



Caregiving is both rewarding and challenging

Caring for someone with Alzheimer's or a related dementia is meaningful but can also feel overwhelming.

The burden of caregiving can put you at increased risk for significant health problems. Many caregivers experience depression, high levels of stress, or burnout. And nearly all Alzheimer's or dementia caregivers experience sadness, anxiety, loneliness, and exhaustion.

We have resources to help

If you are a care partner - whether in the same home or across the country - you are not alone.

We understand what you are going through and are here to provide free support - at all hours of the day and night. We can help you plan for and cope with the changes ahead.

Learn more:

- call our free 24/7 Helpline at 800.272.3900
- or email info@alz.org
- online at www.alz.org/help-support



38th annual MGS Conference
A Team Approach to Aging Well

April 16 & 17 Holiday Inn Downtown, Msls
Register or learn more at montanagerontology.org

When it's time to have help

It's important to ask for (and accept) help. Both you and the individual living with dementia will benefit. There is no one-size-fits all formula when it comes to Alzheimer's care. Needs change at different stages of the disease and each family's situation is unique. Deciding on care can be a tough decision.

When friends and family ask what they can do to help, accept their offer. By doing this you will be building your care team. It can be difficult to coordinate helpers in a way that meets your needs and the needs of the person with dementia.

A resource such as a care team calendar is a personalized online tool to organize family and friends who want to help with caregiving. You can post items for which assistance is needed and care team members, can sign up for specific tasks. Our "Lotsa Helping Hands" free, online care calendar is one tool that families can use to build their care teams, share tasks and coordinate helpers.

Learn more about programs, care options, community resources and and more.

- Call our free 24/7 Helpline at 800.272.3900
- Visit our Community Resource Finder at alz.org/crf

