

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Alzheimer's Caregiver Tips for Coping with Guilt Feelings

Today, caregiver guilt is recognized as a common byproduct of caring for a loved one with Alzheimer's disease or other form of dementia. While caregiver guilt is considered a normal and understandable emotion, it is nonetheless painful to loving caregivers

The good news is that there are a variety of things you can do to cope with the guilt and stress of being a caregiver. The blog article "[Taking Care of You – Dealing with Caregiver Guilt](#)" and similar articles on coping with caregiver guilt provide authoritative self-care advice that can help primary caregivers and their supporting family members. For example:

1. **Join a support group and identify other helpful community resources** – You'll find much needed assistance as well as comfort in knowing others are experiencing the very same feelings.
2. **Participate in the [AlzConnected® online support](#)** forum to share experiences and coping strategies.
3. **Live in the moment** – Focus on any positives during the day. Also, it is OK to [laugh](#) with your loved one as humor is now considered therapeutic for both of you.
4. **Let go of unrealistic expectations** – You can't do it all and no one is expecting you to; you have a life to live, too that should be free of any guilt.
5. **Utilize respite care for your loved one** – Give yourself a day or a weekend free from being a caregiver so you can enjoy the things that are important in your life.
6. **Use relaxation techniques** – Various relaxation techniques can also help you to relieve caregiver guilt and stress. They include: visualization; meditation; breathing exercises; and progressive muscle relaxation.
7. **Remember, it's OK to let go** – When you are no longer able to give your loved one the care they need at home, it is nothing to feel guilty about. You are simply putting their best interests first. And It is just a different way of caring that you can still be involved in.

By understanding that caregiver guilt is a perfectly normal emotion and taking positive steps to minimize the emotional pain it can cause, you can be happier in your own life while also being a more effective caregiver

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Loved ones with Alzheimer's disease or other memory impairments require specialized care and support. They also deserve a lifestyle rich in dignity and fulfillment. Impressions Memory Care at Bryn Mawr provides residents with Engaging Days and Meaningful Moments that emphasize individual abilities, encourage [socialization](#) and promote the highest level of independence possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again.

For more information, please call Sharon at (484) 380-5404 or [contact us](#) online.

Disclaimer: The articles and tip sheets on this website are offered by Impressions Memory Care at Bryn Mawr and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.

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