



EMOTIONALLY SURVIVING DEMENTIA

Dementia caregiving is a marathon, it takes training

DIAGNOSIS

- A long journey
- Finding the right provider
- Dealing with pre-diagnosis symptoms
- Are you ready to hear it?
- We are all terminal, putting it in perspective



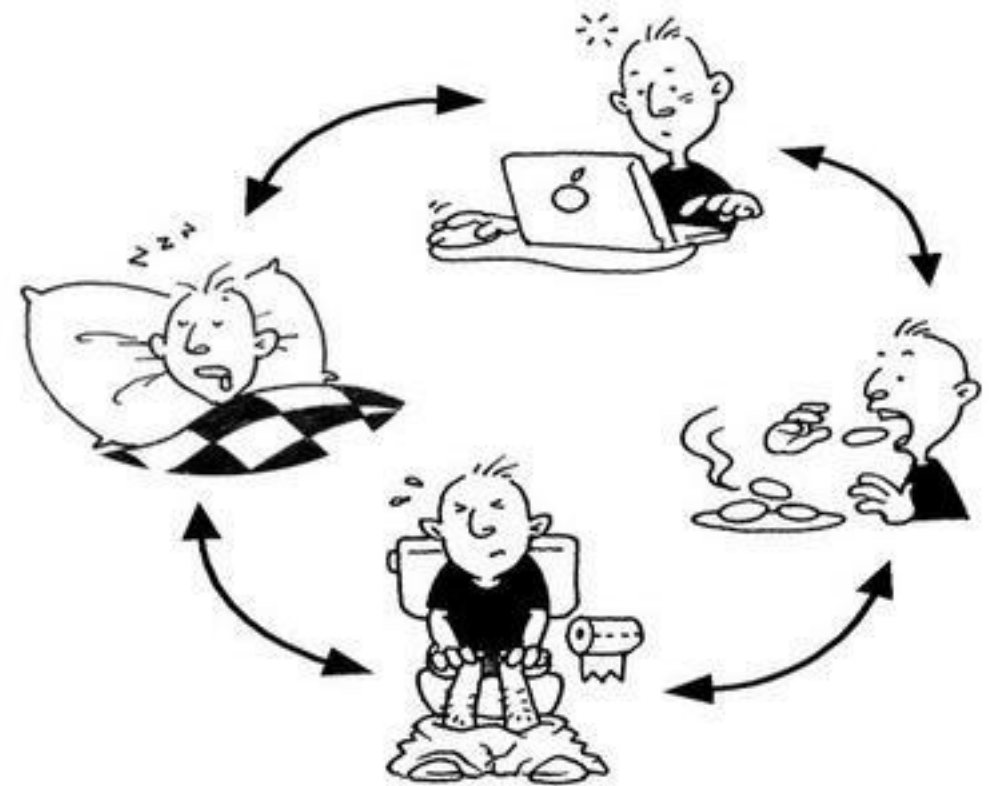
HAIR ON FIRE YEAR

- The first year is definitely the busiest
- Getting “your affairs in order”
 - Naela.org
 - Deciding on POA
 - Advanced Directive
- Learning about diagnosis
- Finding Support
 - Online
 - In person



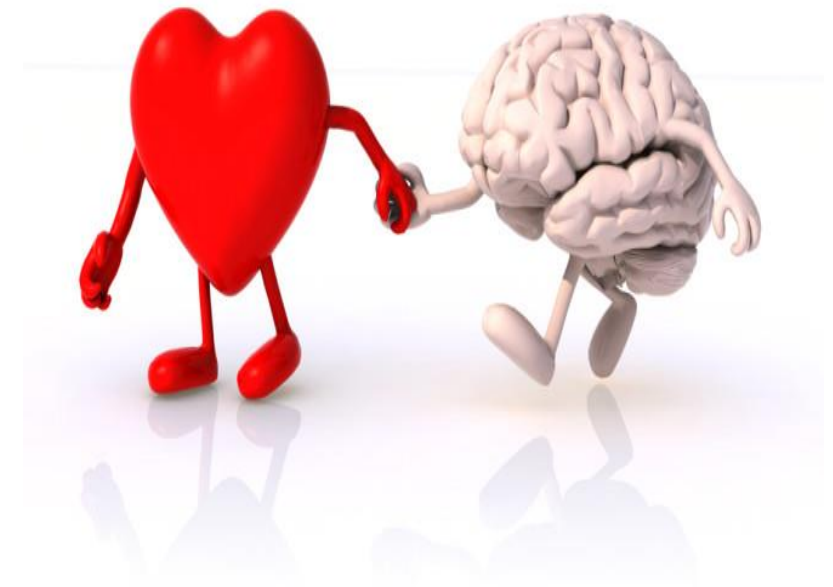
SETTLING INTO ROUTINE

- Find help
 - Day centers
 - Stephen Ministries/ Faith based assistance
 - Friends and Neighbors
- Keep a schedule, keep your sanity
- Keep them safe, keep you sane
- RESPITE IS REQUIRED!



SEPARATING EMOTIONALLY

- Hardest to do, most important
- “Loving Someone Who Has Dementia”
 - Pauline Boss
- Blame the disease or go down with the ship
- Loving, caring, and feelings
- Grieving the living
 - Loss



FINDING YOUR LIFE

- Keeping friends
- Managing family
- New interests
- Making memories
- Adjusting activities
- Don't sweat the small stuff

Life is like a book;
don't jump to the
end to see if it's
worth it. Just enjoy
life and fill the pages
with beautiful and
amazing memories.

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Top tips for dementia caregivers

If you're caring for someone with dementia, you may find it difficult to make time for yourself. But looking after your health and wellbeing is one of the best things you can do for yourself and the person you're caring for. Read our top tips to find out how.



HELPFUL TIPS

Diet	Exercise	Sleep	Breaks	Support
				
Just over 32% of carers are at risk of poor nutrition	74% of caregivers are concerned about maintaining their health	Up to 74% of carers have difficulties sleeping	59% of carers looking after someone in the late stages of dementia feel they are 'on duty' 24 hours each day	52% of carers felt they aren't getting enough support
Tips! Eat a well balanced diet that includes plenty of fruit and vegetables. Have starchy foods , such as rice, pasta, bread and potatoes, to keep your energy levels high. Try to have your dinner early on in the evening, instead of late at night. Go for skimmed milk and low fat spreads, cheese or yoghurts.	Tips! Housework and gardening can count as exercise – as long as you start to breathe faster and feel warmer. If possible, exercise with your loved one. Try going for walks together . Whatever type of exercise you do, make sure you have fun while doing it.	Tips! Make sure your mattress is comfortable and supports you correctly. Try to make some time to relax and wind down before going to bed. Steer clear of caffeine rich drinks before going to bed. If you're pushed for time, try sleeping while the person you are caring for is sleeping – even if this means a daytime nap .	Tips! Everyone deserves a break – never feel guilty for wanting to take some time out. Do something you enjoy . See a friend, have some alone time or follow a hobby. If you need a hand, short-term care options, such as respite care , can help you find the time to take a much needed break .	Tips! Don't be afraid to ask for support whenever you need it. Attend a local support group where you can share tips, ideas and advice with people in the same situation. Even if it's just for a couple of hours, try to accept any help that's offered from friends or family.

Sources
 * 2014 Alzheimer's disease facts and figures. Alzheimer's Association. 2014 www.alz.org
 * Support. Stay. Save. Care and support for people with dementia in their own homes. Alzheimer's Society, 2011. www.alzheimers.org.uk
 * Peng HL, Chang YP. Sleep Disturbance in family caregivers of individuals with dementia: a review of the literature. *Perspect in Psychiatr Care* 2012; 49:135-46. doi:10.1111/ppc.12005
 * Rullier L, Lagarde A, Bouisson J, et al. Psychosocial correlates of nutritional status of family caregivers of persons with dementia. *Int J psychogeriatr* 2014; 26(1):105-13. doi:10.1017/S1041610213001579

QUESTIONS?

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