

CARING FOR YOURSELF WHILE CARING FOR A LOVED ONE

Providing care for a loved one that lives with Alzheimer's disease can be very demanding. It can take a toll on your emotional, physical, and financial well-being. It is easy to overlook your own health when caring for a loved one.

Healthy Habits to Practice

SEE THE DOCTOR

Visit your doctor regularly and listen to your body. Monitor any symptoms you might be experiencing such as anxiety, changes in appetite, sleeplessness, and take all changes seriously.



GET MOVING

Staying active is essential to remaining healthy and can help to relieve stress, prevent disease, and improve your mood. Schedule time to take walks, exercise at home, or go to the gym.

EAT WELL

A well-balanced diet can improve your energy and help prevent disease. Incorporate lean meats, a variety of fruits and vegetables, healthy fats, and whole grain carbohydrates into every meal. Be sure to eat frequently to sustain your energy throughout the day.



MANAGE STRESS LEVELS

Stress can cause physical problems and changes in your behavior. Utilize relaxation techniques such as meditation, physical activity, and reading to help reduce stress. Reach out to friends or find community support groups and consult with your physician about prolonged stress or anxiety.

TAKE TIME FOR YOURSELF

Make time to do the things that you love and ensure you get plenty of rest. This will help you better care for your loved one.



Placer County Healthy Brain Initiative

To learn more, visit:
<https://www.placer.ca.gov/7199/Placer-County-Healthy-Brain-Initiative>

