



As we welcome the new year, let's shine a light on the unsung heroes in our lives – caregivers. Whether you're a professional, family member, or friend offering support for those living with dementia, it's time to prioritize your health & well-being.

**10 WAYS TO MANAGE STRESS AND BE A HEALTHIER CAREGIVER**

Are you so overwhelmed by taking care of someone else that you've neglected your own physical, mental and emotional well-being? To avoid putting your own health at risk, consider the following tips.

- 1. Take a break.** Consider using respite care services to allow you a temporary rest from caregiving while the person living with Alzheimer's or another dementia continues to receive care in a safe environment. Visit [alz.org/care](http://alz.org/care) to learn more.
- 2. Seek out community resources.** Visit the Alzheimer's Association & AARP Community Resource Finder ([alz.org/CRF](http://alz.org/CRF)) to access a database of dementia and aging-related resources in your area. Adult day programs, in-home assistance, companions and meal delivery are just some of the services that can help you manage daily tasks.
- 3. Become an educated caregiver.** As the disease progresses, it may become necessary to adopt new caregiving skills. The Association offers programs to help you better understand and cope with common behavioral and personality changes that may occur. Visit [alz.org/care](http://alz.org/care) to learn more and access resources and programming near you.
- 4. Get help and find support.** Our 24/7 Helpline (800.272.3900), ALZConnected® online social networking community ([alzconnected.org](http://alzconnected.org)) and local support groups ([alz.org/CRF](http://alz.org/CRF)) are good resources. If stress becomes overwhelming, seek help from a doctor or counselor.
- 5. Take care of your own health.** Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.
- 6. Manage your stress.** Stress can cause physical problems (blurred vision, stomach irritation, high blood pressure) and changes in behavior (irritability, lack of concentration, change in appetite). Note your symptoms and discuss with a doctor, as needed.
- 7. Accept changes as they occur.** People living with dementia change over time and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of community resources — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.
- 8. Make legal and financial plans.** Putting legal and financial plans in place after a diagnosis of Alzheimer's or another dementia allows the person living with the disease to participate in decision-making. Having these plans in place can provide comfort to the entire family. Many documents, including advance directives, can be prepared without the help of a legal professional. However, if you're unsure about how to complete documents or make financial plans, you may want to seek assistance from an attorney specializing in elder law, a financial advisor who is familiar with elder or long-term care planning, or both.
- 9. Know you're doing your best.** Remember that the care you provide makes a difference and that you're doing the best you can. You may feel guilty because you can't do more, but care needs increase as the disease progresses. Regardless of how care is delivered, you can make sure that the person living with dementia is well cared for and safe.
- 10. Visit your doctor regularly.** Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

**Upcoming Programs**



**DEMENTIA Conversations**  
Saturday, January 6, 2024  
9:00 AM on Zoom

**Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning - Virtual Presentation** | When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. [Click here to register.](#)



**MANAGING MONEY**  
Friday, January 12, 2024  
4:00 PM on Zoom

**Managing Money for Caregivers** | If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. [Click here to register.](#)



**WHAT'S THE BIG DEAL?**  
Wednesday, January 24, 2024  
12:00 PM on Zoom

**What's the Big Deal about Dementia and Driving?** | Many people living with dementia and their caregivers face questions about when and how to stop driving. This webinar will address the physical and cognitive changes experienced by a person with dementia and the safety concerns of dementia and driving. Presenters are Brandon Higgs and Chris Thompson. Both are occupational therapists with H & T Driver Rehabilitation Specialists in McKinney. [Click here to register.](#)



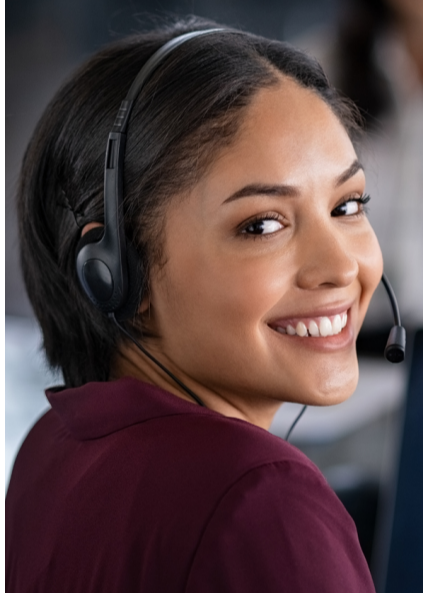
**CAREGIVER Support Groups**  
Available in-person and online

**As a caregiver, you likely have many responsibilities.** It is important to take care of your own well-being and to connect with others that understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to develop a support system, exchange practical information on caregiving challenges & possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources. [Click here](#) to find a group today!



**PUBLIC HEALTH AND DEMENTIA CAREGIVING**  
Available online

**Public Health and Dementia Caregiving** | This 90-minute course covers why dementia caregiving is a public health issue and what public health organizations can do about dementia caregiving. Public health examples and case studies will be used to support and assess understanding. This module is intended for public health students, educators and professionals to learn about the public health impacts of dementia caregiving. [Click here to learn more.](#)



**24/7 Helpline 1.800.272.3900**

This free service is available around the clock, 365 days a year.

**Contact the Helpline day or night to:**

- Speak confidentially with master's-level specialists for decision-making support, crisis assistance, disease education, and more.
- Receive referral information to local agencies and services
- Receive help in your preferred language through our bilingual staff or translation service, which accommodates more than 200 languages

**ALZ Talks: 2023 Research Advancements**



Listen in while Alzheimer's Association Senior Director of Scientific Engagement Dr. Rebecca Edelmayer and Director of Scientific Engagement Dr. Percy Griffin discuss what we learned in 2023 about the risk factors, detection, diagnosis and treatment of Alzheimer's disease. This webinar is supported by Procter & Gamble.



**Alzheimer's Association Announces Milestone of \$100 Million Invested in Research in 2023**  
— Largest single year investment in research since the organization's founding —

**CHICAGO, Nov. 8, 2023** — The Alzheimer's Association today announces a **landmark \$100 million investment** into research initiatives in 2023. This unparalleled commitment stands as the largest single-year investment since the organization's founding in 1980.

"As the world's largest nonprofit funder of Alzheimer's and dementia research, the Alzheimer's Association is committed to accelerating the global effort to eliminate Alzheimer's and all other dementia, and, until then, to improve care and quality of life for people living with the disease," said Joanne Pike, DrPH, Alzheimer's Association president and CEO.

In 2023, the Alzheimer's Association funded 271 scientific investigations from researchers at all career levels examining topics across the spectrum of dementia science. The Association's global, cumulative impact on research now includes more than \$360 million invested in over 1,000 active research projects in 53 countries, spanning six continents.

In addition to research grant funding, the Association's investment in research supports a wide range of global leadership initiatives:

- Global scientific/medical conferences, including the field's largest and most prestigious event: the annual **Alzheimer's Association International Conference®** (AAIC). Nearly 11,000 scientists attended AAIC 2023 from 110 countries.
- **Three influential peer-reviewed journals**, including the flagship **Alzheimer's & Dementia: The Journal of the Alzheimer's Association**.
- **TrialMatch®** — a free clinical studies matching service.
- **The Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment** (ISTAART) — an inclusive global network of more than 10,000 members representing over 120 countries.

"Unprecedented times need to be met with unprecedented action," said Pike. "The Alzheimer's Association is the only organization that is tackling Alzheimer's and all other dementia from all angles and in all communities. This \$100 million annual investment is illustrative of the momentum we have built and are driving forward in dementia research. Our investments today will lead to breakthroughs tomorrow."

For more information [click here.](#)

The **Alzheimer's Association®** is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.

[Visit us online at alz.org](http://Visit us online at alz.org)