



Caregiver Tips for Coordinating a Memory Care Resource Team

If you now find yourself in the role of primary caregiver, it is extremely important to become knowledgeable about memory care and to create a circle of support as early as possible. Why? Because being a caregiver for a loved one with memory loss can be physically and emotionally challenging.

Helpful Caregiver Resources You Can Use

- **Other Family Members** – Turning to your family, especially any siblings, is your first option if you're looking after a parent. Though you may be the lead caregiver, it's critical to let others know that they need to be involved as well. Other relatives, such as your spouse, children, aunts, uncles and cousins, should also be considered if they are available.
- **Close Friends and Neighbors** – Friends and neighbors with whom you have close relationships can be another valuable source of help. Always be clear and specific about what you would like them to do and about how long you'll need their help. Remember, people are more likely to assist you if the task and time commitment are clearly defined for them.
- **Community Support Organizations** – Many communities have service groups set up specifically to help caregivers. The Alzheimer's Association's [Caregiver Center](#) and [Community Resource Finder](#) are good places to start. Local churches, senior centers and government agencies can also provide useful information. By taking some time to look, you may discover an entire network of services available to help.
- **Hired Assistance** – If family and friends are an insufficient option and you have the financial resources, you might consider hiring people to be a part of your caregiving team. This could include, for example, assistive care, house cleaning, lawn care, household repairs or transportation services. Just be sure the people you use are competent and trustworthy.
- **Stress Management Support** – Coping with the increased level of physical and emotional stress in your life is extremely important – both for you and the person you are taking care of. Learning and applying the experts' strategies to [manage stress](#) is vital to your own health and well-being.
- **Respite Care Services** – Since caregivers typically need periodic breaks from the challenges of caregiving, you should identify a resource that can provide respite care support. For example, a weekend break could be provided by a family member or a professional respite care provider. The purpose is to give you time away from your duties to “recharge your batteries.” Don't let being a caregiver define your life.
- **24/7 Professional Memory Care** – There normally comes a point in the progression of memory loss when it is no longer possible for at-home caregivers to provide the needed level of care and safety in the home environment.



Provident Village

at Canton

Following these useful tips on organizing your caregiving resources can help to simplify your life, ease your burden and provide better overall care for your loved one.

***Live Vibrantly!* at Provident Village at Canton**

At Provident Village at Canton, we believe vibrant days ensure bright tomorrows, so we've created a community where seniors, quite simply, [*Live Vibrantly!*](#) Whether it's in our [Assisted Living Community](#) or [Memory Care Neighborhood](#), each day we celebrate the individuality and strengths of each resident.

At Provident Village, to *Live Vibrantly!* means that days are filled with joy, vitality, growth and security. It means residents are socially active and personally empowered, with access to the personalized care and support they need to live fully. It means residing in a community where [intellectual, social, emotional, spiritual and physical care](#) are seamlessly integrated into everyday life.

We invite you to [visit us](#) and see for yourself!