



Caregiver Fact Sheet

Caring for Yourself

If you care for a person living with dementia, you need to take care of yourself too. It's not selfish; it's smart! Ask yourself:

- Have I lost interest in things I used to enjoy, feel sad or hopeless, sleep or eat more or less than usual, or feel worthless? These are all signs of depression, a common condition among caregivers. It usually improves by taking medicines and/or talking with a professional counselor. If you have health insurance, it's likely to pay for counseling. If not, there may be low- or no-cost counseling programs in your area. Call 2-1-1 to see what's available.
- Am I losing patience with my person, feeling overwhelmed, or guilty? These are signs of burnout. Call the Alzheimer's Association at 800-272-3920 for tips on caring for your person and information on support groups in your area.
- Have I had any changes in my physical health since I became a caregiver? For example, do I feel achy or tired? If so, make sure your doctor knows what's changed.
- Are there certain things I do for my person that are hard?
 - If they're physically difficult, a physical therapist or occupational therapist might be able to show you easier ways. Medicare home health can pay for these services if your person is homebound, needs skilled care, and has a doctor's order. Ask your person's doctor if he or she can order home health.
 - If tasks are hard because your person resists, call Jamie at 682-433-0375, Isabel at 817-704-2541, or the Alzheimer's Association Helpline at 800-272-3900 for tips on dealing with resistance.
- What people can I count on to help? Don't wait for them to offer; let them know what you need. If you don't have anyone you can rely on, call your Area Agency on Aging at 800-252-9240 or Aging and Disability Resource Center at 855-927-2372 to see if you qualify for any programs, like respite, or if your person qualifies for in-home help.
- Am I spending too much money on things your person needs? Call the Aging and Disability Resource Center at 855-927-2372 to see if there are any financial assistance programs your person or you qualify for.

You can get more information about dementia and related resources at:

- <https://www.dshs.texas.gov/alzheimers-disease>
- [NCTCOG - Resources for People with Memory Loss & Family Caregivers](#)
- [NCTCOG - Training to Understand Dementia & Provide Better Care](#)



Dementia Friendly North Central/East Texas 800-272-3921