

## Dementia Caregiver Resources

### **Caring for the Caregiver:**

- Recognize the challenges: Caregiving can be physically and emotionally demanding, leading to stress, burnout, and potential health issues.
- Seek support: Join support groups, connect with other caregivers, and reach out to friends and family for help.
- Practice self-care: Prioritize your own wellbeing through exercise, healthy eating, and scheduling breaks.
- Consider respite care: Utilize temporary relief services to prevent exhaustion and maintain your ability to provide care.

### **Supportive resources for caregivers:**

<http://www.landofsky.org/fcsp.html>

[https://www.alz.org/norcal/helping\\_you/support\\_groups](https://www.alz.org/norcal/helping_you/support_groups)

<https://www.alzheimers.net/best-alzheimers-support-groups>

<https://www.caregiver.org/connecting-caregivers/support-groups/>

<https://www.aplaceformom.com/caregiver-resources/articles/caregiver-support-groups>

<https://www.dementiacarecentral.com/caregiverinfo/careforcaregivers/support/>

<https://www.hopehealthco.org/services/support-groups/caregiver-support-group/>