


Caregiver SOS: Resources for Caregivers

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Caring for a person with Alzheimer's or dementia often involves a team of people. Whether you provide daily caregiving, participate in decision making, or simply care about a person with the disease — we have resources to help!

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Resources for You

- Alzheimer's Association
 - ✓ 24/7 Helpline
 - ✓ ALZConnected
 - ✓ ALZ.org
 - ✓ AlzNavigator.org
 - ✓ Community Resource Finder



- Local Resources
 - ✓ Care Consultations
 - ✓ Support Groups
 - ✓ Education Programs
 - ✓ Area Agency on Aging
 - ✓ Elder Attorney

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24/7 Helpline

1-800-272-3900

- ✓ Find a Support Group
- ✓ Disease Education
- ✓ Talk about obstacles
- ✓ Create an action plan
- ✓ Find a local program

WE'RE HERE DAY OR NIGHT — WHENEVER YOU NEED US.

The free Alzheimer's Association® 24/7 Helpline allows people living with Alzheimer's, caregivers, families and the public to:

- Speak confidentially with master-level care consultants for decision-making support, crisis assistance and education services families face every day.
- Learn about the symptoms of Alzheimer's and other dementias.
- Find out about local programs and services.
- Get general information about legal, financial and care decisions, as well as treatment options for managing symptoms.
- Receive help in their preferred language through our bilingual staff or translation services, which accommodate more than 200 languages.
- Access support through our TTY service (TTY: 866.403.3073) if assistance is required via a telephone device.

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ALZConnected.org

ALZConnected.org is a safe place where I can safely share my concerns and get advice.

View Message Boards from others like you

- ✓ Online
- ✓ Anonymous
- ✓ 24/7

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ALZConnected.org

you message boards solutions index @ connections groups chat rooms

Solution Center

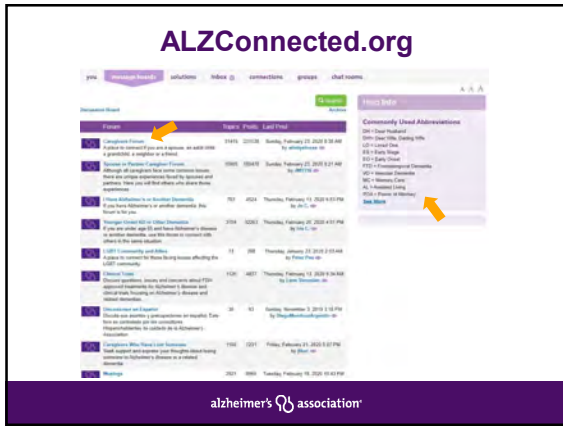
The Solution Center provides links to Alzheimer's Association resources and topic sheets that can help answer many of the questions a diagnosis creates.

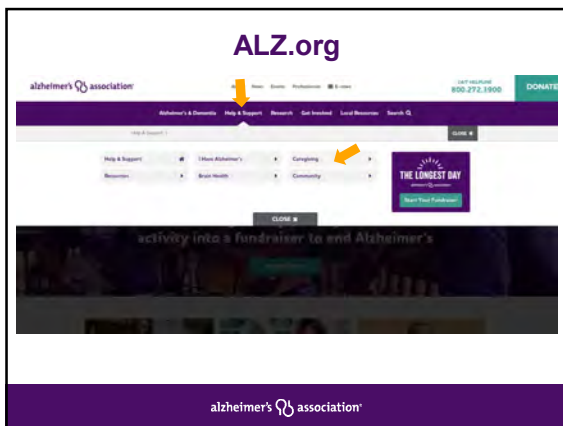
For additional information or assistance, call our 24/7 Helpline, anytime day or night at 800.272.3900.

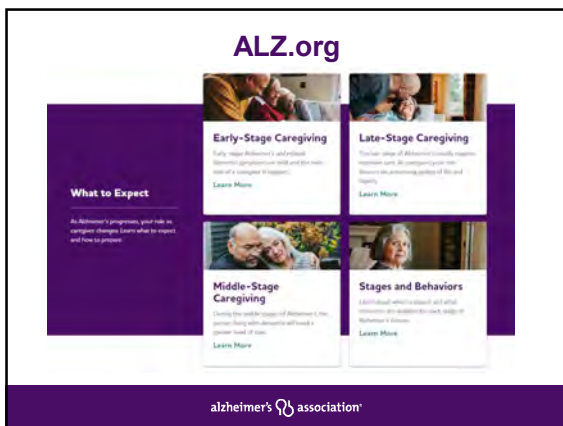
- Care Options / Transitions
- Daily Care
- Family Relationships
- Legal and Financial Planning
- Safety Issues
- Symptoms and Behavior
- Working with a Health Care Team
- Dementia and Driving
- Current information about Alzheimer's and dementia
- Community Resources
- Alzheimer's Navigator for Action Plans
- 888.org/helpful

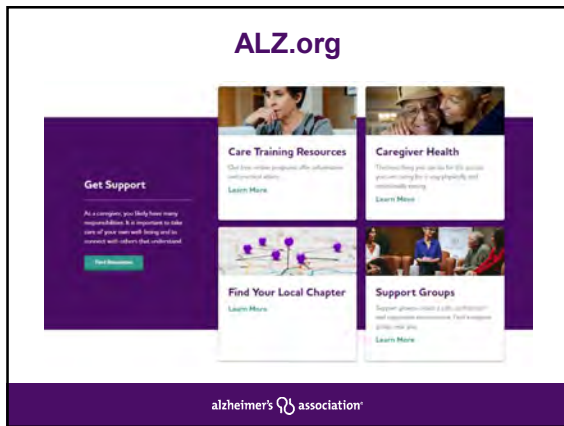
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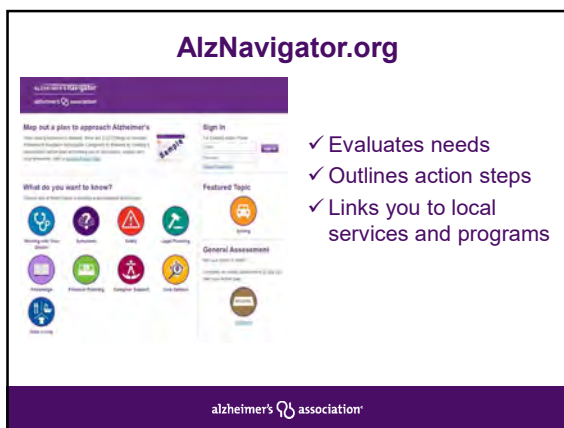
Caregiver SOS: Caregiver Resources Webinar
Feb 25, 2020



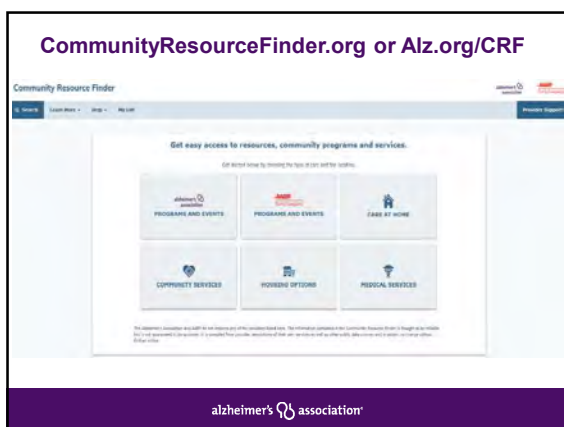








- ✓ Evaluates needs
- ✓ Outlines action steps
- ✓ Links you to local services and programs



CommunityResourceFinder.org or Alz.org/CRF

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Local Resources

- ✓ Care Consultation
- ✓ Support Group
- ✓ Education Programs
- ✓ Early Stage Programs

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Area Agency on Aging (AAA)

“Area Agencies on Aging were established under the Older Americans Act in 1973 to respond to the needs of Americans 60 and over in every local community. By providing a range of options that allow older adults to choose the home and community-based services and living arrangements that suit them best, AAAs make it possible for older adults to “age in place” in their homes and communities.” -n4a.org

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What Do You Wish Caregivers Knew About AAAs?

“We want you to know that there is an entire caregiver community ready to offer emotional support and resources to help you stay healthy and strong. If you are a caregiver for a loved one, near or far, you are already doing one of the most important and toughest jobs in your life; you deserve some support in your corner and that is what you will find here.”

-Michael Halling
Senior Vice President of Operations
Area Agency on Aging 16-Indiana

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Legal Planning-Elder Attorney

- ✓ Options for health care decision making.
- ✓ Options for managing your personal care and property.
- ✓ Possible coverage of long-term care services, including what is provided by Medicare, Medicaid, veteran benefits and other long-term care insurance.

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Resources for Finding an Elder Law Attorney:

- ✓ 24/7 Helpline for referrals at 1-800-272-3900
- ✓ CommunityResourceFinder.org
- ✓ National Academy of Elder Law Attorneys (naela.org/findlawyer)
- ✓ Visit LawHelp.org to learn about free or reduced cost legal aid programs in your community

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Ways to Manage Stress and Be A Healthier Caregiver

- ✓ Take a break
- ✓ Seek out community resources
- ✓ Take care of your own health
- ✓ Manage your level of stress
- ✓ Accept changes as they occur
- ✓ Know you're doing your best!

10 COMMON SIGNS OF CAREGIVER STRESS

1. Denial about the disease and its effects on the patient when you have diagnosed a loved one as going to get better.
2. Anger at the person being cared for. Alzheimer's or dementia may be or she can't do the things that used to come naturally. He knows how to get dressed - he just isn't doing it.
3. Social withdrawal from friends and activities. I don't care about visiting neighbors anymore.
4. Anxiety about the future. What happens when he won't be able to care for himself?
5. Depression that affects your ability to begin or just don't care anymore.
6. Exhaustion that interferes with important things to do. It's too hard for me.
7. Sleeplessness caused by worrying. When do the members eat of the house?
8. Irritability that leads to moodiness and triggers negative responses. Leave me alone!
9. Lack of concentration that disrupts family tasks. I need to know if Roger has appointments.
10. Health problems that begin to take a toll. I can't remember the last time I felt good.

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