

Successful Caregivers

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Pitfalls of Caregiving

- Why don't you remember?
- Why are you doing that?
- You always do this to me!
- I told you to stay out of that!
- I want to go home.
- I want to see Mother.

What Works

- 1-2 choices of like things
- One instruction at a time
- Allow response time
- Use simplified adult language
- Stay calm and polite
- 90% of all conversation is non-verbal
- The behavior is remembered

Strategies

- Pick your battles
- Change your view
- Behavior is related to the disease
- Make a routine that works for you
- Attend support groups
- Let family and friends help

Effective Communication

- Calm Gentle Voice
- Speak Slowly
- Reassure, Reassure, Reassure
- Validate Feeling
- Eliminate Distraction

Get Help

Use Respite

Adult Day Care

Home Care

Out of Home Care

Let family and Friends Help

Attend Support Groups

Educate Yourself

- Let Friends Help
- Plan legal and financial affairs
- Take a walk everyday
- Laugh and hug anyone
- Have lunch with a friend often
- Forgive yourself, you are doing the best you can!

George G. Glenner Alzheimer's Family Centers, Inc.

- Day Care Centers.
 - Hillcrest
 - Southbay
 - Encinitas
- Provides free training for family members
- Support Groups
- 1-888-744-4494