Caregiver Tips

1. Ask for help!
   Take part in your local support group; get help from family and friends. Don’t be afraid to ask.

2. Talk to professionals.
   • Find a counselor or therapist to help you deal with your feelings.
   • Contact an attorney/legal aid about legal issues. Also, contact social services to help find other resources and aides.

3. Take care of YOUR needs.
   • Eat, sleep and get plenty of rest.
   • Make sure that you are spending time doing activities that you enjoy.

4. Learn about the disease.
   Find out the different forms and stages of the disease so that you are not taken by surprise when new behaviors occur.

5. Be flexible.
   If one way doesn’t work, try another.

   • Keep all instructions as simple as possible; break down activities (i.e. dressing) into simple steps and do them one at a time.
   • Limit the amount of environmental change and distractions; set and keep routines.

7. Use clear communication.
   • Try “Here is your toast” instead of “It’s time for breakfast.”
   • Keep sentences short and easy to understand; for example, “Jane, please sit in this chair.”
   • Ask questions that require yes or no answers.