

Caring for Someone with Dementia

Essential Resources, Strategies, & Support for Caregivers



Self-Care for Caregivers

Being a caregiver can be extremely rewarding but it can also be overwhelming.

Taking care of yourself is essential to providing the best care for your loved one!

- If you are feeling overwhelmed it is important to stay active, eat well, prioritize sleep, be kind to yourself, and keep up with your health.

Be sure to schedule time for yourself

- Practice mindfulness by taking deep breaths, meditating, or doing an activity you enjoy. Building some time in your schedule to relax can make a big difference in your caregiving journey.

Accept your feelings

- It is normal to feel stressed, anxious, lonely, frustrated, etc. Allow yourself to feel these feelings and reach out for support when you feel it is too much to handle.

As you care for your loved one with dementia make sure you care for yourself too!



You're Not Alone, Help is Available

Connection is important.

- Talk with friends and family that you trust.
- Join a caregiver or dementia support group.
- Talk with a counselor that has experience working with caregivers.

There is nothing wrong with asking for help!

- Using short-term care (respite) gives you a chance to recharge and relax.
- Respite care services can be provided at home, in adult day programs, or in residential facilities for individuals living with dementia.

Resources for Caregiving

Mac Inc Caregiver Support Groups

410-742-0505 macinc.org

Learn more caregiving tips

800-438-4380 alzheimers.gov

Family caregiver services

800-445-8106 caregiver.org

Dementia support programs and services

844-6275-465 aging.maryland.gov

Caregiving and Dementia Workshops

mdlivingwell.org

Talk to a dementia expert 24/7 & Download the Dementia App

800-272-3900 alz.org/maryland

Search: My ALZ Journey

Learn more about our healthy living programs and the Adult Evaluation and Referral Services program (AERS)

443-523-1700 SomersetHealth.org

Somerset Senior Services Center

410-651-3400

Respite care at Chesapeake Cove Assisted Living

410-968-9230

American Association of Retired Persons

888-687-2277 aarp.org/caregiving/

Alice B. Tawes Nursing & Rehabilitation

410-968-9266

Coastal Hospice

410-742-8732 coastalhospice.org

Caregiving Tips



The Key is Routine

Daily routines help people with dementia feel safe and calm.

- A steady daily schedule helps reduce confusion, anxiety, and frustration.
- Making simple routines for bed time, meals, bathing, and using the bathroom can make a huge difference in behaviors like wandering, agitation, accusations, incontinence (loss of bladder control), and refusing to bathe and eat.



Redirection Activities

Redirecting individuals with dementia is important to gently shift their focus away from confusion, frustration, or unsafe situations.

- When an individual wanders, try directing them to exercise or use a rocking chair.
- Providing tactile activities like rice sensory bins, sorting household items, playing with stress balls, caring for stuffed animals, or a hobby they enjoy can help improve mood and repetitive speech.



Communication Strategies

It is important to practice active listening when caring for a person diagnosed with dementia.

- This means giving the person your full attention, making eye contact, speaking calmly, and paying attention to their tone and body language to understand the meaning behind what they are saying.
- Practicing active listening, providing reassurance, and simple directions can reduce frustration, agitation, improve task performance, and build trust.



Simple Safety Tips

Safe environments are important to avoid dangerous situations and improve independence.

- Dementia affects how a person thinks and makes decisions. This can lead to falls, wandering, and accidents.
- Avoid accidents by locking and closing all doors except for the bathroom, setting up gates on stairs, keeping valuables out of sight, and purchasing non-slip bathmats and shower seats.

Create a Free Personalized Care Plan Today!

Use the Hopkins Memory Care Family Checklist for help with:

***What to know, What to do,
& Where to go!***

Scan this QR code
for your FREE Care Plan!



Public Health
Prevent. Promote. Protect.

Somerset County
Health Department

443-523-1700
SomersetHealth.org