

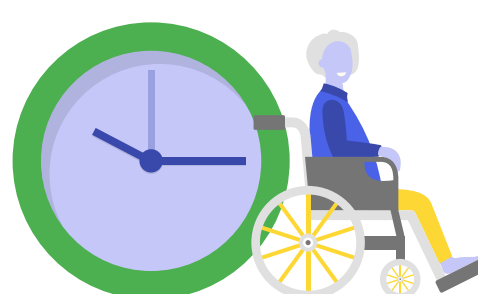
Alzheimer's Caregiver

ACCORDING TO THE CDC:



OVER 16 MILLION

Americans **provide unpaid care** for family and friends with Alzheimer's disease and similar dementias.



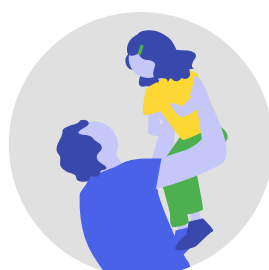
The CDC projected that in 2019, **caregivers** spent an estimated **18.5 BILLION HOURS CARING** for a loved one with Alzheimer's or dementia



Approximately **TWO-THIRDS** of dementia caregivers are **women**



About **ONE IN THREE** caregivers (**34%**) is age **65 or older**



Roughly **25% OF DEMENTIA CAREGIVERS** in 2019 were simultaneously caring for **children under 18 and their own aging parents**

RESOURCES FOR CAREGIVER MENTAL HEALTH



ONLINE COMMUNITIES



HOTLINES

Alzheimer's Association:
800-272-3900
Alzheimers.gov:
800-438-4380



MEMORY CAFES

IF YOU'RE A CAREGIVER:



Remember it's okay to take time for yourself



Include your loved one in financial and legal decisions promptly after their diagnosis



Visit your own physician regularly



Lean on supplemental care and support groups



Have a relaxation plan: therapy, meditation, yoga, reading, etc



Accept change

References:

<https://www.cdc.gov/aging/caregiving/alzheimer.htm>
<https://www.alz.org/help-support/community/support-groups>
<https://www.aarp.org/caregiving/basics/info-2019/memory-cafe.html>