

Reaching out to others for help



You are not alone

Caring for someone with dementia can be overwhelming and does not need to be a lonely experience.



Ask for help

Describe your problem and what kind of help you need. Be flexible - maybe you will not get exactly what you asked for, but it is a start and it will be helpful.



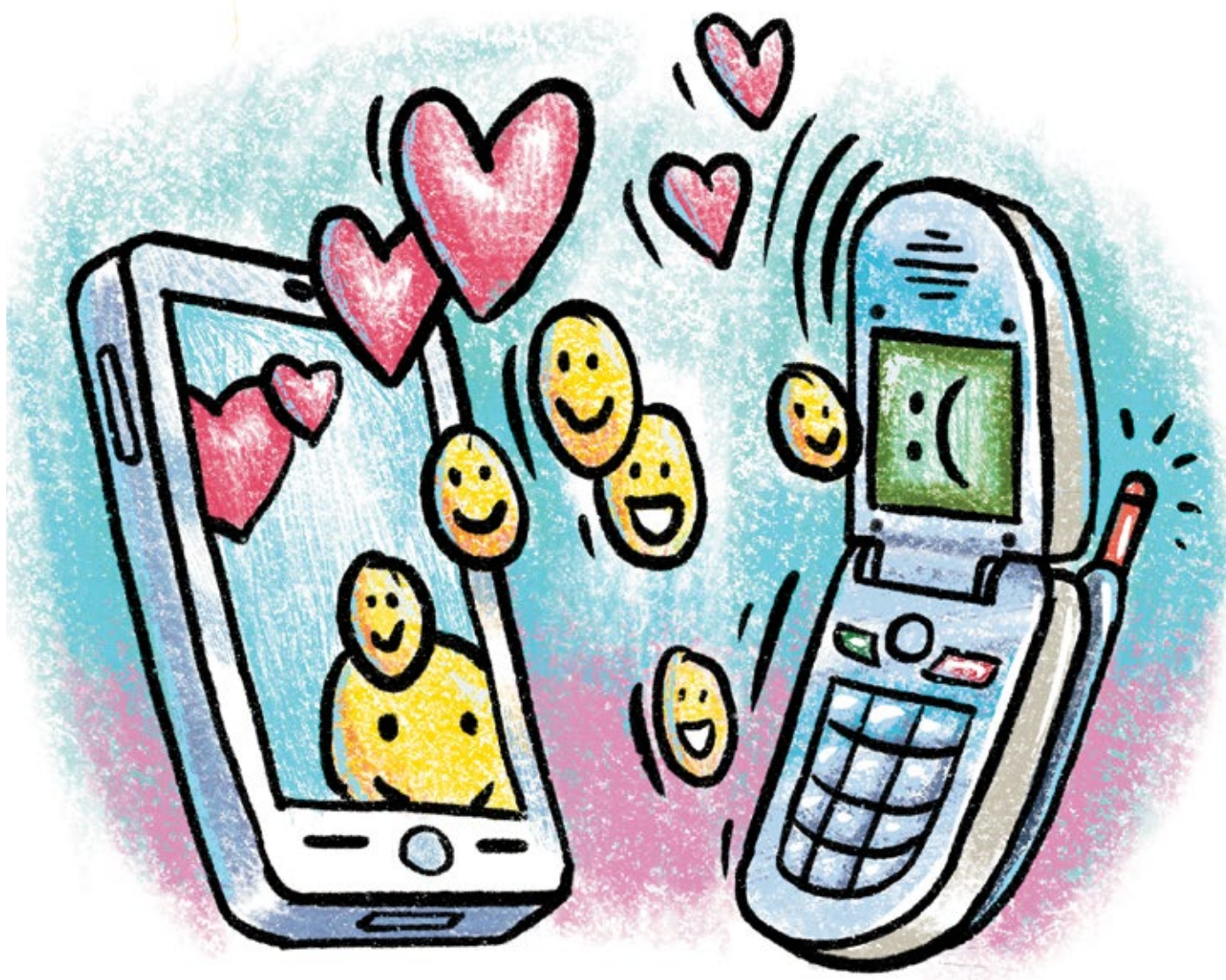
Use available support services

Services, such as self-care guidance, caregiver training, respite, or informal support groups may be available within your community, or online.



Consider different types of help

You may wish to ask for practical help such as housecleaning, or preparing a meal; help doing pleasant activities with the person with dementia such as asking family members to read to the person; emotional support; or collecting information on dementia.



For more information

iSupport Module 2
"Being a caregiver"
Lesson 3 "Involving others"

Check your local Alzheimer's Association's website or call your doctor's office to find out more information.