

ALZHEIMER'S CARE CARD #10



What Can Friends and Family Do? A Caregiver Responds

- **Accept my feelings.** They are real.
- **Ask me** about my family member's disease and how it affects me. Talking helps me make sense of this situation.
- **Help me hope** for tomorrow, but know that breakthroughs announced today may be too late for us.
- **Call me.** I'll let you know if I can't talk. Try later—phone calls are sometimes my only distraction.
- **Send me newsletters, meeting announcements, and photos.** I still feel a part of organizations even though I cannot attend meetings.
- **Offer to take us anywhere.** It's so much easier to take her out if there are two of us to help her.
- **Talk to my loved one and don't be afraid to touch her.** Even if she doesn't understand, she may respond to a smile and a kind word. I want you to visit, but please understand when your visit has to be cut short. She tires easily.
- **Offer to run errands for me.** Take her to the beauty shop or just take her out so I can get an uninterrupted nap.
- **Please don't argue** with her or offer rational explanations. It will just frustrate both of you. It is easier to change the subject.
- **Believe me**—her condition is as bad as I say it is, even though she looks and sounds good at times. It doesn't help for you to tell me that, "she looks fine to me."
- **Don't criticize** my approach to her. Experience is the best teacher. I already have enough doubts about my capacity to take care of her.
- **I still have a sense of humor.** When I tell you about the absurdities of our life, please don't be offended. **Laughter is good medicine.**

Supporting Arkansas Families Since 1984

Alzheimer's Arkansas Programs and Services is an independent non-profit 501(c)(3) organization governed by a local volunteer Board of Directors.

Our services include:

- 24 hour telephone support
- Family and professional education
- Support groups for patients and caregivers
- Financial assistance
- Community awareness presentations
- Monthly newsletter and Lending Library

Alzheimer's Arkansas Programs and Services

10411 W. Markham

Suite 130

Little Rock, AR 72205

501-224-0021 or 800-689-6090

www.alzark.org