

# Center for Applied Research on Aging and Health

## Coping TIPS for Caregivers

- Educate yourself about the disease your family member is facing and how it may affect his or her behavior, pain level or quality of life.
- Find sources of help for caregiver tasks. Contact family, friends, neighbors, church/synagogue, workplace, Area Agency on Aging or other organizations.
- Protect your personal time for something you enjoy or something you need to get done.
- Find time for exercise, eating well and sleeping enough. This will help you to be better able to provide care.
- Use your personal network of friends and family for support or find a support group for caregivers of dementia patients in your area.
- Be in touch with your own feelings of sadness (crying more or sleeping more or less than usual, increased or decreased appetite or lack of interest in usual activities). These may be symptoms of depression. Talk to your doctor if you experience these symptoms.
- Consider how you feel and what you will do after caregiving ends.

## Key Resources

### Alzheimer's Disease Education and Referral (ADEAR)

1-800-438-4380

[www.niapublications.org/adear/](http://www.niapublications.org/adear/)

### Alzheimer's Association

1-800-272-3900 (helpline)

[www.alz-delawarevalley.org/](http://www.alz-delawarevalley.org/)

### *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life*

Authors: Nancy L. Mace, MA and Peter V. Rabins, MD, MPH

## Contact Us

130 S. 9th Street, Suite 500 Philadelphia, PA 19107

Telephone: 215-503-4716

Fax: 215-923-2475

Website: [www.jefferson.edu/jchp/carah](http://www.jefferson.edu/jchp/carah)

For inquiries regarding articles in *CenterPieces*, or to receive electronic copies of this newsletter, please contact the editor, **Sandy Schinfeld, MPH** at [sandy.schinfeld@jefferson.edu](mailto:sandy.schinfeld@jefferson.edu).

JG 07.2275

Non Profit Org.  
U.S. Postage  
PAID  
Bensalem, PA  
Permit #182

Center for Applied Research on Aging and Health  
130 South 9th Street, 5th Floor  
Philadelphia, PA 19107-5233

 **Jefferson**<sup>TM</sup>  
College of Health Professions

Newsletter of the Center  
for Applied Research on  
Aging and Health (CARAH)  
Jefferson College  
of Health Professions  
Thomas Jefferson  
University

CenterPieces  
Sharing our Activities in Research, Education & Clinical Innovation to Advance Healthy Aging