

Care Partners & Alzheimer's Disease and Related Dementia

Challenges of being a Care Partner

What are Care Partners?

Care partners are unpaid family or friends that support an individual with Alzheimer's disease and related dementia (ADRD). Care partners often provide help with daily activities for individuals with ADRD and frequently become experts in their family member's health and needs. Nevertheless, care partners face many challenges as they provide care for their loved ones.

The Challenges Care Partners Face

- ✓ **Emotional Drain** Watching a loved one lose their daily functioning, personality, and cognition over time is emotionally taxing
- ✓ **Health Risks** Higher risk for physical and mental health conditions, including cardiovascular disease and depression
- ✓ **Psychological Suffering** Exposure to troubling symptoms in ADRD such as paranoia, and verbal and physical agitation, and hostility can lead to increased emotional reactivity, anxiety, poor sleep and emotional exhaustion in the care giver
- ✓ **Time & Money** In 2023, caregivers gave 18.4 billion hours of care, representing \$346.6 billion
- ✓ **Loneliness** Caregivers are vulnerable to loneliness and fostering friendships and scheduling social interactions can be protective