

NATIONAL  
**Stress Awareness**  
MONTH

*April 2024*

**8 Tips  
To Manage  
Caregiver  
Stress**



**Use relaxation techniques.**

**Find time for yourself.**

**Take care of yourself.**

**Get help and find support.**

**Get moving.**

**Become an educated caregiver.**

**Know your community resources.**

**Make legal and financial plans.**

**You are not alone.**  
YOU ARE NOT ALONE

*"You have two hands.  
One to help yourself and one to help others."*

# Dementia Caregiver Support Group

**Basehor Community Library:**

Meets in person and by Zoom on the first Thursday of every month at 6:30 pm

Join us in this safe supportive environment for caregivers.

Dr. Maritza Buenaver, Geriatric Psychiatrist specializing in dementia education, will guide us as we share our experiences. Anyone is welcome to join us.

# National Stress Awareness Month

## **Know what community resources are available.**

Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks. Whether you're living with memory loss or caring for someone who is, ALZNavigator™, an online interactive tool, will guide you to your next steps.

## **Get help and find support.**

Alz.org online Care Team Calendar helps you organize friends and family who want to help provide care and support.

Their 24/7 Helpline (800.272.3900),

ALZConnected online community and local support groups are all good sources for finding comfort and reassurance. If stress becomes overwhelming, seek professional help.

## **Use relaxation techniques.**

There are several simple relaxation techniques that can help relieve stress. Try more than one to find which works best for you. Techniques include:

- Visualization (mentally picturing a place or situation that is peaceful and calm)
- Meditation (which can be as simple as dedicating 15 minutes a day to letting go of all stressful thoughts)
- Breathing exercises (slowing your breathing and focusing on taking deep breaths)

Progressive muscle relaxation (tightening and then relaxing each muscle group, starting at one end of your body and working your way to the other end)

## **Get moving.**

Physical activity — in any form — can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help. Take a walk. Do an activity you love, such as gardening or dancing.

## **Find time for yourself.**

Consider taking advantage of respite care so you can spend time doing something you enjoy. Respite care provides caregivers with a temporary rest from caregiving, while the person with Alzheimer's disease continues to receive care in a safe environment.



## ***Become an educated caregiver.***

As the disease progresses, new caregiving skills may be necessary. The Alzheimer's Association offers programs to help you better understand and cope with the behaviors and personality changes that often accompany Alzheimer's. You may also find it helpful to talk to other care partners and caregivers about how they are coping with the challenges of the disease and uncertainty about the future.

## ***Take care of yourself.***

Visit your doctor regularly. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

## ***Make legal and financial plans.***

Putting legal and financial plans in place after an Alzheimer's diagnosis is important so that the person with the disease can participate. Having future plans in place can provide comfort to the entire family. Many documents can be prepared without the help of an attorney. However, if you are unsure about how to complete legal documents or make financial plans, you may want to seek assistance from an attorney specializing in elder law, a financial advisor who is familiar with elder or long-term care planning, or both.

Source: [www.alz.org](http://www.alz.org)

## ***MASA Protects you from expensive emergency ambulance costs.***

A caregiver from our last ***Dementia Caregiver Support Group Meeting*** mentioned this service. MASA covers the emergency ambulance costs your primary insurance doesn't, including your copays and deductibles.

[www.getmasa.com](http://www.getmasa.com)

***Dr. Maritza Buenaver*** is inviting you to join us at the next ***Dementia Caregiver Support Group Meeting*** which is held ***Monthly on the first Thursday of the month at the Basehor Community Library:***

***1400 158th St, Basehor, KS***

***6:30 p.m.***



# Resources



## A JOURNEY THROUGH ALZHEIMER'S DISEASE "VIRTUAL REALITY EXPERIENCE"

*Find out what everyone is raving about!*

*"Enlightening" "Eye-Opening" "Empowering" "Informative"*

*Free Distance Learning Experience Through Zoom..*

*(Alzheimer's/Dementia/Lewy Body/Parkinson's)*

*Experience a journey through their eyes.*

*(A must for caregivers, families, doctors/fellows/residents/staff.)*

Free Virtual Reality Distance Learning is made possible  
by Dr. Maritza Buenaver's Iowa-GWEP/HRSA Grant.



**It's easy to schedule a  
Virtual Reality Session.  
Just email your preferred  
VR Session date and time!  
VAcaregivereducation@gmail.com**

*Also, ask about our  
Lewy Body Dementia, Parkinsons,  
Vision/Hearing Loss, and End-of-Life  
Virtual Reality Experiences.*

- [www.Facebook.com](http://www.Facebook.com)—Basehor Library—Dementia Caregiver Support Group
- [www.LeavenworthCounty.gov](http://www.LeavenworthCounty.gov)—Council on Aging
- [www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/](http://www.VA.gov/eastern-kansas-health-care/health-services/caregiver-support/)
- [www.ALZ.org](http://www.ALZ.org)—Alzheimer's Association
- [www.TeepaSnow.com](http://www.TeepaSnow.com)—A Dementia-Care Education Specialist
- [www.mountosb.org/ministries/keeler-womens-center/](http://www.mountosb.org/ministries/keeler-womens-center/)  
(913-906-8990) Free Services in Kansas City, KS
- [www.ptsd.va.gov/gethelp/help\\_for\\_veterans.asp](http://www.ptsd.va.gov/gethelp/help_for_veterans.asp)
- **CRISIS LINE: 800-273-8255—Free and Confidential**