Alzheimer's Care Card #11
Building a Support System

Put Together A Team
You cannot do it alone. Put together a list of helpers who are particularly suited for specific roles. Do you have someone that works at a grocery store who can pickup items for you? What about a family member that does yard work? A church member that loves to cook and will cook you a meal one night a week? Create a group of people who can help, even if the task seems small.

Learn to Accept Help When It’s Offered
Some caregivers may have a hard time accepting help from others. In your mind, you may believe that no one else can take care of your loved one. Even an hour away may sound impossible. When offered help, you should take it. No matter what other people offer to do for you, learn to accept the help. Every small bit of kindness adds up.

Alzheimer’s Arkansas Caring for Caregivers 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
Lending Library
Alzheimer's Care Card #11

Share Your Feelings
Becoming a full or part-time caregiver can create a lot of stress in your life. You may feel that you don’t have time to enjoy leisure activities. You may even feel frustrated trying to handle your loved one’s needs. If you don’t share your feelings, then they may become unbearably painful. Letting off a little steam from time to time is much healthier than feeling angry about life.

Find Resources in Your Community
Most communities have resources that can make your job as a caregiver a little easier. You may find that you qualify for:
- Meals on Wheels
- Religious groups
- Nurses and doctors willing to volunteer their time
- Government programs like Medicare and Medicaid.

Support Groups
As a caregiver to someone who has Alzheimer’s disease, you may feel overwhelmed and frustrated. Often it helps to talk with someone who really understands what you’re experiencing. Someone who knows how you feel.

Support Groups can help provide the following:
- Feeling less lonely, isolated or judged
- Reducing stress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope
- Improves sense of Hope

Interested in a support group? Please contact Alzheimer’s Arkansas to find one in your area.

Distributed by:
Alzheimer’s Arkansas
201 Markham Center Drive
Little Rock, AR 72205
501-224-0021 or 800-689-6090
www.ALZark.org/CareCards