

# Caring for Yourself as a Dementia Caregiver

Caregivers play an important role in the lives of persons living with dementia. A caregiver is anyone who provides help with health and life tasks to another person like a parent, spouse, neighbor, or friend. As dementia progresses, your responsibilities as a caregiver will change over time. As your responsibilities increase, there might be times when you need to reach out for help. Getting the help you need allows you to better care for your loved one - and yourself.



## Quiz: Are you a Caregiver?

You may not know you are a caregiver. Take the quiz below to find out:

- Do you provide personal care to someone, such as bathing or dressing?
- Do you manage doctor's appointments or medications for the person you care for?
- Do you regularly deliver meals, give rides, or check in on someone?
- Do you feel responsible for someone's well-being, even if you do not live with them?

**YES** **NO**

If you checked "Yes" to one or more examples, you are considered a caregiver and can access resources to support you and the person you care for.



### Signs to Take a Break

Caring for yourself is one of the most critical things you can do as a caregiver and is often not prioritized. If you or someone you know displays any of these signs, it's time to ask for help:

- Constantly feeling tired
- Feeling sad, angry, guilty, or hopeless
- Not getting enough sleep
- Feeling overwhelmed or lonely
- Getting sick more often



### Prevent Feeling Overwhelmed

Prioritize healthy coping skills to ease or prevent feeling overly stressed. You can reduce your stress by:

- Asking and accepting help from others.
- Joining an in-person or virtual caregiver support group.
- Taking breaks in your day, even short ones.
- Staying in touch with family and friends.
- Getting professional help if you need it.

# Caregiving Resources

The following resources can help you navigate services related to respite care, caregiver education, legal advice, transportation, caregiver counseling, and more.

## Caregiver Support Groups

### Alzheimer's Association - California Southland Chapter

Offers virtual caregiver support groups in English and Spanish for LGBTQ, Early Onset, Lewy Body, and more.

- Phone: 800.272.3900
- Website: <https://bit.ly/alzhelpingyou>

### Alzheimer's Los Angeles

Offers virtual caregiver support groups in English, Spanish, Mandarin, Japanese, and Korean.

- Phone: 323.930.6271
- Website: <https://bit.ly/alzlasupportgroups>

## Helpful Guides & Additional Support

### Still Standing: A Guide for Loving Through Alzheimer's & Related Dementias

A guide for caregivers on topics related to caring roles and responsibilities, communicating with doctors, legal and financial preparation, and more.

- Website: <https://bit.ly/stillstandingguide>

### The Conversation Project

A guide for caregivers on topics related to advance care planning, conversations on what matters most to the person living with dementia, and more.

- Website: <https://bit.ly/fordementiacaregivers>

### Alzheimer's Disease & Down Syndrome: A Practical Guide for Caregivers

A guide to understanding specific concerns related to persons with Down syndrome and dementia.

- Website: <https://bit.ly/ndssadds>

### 211 LA - Resources for Seniors & Older Adults

Navigate services and resources related to caregiving, housing, transportation, healthcare, meal deliveries, and more for seniors and older adults.

- Phone: 211
- Website: <https://bit.ly/211seniors>

## Alzheimer's Los Angeles - Services for Families

Navigate resources related to caregiver support and caregiver education. Connect with dementia specialists for personalized consultations and more.

- Phone: 844.435.7259
- Website: <https://bit.ly/alzlaservices>

## Caregiver Training Videos

### Southern Caregiver Resource Center - Caregiving Corner

Offers videos on caregiver self-help tips, providing care, and the latest caregiving research.

- Phone: 858.268.4432 | 800.827.1008
- Website: <https://bit.ly/caregivingcorner>

### UCLA Health - Dementia Care

Offers videos to better understand and manage behaviors, environments, and tools related to dementia care.

- Phone: 310.319.3222
- Website: <https://bit.ly/uclacaregiver>

## Support Services & Financial Help

### USC Family Caregiver Support Center

Offers caregiver support through education, training, and respite care.

- Phone: 800.540.4442
- Website: <https://losangelescrc.usc.edu>

### LA Found

Offers tracking technology to help caregivers locate wandering persons with Alzheimer's disease or autism.

- Phone: 833.569.7651
- Website: <https://lafound.lacounty.gov>

### Department of Public Social Services - In-Home Supportive Services

Helps pay for services for low-income, elderly, or disabled individuals to help them remain safely in their homes.

- Phone: 888.944.4477 | 213.744.4477
- Website: <https://bit.ly/dpssihss>



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