

# In-Home Alzheimer's Care

## Care for your loved one, support for you.

Karen Precord, Regional Director  
Senior Partner Care Services



Because of the intensity and “around-the-clock” nature of caring for someone with Alzheimer’s disease, it can be difficult for even a loving family to provide all the care that a loved one may need. It is not uncommon for a spouse or children to feel that they have an impossible choice between being utterly overwhelmed (if they try to provide all the care) or feeling they are betraying their relative (if they have someone else provide assistance with care). This often leads to the care provider becoming exhausted. Because of this, it is often helpful to investigate local resources to help the care provider. Here are a few helpful tips provided by **Senior Partner Care Services**:

- > **Educate yourself, family and friends about the disease.** Read books, attend workshops and consult with healthcare professionals.
- > **Learn caregiving techniques.** Key areas are communication skills, safety concerns, and managing behavioral challenges and activities of daily living.
- > **Understand the experience of your loved one.** Adjust your expectations. Be patient and kind.
- > **Avoid caregiver burnout.** Make time for yourself. Join caregiver support groups. Pursue interests beyond your caregiving role, such as exercise, hobbies, journaling and art. Hire a caregiver to be at your home while you are taking time for yourself.
- > **Maintain your own physical and mental health.** Exercise and staying active can reduce stress. Seek medical help if there are signs of depression.
- > **Discuss the situation with family and friends.** Support systems are critical!
- > **Reach out for care.** For information about private duty in-home care, call **Senior Partner Care Services at 321.253.6336** or visit our website at **SeniorPartnerCare.com**. For additional information about senior services and memory loss resources contact **Legacy Harbor at 321-253-6320**.

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

www.OneSeniorPlace.com/legacy

## 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.

Cindi Timmerman, MSW Brevard Alzheimer’s Foundation offers and individualized discussion.

### MEMORY SCREENINGS

**Appointment necessary!**

**FREE** Memory Screenings. Call 253-6320 for information or to make an appointment.

### SUPPORT GROUPS

**2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month**  
**1:30 – 3:00 p.m.**

**Safe Harbor During the Storm - Support Group**  
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.

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

