

CAREGIVER STRAIN AND RESPITE CARE

For those who love someone with Alzheimer's Disease

WHAT IS RESPITE CARE?

Respite care is a service used in order to provide short-term relief for primary caregivers. Services such as Alz Place are valuable and allow caregivers time to rest, attend to their needs, and spend time with their other family and friends.



SYMPTOMS OF CAREGIVER STRAIN

Symptoms of caregiver strain include denial or anger towards the disease, social withdrawal, anxiety/depression, exhaustion and sleeplessness, irritability, lack of concentration, as well as physical health problems.

COMMUNITY RESOURCES AND SUPPORT GROUPS

Help is available! You can find community resources and support groups near you at www.communityresourcefind.org and www.alz.org/events.



REFERENCES

Alzheimer's Association. (n.d.). Caregiver Stress. Alzheimer's Disease and Dementia. <https://www.alz.org/help-support/caregiving/caregiver-health/caregiver-stress>

U.S. Department of Health and Human Services. (2023, October 12). What is Respite Care?. National Institute on Aging. <https://www.nia.nih.gov/health/caregiving/what-respice-care>

ELDERCARE OF ALACHUA COUNTY

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<https://eldercare.ufhealth.org/services/alz-place/>