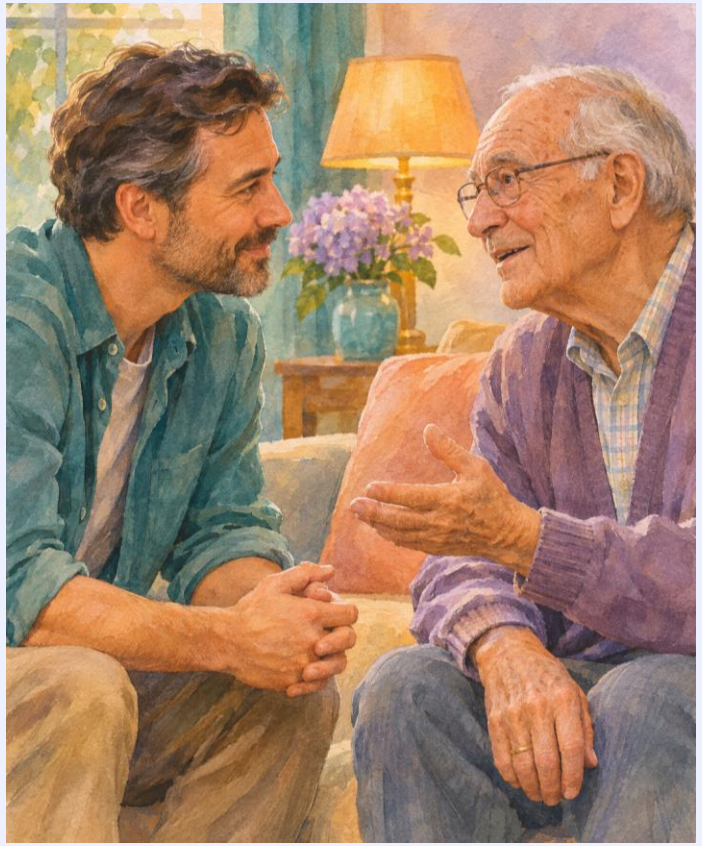
Love and frustration can exist together.

Your needs deserve attention, too.



Why Dementia Care Can Feel Demanding

- Repeated questions and changing abilities
- Interrupted sleep and constant supervision
- Grief, family decisions and competing responsibilities



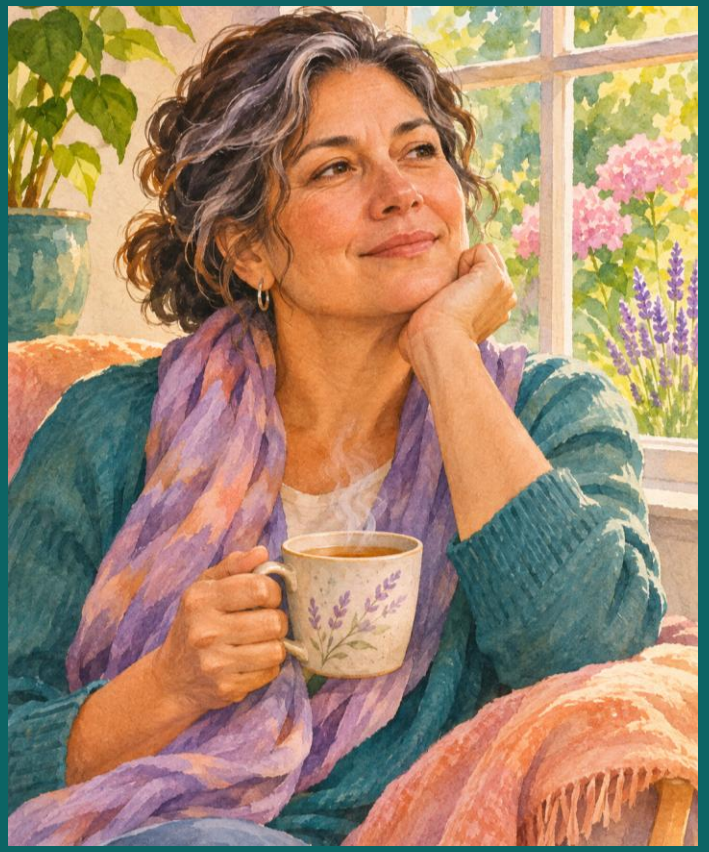
Caregiver Stress: Early Signals

- Trouble sleeping or relaxing
- Worry, irritability or frequent tears
- Headaches, fatigue or pulling away from others



When Stress Becomes Burnout

- You feel drained most of the time.
- Patience and connection become harder.
- Daily care feels difficult to sustain.



Guilt And Changing Expectations

“I must do everything myself.”

“I can arrange help and stay involved.”



A Brief Pause During A Hard Moment

- Notice your body.
- Relax your shoulders and breathe comfortably.
- Choose one calm next step.



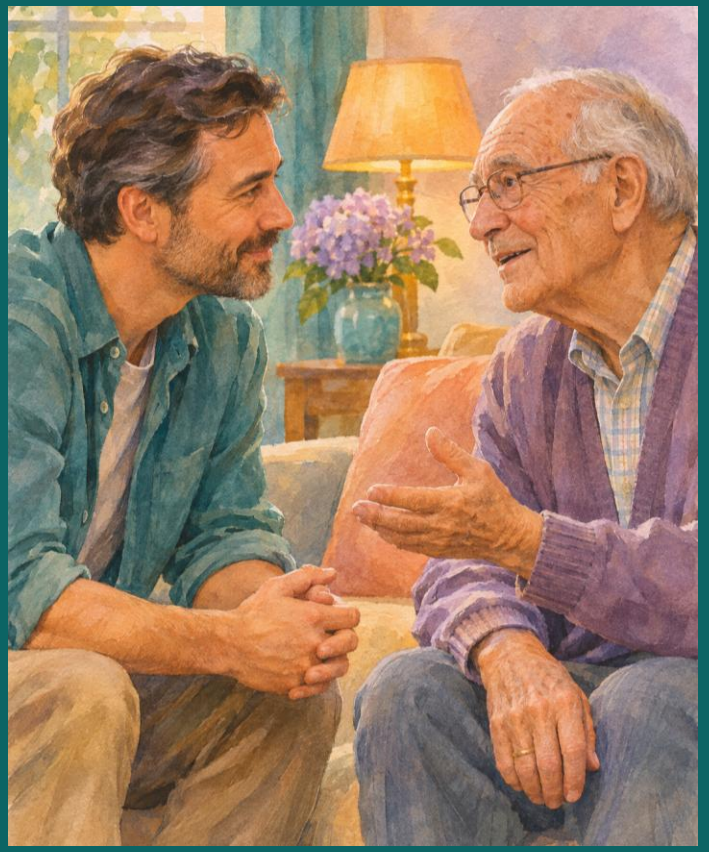
Everyday Care For The Caregiver

- A meal and water within reach
- Movement that fits your abilities
- A bedtime routine and help with night care
- Your own appointments and medicines



Calm Communication

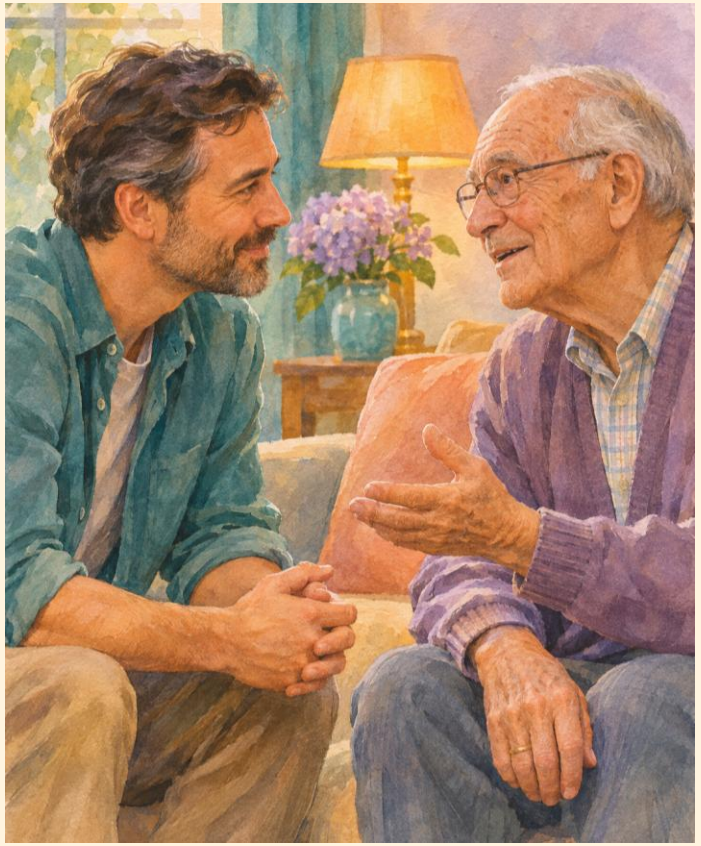
- Approach where your loved one can see you.
- Use a warm voice and one idea at a time.
- Allow time for a response.
- Offer simple choices.



A Difficult Moment: One Example

Your loved one asks to go home again.

“You miss home. Tell me about it.”
Then offer a familiar activity.



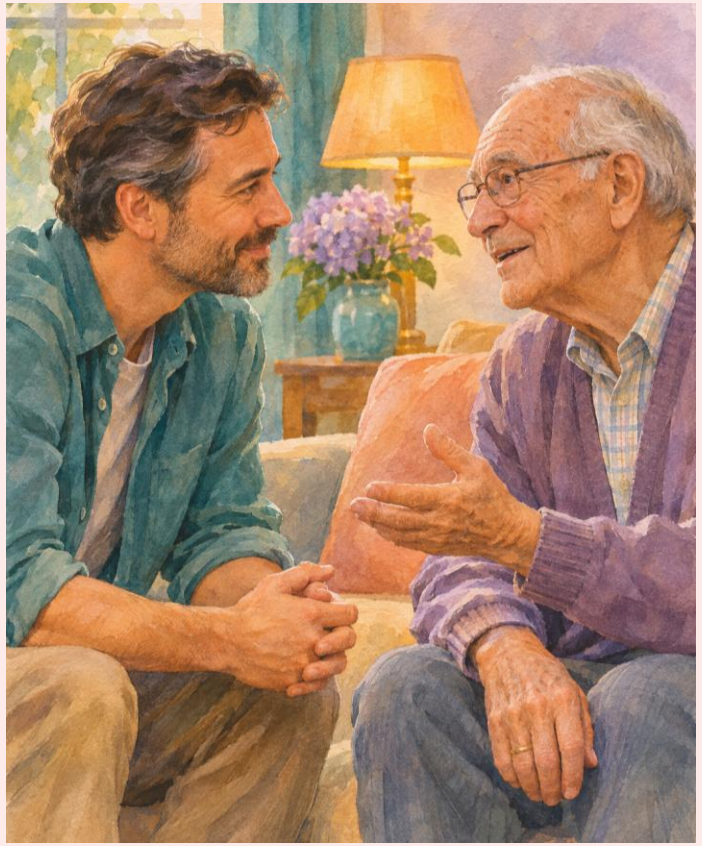
Specific Help Is Easier To Arrange

- “Can you sit with Dad Tuesday, 2–4?”
- “Could you bring dinner on Thursday?”
- “Will you call two day programs with me?”



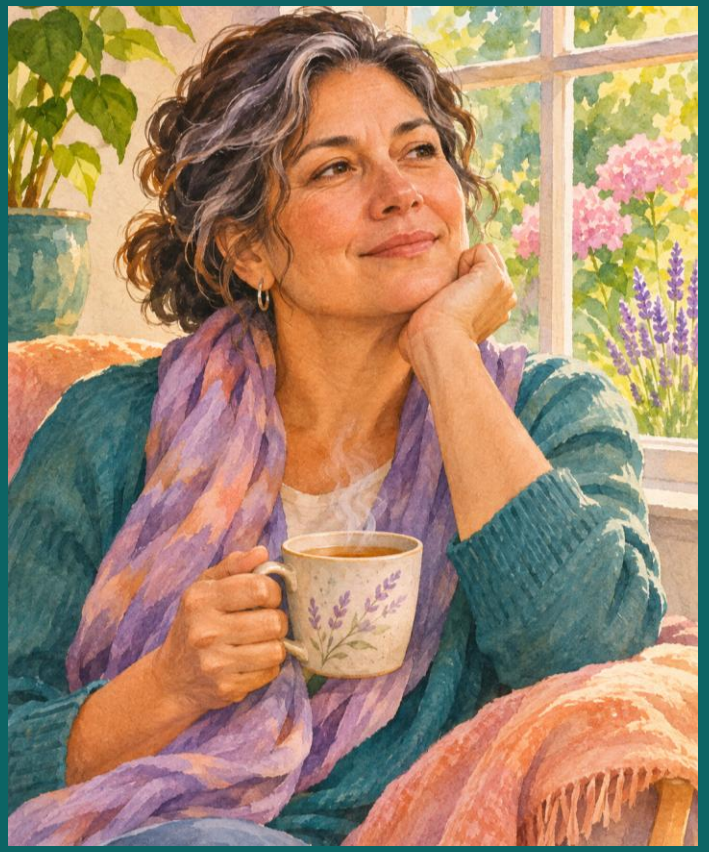
Emotional Support And Professional Help

- A trusted friend or caregiver support group
- A counselor or your healthcare professional
- More care coverage when the current plan is too much



Respite Care: A Break With Care In Place

- Temporary care gives you time to rest.
- At home, at a day center or overnight
- A few hours or a longer planned break
- Your loved one continues receiving care.



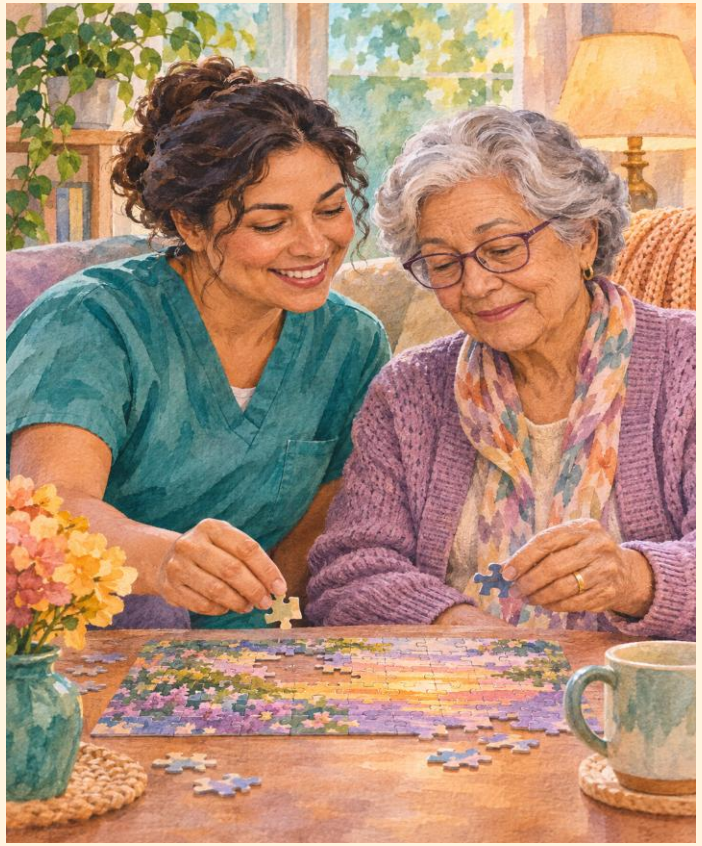
Respite Care: Getting Started

- Match help to your loved one’s needs.
- Ask about dementia training and backup care.
- Confirm fees and financial assistance.
- Elder Options: 800-262-2243



How Respite Care Works

1. Choose help that fits your loved one.
2. Agree on hours, care tasks and cost.
3. Share routines and emergency contacts.
4. The helper takes over while you rest.
5. Check in afterward and plan again.



Adult Day Care: What It Offers

- Supervised care during daytime hours
- Social time, music and activities
- Meals or personal care may be available.
- Some centers offer health services or rides.
- You gain time for work or rest.



Adult Day Care: Choosing A Program

- Visit and ask about a trial day.
- Check dementia training and safety.
- Discuss medication and personal care.
- Confirm hours, rides and total fees.
- Ask about assistance and waiting lists.



A Gentler Start With Shared Care

- Introduce the helper or setting gradually.
- Share routines, preferences and comfort items.
- Check how the visit went and adjust the plan.



Your Plan For The Coming Week

- One stress signal I will notice: _____
- One task I will ask someone to share:

  _____
- One break I will arrange: _____
- One person or service I will contact:

  _____



Help Families Can Use

Alzheimer’s Association
800-272-3900

Elder Options (Hernando County)
800-262-2243
agingresources.org
Respite and adult day care referrals



Questions And Family Discussion

- What would make care more manageable?
- Which support could you explore first?

