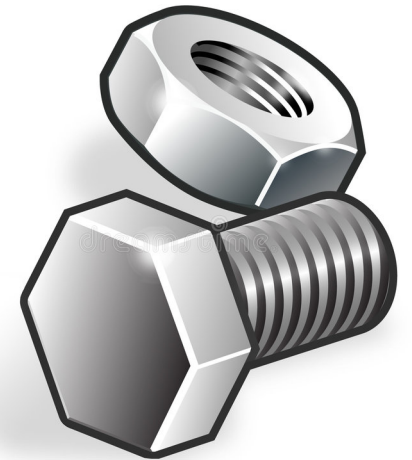


The Nuts and Bolts: Practical Advice for the Caregiver

Amy Abrams, MSW/MPH
Director of Education
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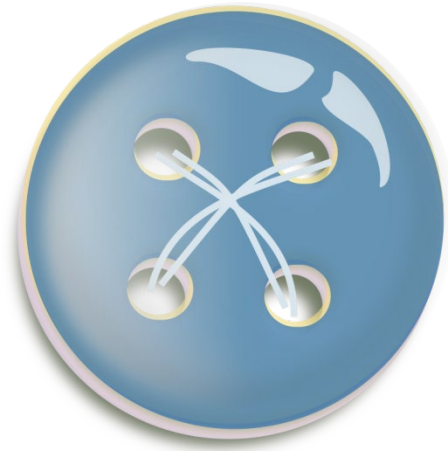


Why is caregiving so challenging?

- Needs are always changing
- Physical demands
- Sleep disruption
- Social isolation
- Challenging behavior
- Resistance
- Guilt



- Educate yourself (and others, if needed), to reduce anxiety and improve skills
- Find supports that provide you with a safe atmosphere for coping with daily challenges
- Identify community resources
- Get a break



*“Family knows how to push
your buttons, because they’re
the ones that sewed them on.”*

Acknowledge meaning, fears, values, and history

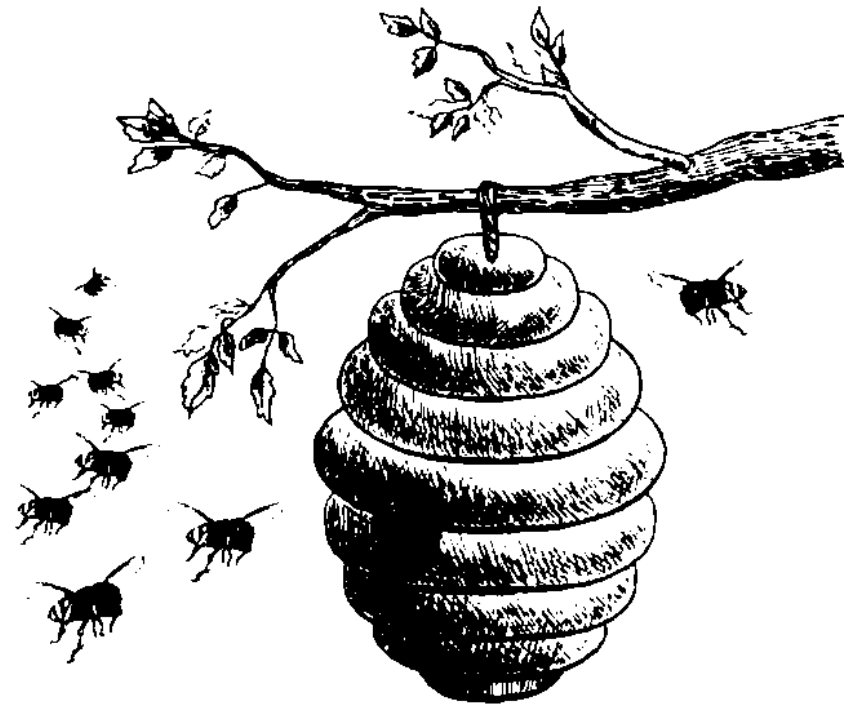
- “What does _____ mean to them?
And what does it mean to *me*?”
- Common fears:
 - Dependence
 - Burden: changing responsibilities
 - Isolation: decreased social activity
 - Lack of privacy
 - Loss of control and autonomy
- Cultural values
- Personal history



Preparing for difficult conversations

- Identify the “land mines”
- Agree to disagree
- Consider each individual’s level of knowledge and insight into the problem
- Focus on one or two major goals
- Do your research
- Put it in writing
- Get help





Personal and public safety is more important than any one person's emotional state.



*Ask for help when it
is needed.*

*Accept help when it
is offered.*



A community of support

- **Aging Life Care Association:**
www.aginglifecare.org
- **Alzheimer's Association:** www.alz.org
- **Alzheimer's San Diego:** www.alzsd.org
- **Caregiver Coalition of San Diego:**
www.caregivercoalitionsd.org
- **Consumer Advocates for RCFE Reform:** <https://rcfereform.org>
- **Consumer Advocates for Nursing Home Reform:** www.canhr.org



A community of support



- **County of San Diego Aging & Independence Services:**
www.sandiegocounty.gov/hhsa/programs/ais
- **ElderHelp:** www.elderhelpofsandiego.org
- **Glenner Alzheimer's Family Centers:** www.glenner.org
- **Interfaith Community Services:** www.interfaithservices.org
- **Jewish Family Service of San Diego:** www.jfssd.org
- **Southern Caregiver Resource Center:** <https://caregivercenter.org/>
- **UCSD Shiley-Marcos ADRC:** <http://adrc.ucsd.edu/>

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Support and discussion groups

- A lifeline for many families affected by Alzheimer's and other dementias
- Connect with others going through similar daily struggles
- Learn from each other's experience
- Gain new coping techniques
- Prepare for what's ahead
- Safe and confidential



