



Please take a moment to thank caregivers for their dedication and support to those in need.

*What caregivers wish they knew prior to taking care of their loved ones living with dementia:*

- Caregivers experience the grief of losing a loved one while they are still alive.
- Neurodegenerative diseases, like Alzheimer's disease, affect each person differently.
- Caregivers experience the feeling of being isolated.
- Caregivers are unaware of how valuable community resources can be.
- Neurodegenerative diseases have a big impact financially.
- There will be good days and bad days.
- Many caregivers wished they lived in the moment and appreciated how much their loved one could do in that day.

*Here's a list of ideas to navigate the challenges caregivers experience:*

- Grieving: Inquire about support groups in your area. Support groups provide common ground in caregiver experiences.
- Education: Learn about neurodegenerative diseases. There are many opportunities online via YouTube, podcasts, and websites.
- Finance: Consult with an Elder Law Attorney or other senior services that provide financial assistance & support.
- Self-care: Learn about mindfulness.
- Community Resources: If possible, have a list of people willing to help with breaks. Seeking respite services can be important also.

SWIRCA & More can help with education, resources, and support. Contact us today!