

Care Partners & Alzheimer's Disease and Related Dementia

Supporting the people who support a loved one with ADRD

Coping with emotional, physical, and financial drain of care giving is no small feat, though there are some strategies that show promise in helping relieve care giver suffering:

Strategies that Help

- ✓ **Care for the Care Partner** Attending to the care partner's mental and physical health can reduce suffering from illness. In the modern age, using novel tools like telehealth (online appointments via video can increase access while still providing some relief.
- ✓ **Care Partner psychological wellness and support** Attending talk therapy, whether online or in person, can reduce suffering
- ✓ **Care Partner Education** Learning more about ADRD symptoms, disease progression, and management has been shown to improve care for individuals with ADRD and reduce emotional distress in care partners risk for physical and mental health conditions, including cardiovascular disease and depression

Find Support & Resources

Alzheimer's Association

alz.org

24/7 Hotline: 800.272.3900

Education, support groups, and local resources.

Dementia Action Alliance

daanow.org

Connects caregivers to share experiences and education.

Best Programs for Caregiving

bpc.caregiver.org

National list of programs supporting caregivers and families.

211 Colorado — ADRD Page

211colorado.org/adrd

Find local Colorado programs, services, and Memory Cafes.