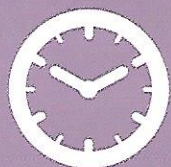


# 10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

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.



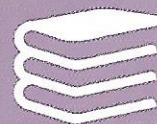
## Find time for yourself.

Consider respite care so you can spend time doing something you enjoy.



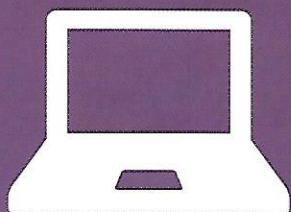
## Know what resources are available.

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.



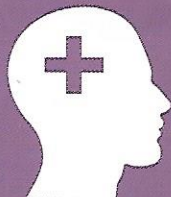
## Get help and find support.

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.



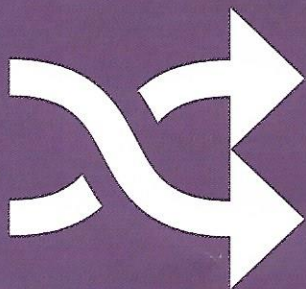
## Take care of yourself.

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)

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