Alzheimer's Care Card #12
Do's and Don'ts

No one can do it alone.

DO: Learn About the Disease
The more you educate yourself about the disease, the symptoms and behaviors related to the illness the more likely you will understand your loved one.

DO: Build A Support System
Recruiting family and friends to do even the smallest task will help Stay in contact with your friends.

DO: Take Care of Yourself
Take care of your own health, keep your own appointments. Know your own limitations and boundaries. Get as much sleep as possible.

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
DON'T: Try to Be Perfect
Don't fuss over small things. Prioritize and pace yourself. Assess the importance of each task.

DON'T: Assume Your Family Will Help
Just because you need and want help, does not mean you will get it. Realize that family members may not know how or when to help. Communicate your issues and needs.

DON'T: Think You Have Control
You may be the decision maker, however you do not control your loved one's health, behaviors, or how they feel about you. No matter how good you are to your loved ones, they may not appreciate you.

DON'T: Lose Hope, Hide from Grief, or Anger
Caregiving is difficult, and you may feel isolated and alone. However, resources are available. Acknowledge how you feel, but do not let these feelings control you. Call Alzheimer's Arkansas for help, today!

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