

The E.A.S.Y E Alzheimer's Caregiver Checklist

See, first, your physician or specialist for an accurate diagnosis for any dementia symptoms. Be sure to rule out other illnesses that can cause memory loss or dementia.

E

Educate

Knowledge is power! Find out all that you can about the disease and what to expect in the future. Attend education classes, read books, articles, or blogs, meet with other caregivers who can offer their understanding and techniques that they've learned.

A

Ask & Accept Help

Assign of success, being capable aware of your limits. It is healthy! Understand what type of help you are needing at every stage of your caregiving journey. Sources of Help: Physicians & Healthcare Providers, Family, Friends & Neighbors, Support Groups, Community Resources, & Memory Care Communities.

S

Strategic Action Plan

Provides overall direction on the long path from where things are now where we hope they will be (problem solving). Steps include: 1. Objectives & Goals 2. Success Measures & Confirmations 3. Tasks 4. Implementation and 5. Outcome & Evaluation.

Y

You

Do not put yourself or your health last! Pay attention to caregiver stress. If you experience any of these signs of stress on a regular basis, make time to talk to your doctor. Take care of ourselves first, so that we can then take care of our loved one. Care for you can include: support groups, exercise, relaxation techniques, etc.

E

Educate (repeat often)

Alzheimer's disease is progressive, gradual and degenerative. Each stage presents its own challenges. The person with dementia's needs are changing all the time, and so will yours. Educate yourself ahead of time so that you can plan for the future.

To learn more about the EASY E Alzheimer's Caregiver Checklist and more helpful Alzheimer's & dementia topics, including picture based communication cue cards, visit www.caregivercards.biz

