

Katie Brandt Shares 5 Critical Dementia Caregiving Tips



1

Feelings First

It is surprising how adding positive emotions can help caregivers guide their loved ones through everyday tasks. Before initiating personal care, a transition or even a conversation, start by connecting. A smile, a kind word or a gentle touch can go a long way.

2

Respite Supports Relationships

Consider accepting help from friends, family or professional staff for some of the routine tasks of caregiving such as laundry, meal prep and shopping. This allows you to conserve your energy for the thing that only you can do for your loved one; emotional support and a loving connection.

3

Self-Care is Critical

Being a caregiver for a loved one with dementia can take a toll on your physical and emotional well-being. By caring for yourself, you are ensuring that you will have the strength to be there for your loved one

4

Face the Unknown by Focusing on the Present

There are many unknowns when caring for a loved one with dementia. Taking time each day to build new memories of joy, no matter how small, can ease some of the stress and worry about the future.

5

Connect with Your Community

Find camaraderie in the shared experience of caregiving and consider joining an online or in-person support group. Resources, education and friendships can lighten the journey of caregiving.

Learn more about the resources, education and training that Katie can offer your community.

www.KatieBrandt.org