



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

www.OneSeniorPlace.com/legacy

Caregiver Stress! - Symptoms:

- Denial
- Anger
- Socially withdrawn
- Anxiety
- Depression
- Exhaustion
- Sleeplessness
- Irritability
- Lack of concentration
- Health Problems

Tips to Reduce Caregiver Stress

- Know what resources are available in your community.
- Become educated about the disease and caregiving techniques
- Seek help from family, friends and community resources. Consider joining a support group.
- Take care of yourself! Watch your diet, exercise and get plenty of rest.
- Don't neglect yourself – consult your physician. Use relaxation techniques.
- Accept changes as they occur. Try not to anticipate too far down the road.
- Conduct financial and legal planning.
- Be realistic about what you can and can not do.
- Don't feel guilty but rather give yourself credit for all that you do!

Legacy Harbor Memory Resource Center can help provide additional information about being a caregiver. Come by for a free consultation – located inside **One Senior Place, 8085 Spyglass Hill Road, Viera.** Call for more information **253-6320**

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
11:00 a.m. – 3:00 p.m.

East Central Florida Memory Clinic will perform FREE memory screenings by appointment. Call 253-6320

SUPPORT GROUP
Safe Harbor during the Storm
1:30 – 3:00 p.m.

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.

