

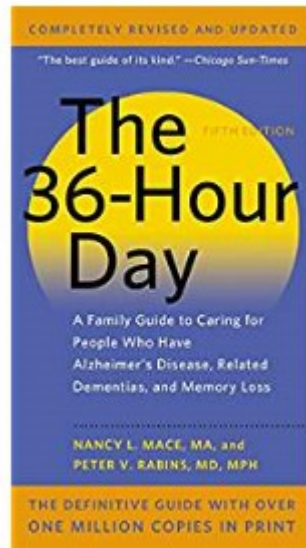
“Take Your Oxygen First”

8 Vital Points from Leeza Gibbons' Book

- A diagnosis can bring a sense of relief. "We waited so long before we finally took Mom to a doctor," says Gibbons. "But if I had it to do all over again, I would have taken her to the doctor at the first sign of trouble."
- People with mild dementia usually still function independently. But early warning signs include short-term memory loss, forgetting words, disorientation, and personality changes.
- "I encourage people to challenge their doctors. If you think there is something wrong, chances are you're right."
- Caregiving is an enormous task that is too much for just one individual, or even one family, to handle without support.
- When you neglect your own physical, emotional, and spiritual needs, you cannot possibly give effective care to a loved one.
- "I fell apart. My marriage was strained to the breaking point and I was depressed. I sought the help of a therapist. It turned out to be more than a lifeline, it was the exploration I needed to reclaim my sanity."
- You must feel confident that you've done your best. You need to practice accepting who you are and valuing yourself enough to overcome the guilt of perceived inadequacy.
- Caregiving can become the means by which you and your family can revel in each other's strength and companionship. You'll be less burdened physically and emotionally. A palpable sense of connection with your loved ones will give you the strength to carry on.

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The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss by: Nancy L. Mace and Peter V. Rabins (September 25, 2012)



Day Clock:



Roll over image to zoom in

Resources during COVID-19:

- COVID-19 and Neurological Disorders: <https://www.brainandlife.org/the-magazine/online-exclusives/information-on-covid-19-coronavirus-and-neurologic-disorders/>
- Coping as a Caregiver: <https://www.beingpatient.com/7-ways-to-cope-with-covid-19-as-a-caregiver/>
- Caregiving Advice: <https://www.aarp.org/caregiving/health/info-2020/coronavirus-advice-for-caregivers.html>
- Recognizing COVID-19 symptoms in folks with dementia: <https://www.beingpatient.com/recognizing-covid-19-symptoms-in-people-with-dementia-and-taking-action/>
- Dementia Tips for Caregivers: https://www.livingstonparishnews.com/coronavirus/tips-for-alzheimer-s-and-dementia-caregivers-navigating-covid/article_945c3840-6fbd-11ea-aab3-d341dc8ddc88.html
- Alzheimer's Society: <https://www.alzheimers.org.uk/get-support/coronavirus-covid-19>
- Dementia Care Central: <https://www.dementiacarecentral.com/caregiverinfo/coronavirus-covid-19/>
- Helping loved Ones with Dementia: <https://parade.com/1015499/carolyncrist/dementia-alzheimers-coronavirus/>
- COVID-19: Resources and Articles for Family Caregivers: <https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>