

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Tips on Reducing Stress for Alzheimer's Caregivers

The Alzheimer's Association provides several useful suggestions that can help you to reduce your stress level, stay healthy and continue to be an effective caregiver.

- **Know what resources are available** – Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks. Use the Alzheimer's Association's online [Community Resource Finder](#) or contact [your local Alzheimer's Association chapter](#) for assistance in finding Alzheimer's care resources in your community. The [Alzheimer's Navigator](#) is a free online tool that helps evaluate your needs, identifies action steps and connects you with local programs and services.
- **Get help** – Trying to do everything by yourself will leave you exhausted and at risk of burnout. Seek the support of family and friends and need suggestions from other caregivers going through similar experiences. Always be specific in telling others exactly what they can do to help (e.g. "Please take mom to the dentist next Thursday.") The Alzheimer's Association 24/7 Helpline (**800-272-3900**), [online message boards](#) and [local support groups](#) offer good sources of comfort and reassurance.
- **Use relaxation techniques** – There are several simple relaxation techniques that can help relieve your stress. Try more than one to find which works best for you. These techniques include:
 - **Visualization** (mentally picturing a place or situation that is peaceful and calm)
 - **Meditation** (which can be as simple as dedicating 15 minutes a day to letting go of all stressful thoughts)
 - **Breathing exercises** (slowing your breathing and focusing on taking deep breaths)
 - **Progressive muscle relaxation** (tightening and then relaxing each muscle group, starting at one end of your body and working your way to the other end)

Note: You can find additional information on [relaxation techniques](#) on [The Mayo Clinic](#) website.

- **Get moving** – Physical activity — in any form — can help reduce stress and improve your overall well-being. Even 10 minutes of exercise a day can help. Take a walk and/or do an activity you love, such as gardening or dancing.
- **Make time for yourself** – As a caregiver, it's hard to find time for yourself, but staying connected to friends, family and activities that you love is important for your well-being. Yoga, exercise, music, gardening and outings with friends can take the edge off of stress. Even if it's only for 30 minutes a week, carve out a pocket of time just for yourself.
- **Become an educated caregiver** – As the disease progresses, new caregiving skills may be necessary. The Alzheimer's Association offers [programs](#) to help you better understand and cope with the behaviors and personality changes that typically accompany Alzheimer's.

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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. Our brand-new **Impressions Memory Care at Bryn Mawr** community 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 visit us online at <http://www.impressionsmemorycare.org>.