

Being a Care Partner

For a person with cognitive impairment

A care partner (or caregiver) can be a spouse, friend, partner, adult child, neighbor, faith group member, or anyone who helps care for another person. As a care partner:

Learn all you can

- ❖ Learn about the diagnosis and how it may affect and change your life as well as the life of the person you are helping
- ❖ Learn tips for communicating patiently and supportively with the person who has memory loss or problems with other thinking skills
- ❖ Find caregiver tip sheets, support organizations, and other resources by visiting www.cdc.gov/aging/caregiving/resources.htm
- ❖ Help your loved one fill out a complete care plan, such as the one found by visiting www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf

Ask for help

- ❖ Share the diagnosis with others so they can understand the new role you're taking on and can provide support
- ❖ Let family and friends know what they can do to help you
- ❖ Speak with a therapist to help process the emotions that arise from your new role as a care partner
- ❖ Contact a social worker to complete a needs assessment and help identify resources to provide support
- ❖ Search for respite care by visiting archrespite.org/respitelocator

Take care of you

In addition to supporting your loved one, it is important to take care of yourself. Ideas include:

- ❖ Make time for a hobby you enjoy
- ❖ Go to sleep a half-hour earlier
- ❖ Take a short walk outside
- ❖ Try a yoga class
- ❖ Meet a friend for lunch
- ❖ Join a support group, such as those sponsored by the Family Caregiver Alliance (www.caregiver.org/connecting-caregivers/support-groups/)

Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Additional Resources:

You are not alone. Connect with community supports to help you and your loved one, including:

Alzheimer's Association: Connect to your local chapter by calling the 24/7 helpline at 1-800-272-3900 or visiting www.alz.org to find resources for all types of cognitive impairment and dementias.

Eldercare Locator: Connect with experts in your community by calling 1-800-677-1116 or visiting www.eldercare.gov to get information about meal services, homecare, transportation, and more.

Senior Linkage Line: Connect with local services and supports by calling 800-333-2433 or visiting www.MinnesotaHelp.info

Advance planning services: Help your loved one make legal, financial, health care wishes, and other life plans and decisions by visiting www.honoringchoices.org, www.nhdd.org/public-resources/#where-can-i-get-an-advance-directive, or www.alz.org/national/documents/brochure_endoflifedecisions.pdf