

DEMENTIA CARE Education Bites

vol. 3 CARING FOR THE CARER

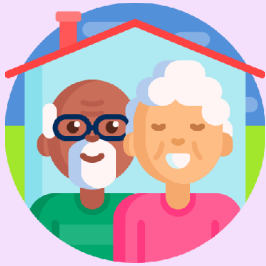
Point your phone's camera at the QR codes, or click on them, for 5 video tips that can help you to understand the importance of taking care of yourself when caring for someone with dementia.



<1 -minute video



01



STRUGGLING WITH TRANSITION TO CARE

Some people struggle to accept help from others because they feel like caring for their person with dementia is their responsibility. But accepting help, helps you to take care of yourself, so that you have something left to give. This video talks about the regret that some people feel when their person moves into a care facility.



<1-minute video



<1-minute video

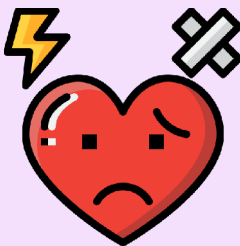
HOW OTHERS CAN HELP

Being a care provider for a person with dementia can be exhausting, and it's in addition to all of your other responsibilities. People might offer to help but they don't know how. Help people to help you, by actively identifying things that you can offload. It will help you, and help others to support you.



02

03



GRIEF

When someone we care about has dementia, the grieving process can feel like it is never ending. You may feel like you shouldn't be grieving when the person is still here, but this is a normal experience. Give yourself permission to grieve, and seek out supports. Caring for your needs is just as important. See <https://alzheimer.mb.ca/> for services to help.



<1-minute video



<1-minute video

04

PROTECT THE MEMORIES

When you are in the throws of caring for someone and just getting through a day feels like a challenge, you might feel like these are not the memories that you want to hang on to. You might want to reconsider that approach. Preserve some audio, video and/or photos.

