BROCHURE

Alzheimer's Foundation of America

Call on a Helping Hand

The Alzheimer's Foundation of America (AFA) provides access to vast resources for individuals, family members and dementia care professionals, including:

- · Monthly Webinars
- Care Connection
- Fireside Chat
- Educating America Tour
- · Alzheimer's TODAY magazine
- Memory screenings
- Support groups
- · Professional training **CE opportunities**

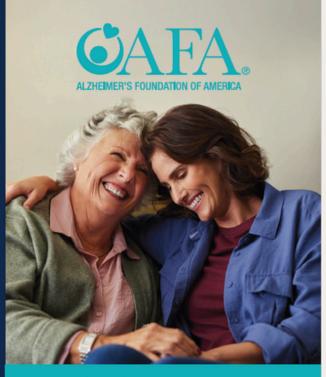
Your Experience is Unique But You're Not Alone

REACH OUT TO THE AFA

Call | 866-232-8484 Text | 646-586-5283 Webchat & AFA Virtual Helpline Assistant: alzfdn.org 7 Days a Week, 9 am - 9 pm



322 Eighth Avenue, 16th Floor New York, NY 10001



Finding Balance in Dementia Caregiving

As a dedicated caregiver, it's easy to put your needs last.

Ensuring your own physical and mental balance is the first step to offering long-term dementia support.

Every day, you face the unique challenges of adapting to your person's changing needs, navigating a complex healthcare system, and sometimes dealing with negative perceptions of dementia.



You Don't Have to Go On This Journey Alone

With nearly 7 million Americans living with Alzheimer's in the United States alone, you'll find a large, welcoming community ready to help you on your journey. From your closest social circle to dementia educators, a support network will ensure that you have the help you need when you need it.

Caregiver Support Systems

- · Your family, neighbors and friends
- Dementia and caregiving organizations
- · Respite care and community events
- Social workers and mental healthcare professionals
- · Online forums and support groups
- Educational workshops
- Caretaker appreciation events
- Fundraising walks, runs and events

It may take some time to find the method or group that makes you feel at home. Speak with your healthcare provider, local religious organization, or a social worker.

Build Your Self-Care Plan

While much is beyond your control as a caregiver, creating a stable environment and routine can bring peace of mind. Use these tools to support a sustainable self-care plan.

Caregiver Tools

Set a Routine

Add structure to each

- Mealtimes
- · Dressing habits
- Calming activities
- · Calls with loved ones

Create a soothing environment by:

- Reducing noise
- Decreasing clutter
- Communicating clearly and calmly

Expect Challenges

Prepare for difficult day with regular: situations with:

- · Calming music
 - · Pet or doll therapy
 - · Favorite wind-down

Tailor the Space Schedule Rest

Request regular outside support from:

- Respite care
- · Family member visits
- · Home health aides

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