

# SELF-CARE FOR CAREGIVERS

## Caregiver Burn-out is real

Staying healthy while caring for a loved one with dementia.

Seniors caring for a spouse with dementia may face challenges as they adapt to the increased demands of caregiving. Care partners play an important role in the lives of people with dementia. Care partners of people living with dementia often report high levels of stress, loss of sleep, depression and feeling worried or frustrated. If you find yourself experiencing any of these feelings, it is essential that you focus on your well-being and ask for help when needed!

### DEVELOP A SELF-CARE PLAN

A written self-care plan can help enhance your health while managing your stress. Identify and write down activities and practices that support your wellbeing and help you to sustain a positive mindset in the long-term. Some areas to look at are:

**Make use of available resources.** Keep a list of resources, like the Alzheimer's Society, close at hand. Staff at All Seniors Care have a wide variety of skills and resources at their disposal to help make this time easier for you and your loved one.

**Get moving.** Regular exercise not only keeps you fit, it releases endorphins that can really boost your mood. Aim for at least 30 minutes of exercise on most days. If it's difficult to schedule that amount of time, break it up into 10-minute sessions sprinkled throughout the day.

**Ask for help.** You cannot do it all alone. Create a list of people who you can turn to for help when needed.

AN EFFECTIVE PARTNERSHIP  
DEPENDS ON THE PHYSICAL AND  
EMOTIONAL WELLBEING OF THE  
BOTH OF YOU.

**Look for good things.** Write down what your loved one is still able to do rather than what they cannot. You can still create happy times together. Write down 3 things that you are grateful for today.

**Practice Specific Coping Strategies.** What can you do in the face of stress and/or trauma to help manage painful or difficult emotions? Think about how you can use Humor, Problem-solving, Relaxation, Mindfulness, and Adjusting Expectations to get you through the day.

IF SELF-COPING STRATEGIES ARE NOT WORKING, SEEK MENTAL HEALTH CARE FROM A PROFESSIONAL WHO HAS EXPERTISE IN ADDRESSING CAREGIVER BURNOUT, DEPRESSION, AND GRIEF. IF YOU ARE HAVING DIFFICULTY DEALING WITH SOME OF YOUR LOVED ONE'S BEHAVIORS (E.G., SUSPICION, WANDERING), SEEK OUT CLINICIANS WITH EXPERTISE IN BEHAVIOR MANAGEMENT TECHNIQUES FOR INDIVIDUALS WITH DEMENTIA.

