



Redwood Falls

ACT on Alzheimer's NEWSLETTER

Volume 4

In an effort to raise awareness, educate our community and assist families who have been touched by Alzheimer's disease, this month's article will highlight ideas on how we can help the caregiver.

Caring for someone with Alzheimer's can be overwhelming. Although there are more than 15 million Alzheimer's and dementia caregivers in the United States, many of them feel very much alone. If you or someone you know is caring for someone with Alzheimer's here are some tips on ways you can help them.

- **Become Informed** – Educate yourself about Alzheimer's disease. It is helpful to understand the kinds of challenges caregivers can be faced with. Then share information with family & friends. You could also share finding about resources with the caregivers as well.
- **Be a friend** – Keep in Touch. Sending a card, calling or sending an e-mail can be meaningful but a personal visit is even better. Sometimes caregivers get forgotten. Contact with outside world can lift a caregiver's spirits.
- **Offer to help** – Be specific. Many times we might say let me know if I can help, but we know general offers of help can be hard for caregivers to accept. Most caregivers don't want to be a bother or appear needy. So it's important that we be specific. Some examples might be
 - a) I am going to the grocery store. What can I pick up for you?
 - b) I made a pot of soup and will bring it over at 4 o'clock this afternoon.
 - c) I hear it's going to snow. I will be over when it stops snowing to shovel your sidewalk.
 - d) Do you need some laundry done? I can pick it up today & bring it back clean tomorrow.
- **Provide respite care.** I've got a couple of hours free tomorrow. May I stay with your loved one while you run errands or take time for yourself?
- **Be a good listener.** Listen to the caregivers fears and concerns without judging. Venting frustrations about caregiving can be a good stress reliever
- **Connect the caregivers with other caregivers.** Help them find a support group and go with them the first time.

40% of Alzheimer's caregivers end up suffering from depression. It's important that we stand by them & praise their efforts & continue to support them in any way we can.

If you have questions, please contact Karen Christensen, ACT on Alzheimer's Coordinator at 627-1016.

For more information about Redwood Falls ACT on Alzheimer's call or e-mail Karen Christensen, ACT on Alzheimer's Coordinator at 507-627-1016 or

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Your input and assistance is valuable. Let's ACT together as we work to create a dementia capable community.