

“Caregiver Survival Tips”

If you are caring for a loved with dementia or Alzheimer’s disease it is important to remember to take care of yourself!

Below are some simple tips to help caregivers –

- Put staying healthy at the top of your list.
- Have a backup plan in case something unexpected happens to you.
- Take one day at a time.
- Keep your sense of humor.
- Pat yourself on the back for the good job you are doing.
- Make time for the things you like to do.
- Talk about how you feel with others – consider joining a support group.
- Listen to your friends.
- Make a list of all the things your loved one can still do.
- Get enough rest and eat right.

If you need more information about being a caregiver, **schedule a FREE consultation at Legacy Harbor.** We will be happy to discuss your individual needs in-depth.

Call 253-6320 to schedule your consultation.

Calendar of Events

FREE CONSULTATIONS

Monday – Friday 9:00 a.m. – 5:00 p.m.

Legacy Harbor Memory Resource Center is open to offer a one-stop source of information, education, counseling, support, and referrals. One-on-one consultations are available with a Care Manager. Appointments suggested call 253-6320.

Consultations with Cindi Timmerman, MSW Brevard Alzheimer’s Foundation are available by appointment to provide FREE information and guidance for anyone dealing with memory loss or Alzheimer’s Disease, call 253-6320.

MEMORY SCREENINGS

Memory Screenings are available FREE by appointment. If you suspect any memory loss it is important to take this first step. Early detection and early intervention can Call 253-6320

SUPPORT GROUP

Safe Harbor during the Storm

The 2nd and 4th Thursdays of the month are the time to share gentle conversation, care & understanding for those facing the uncertainty of caring for a loved one experiencing memory loss and dementia. Hosted by Rev. Donna Carey, VITAS Innovative Hospice Chaplain. For more information call Legacy Harbor at 253-6320

FREE consultations for anyone with questions related to dementia, memory loss or Alzheimer’s disease.



One Senior Place
8085 Spyglass Hill Road
Viera, FL 32940
(321) 253-6320

www.OneSeniorPlace.com/legacy

