

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

AFA
ALZHEIMER’S FOUNDATION OF AMERICA

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**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	Expect Challenges
Add structure to each day with regular:	Prepare for difficult situations with:
<ul style="list-style-type: none">• Mealtimes• Dressing habits• Calming activities• Calls with loved ones	<ul style="list-style-type: none">• Calming music• Pet or doll therapy• Favorite wind-down activities
Tailor the Space	Schedule Rest
Create a soothing environment by:	Request regular outside support from:
<ul style="list-style-type: none">• Reducing noise• Decreasing clutter• Communicating clearly and calmly	<ul style="list-style-type: none">• Respite care• Family member visits• Home health aides

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