



Tips for avoiding caregiver isolation

Caring for someone with Alzheimer's disease is hard — and can lead to feelings of stress, guilt, anger, sadness, depression — and isolation. You do not have to deal with this devastating disease by yourself. The Alzheimer's Association offers free in-person and virtual resources. The following are tips to help Alzheimer's and dementia caregivers avoid feeling isolated.

Educate Yourself about the Disease

It's important to understand the stages of Alzheimer's disease so you can understand if the behaviors your loved one exhibits are caused by the disease. Go to alz.org to learn about the symptoms, the stages of the disease, care planning and support resources. The Association also offers free local education programs.

Take a Break from Caregiving

Taking a break every now and then is important for both your emotional and physical health. Indulge in a small treat — find a quiet spot and close your eyes for five minutes, listen to an uplifting song, work on a crossword puzzle for ten minutes. A short break for yourself everyday can work wonders.

Let family and friends help you

Take others up on offers to help and ask for help when you need it. If people say, “Let me know if there is anything I can do,” suggest that they bring over a casserole, help you clean the house or just spend time with your loved one so that you can go out for dinner or a movie. Go to alz.org and search for Care Team Calendar for a tool to help with dividing up tasks.

Investigate Opportunities for Respite Care and Adult Day Centers

Respite care allows you to recharge, take time for yourself, or run errands you've been putting off. The Alzheimer's Association can help you find resources in your city through our Community Resource Finder at alz.org/crf.

Build a Support Network

The Alzheimer's Association in Ohio has many telephone caregiver support groups. Telephone support groups provide emotional, educational and social support for caregivers through regularly scheduled meetings. It helps individuals unable to travel to a meeting site, and they are led by trained facilitators. Call the Association's 24/7 Helpline at 800.272.3900 to find a group near you.

Contact Your Local Alzheimer's Association

One call can change your life. Our 24/7 Helpline at 800.272.3900 is a lifeline for Ohio's 600,000 Alzheimer's caregivers. Let us help you. The Alzheimer's Association provides around-the-clock support for individuals dealing with Alzheimer's disease and other dementias.