



Tips for dementia caregivers

Contact the Alzheimer's Association for Information and Support

The Alzheimer's Association in Ohio provides around-the-clock support for individuals dealing with Alzheimer's disease and other dementias. The Association's 24/7 Helpline at 800.272.3900, is answered by trained specialists and our website at alz.org is the premier place for educational, support and community resource information for families, caregivers and individuals impacted by Alzheimer's disease.

Be on the Lookout for Changes in Behavior

For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice.

Provide Written Reminders to Reinforce the Importance of Hand Washing

Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds. Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.

Engage in Different Activities at Home to Fill the Day

Think what your loved one can do and what they like to do. The Alzheimer's Association has a list of 50 activities at <https://www.alz.org/help-support/resources/kids-teens/50-activities> to keep them engaged.

Make Alternate Care Plans if You Become Sick

With adult day care, respite, etc. modified or cancelled in response to COVID19, make sure you have identified others to help with care.

Assess Your Home-Based Service Providers

If you are receiving services from a paid health care professional in your home, ensure that:

- A temperature check has been conducted before they enter the home. Their temperature needs to be under 100.4° F
- If they have been exposed to anyone who has tested positive, do not allow them into your home.
- Ask them to wash their hands upon arrival and regularly throughout their time in the home.
- Require that they wear a mask

Establish Procedures for Getting Updates About Your Loved One Living in a Facility

Because personal contact has been limited during this pandemic, ask the facility about telephone calls, video chats or even emails to check in. If your family member is unable to engage in calls or video chats, ask the facility to suggest other ways for you to get updates.

Stay Physically and Emotionally Strong

As a caregiver, you often find yourself with so many responsibilities that you neglect taking good care of yourself. But the best thing you can do for the person you are caring for is to take an occasional break, see the doctor if need be, eat well, get moving and find emotional support by joining one of the Alzheimer's Association Telephone Support Groups by calling 800.272.3900.