

Tips for Self-Care

Keeping up with home, work, and caregiving responsibilities can feel overwhelming. Here are some things you can do to keep yourself healthy:

- Make sleep, nutrition, and exercise priorities. Schedule them if needed.
- Get regular health check-ups.
- Meet with your healthcare provider or employee assistance program to discuss ways to manage stress, reduce family conflict, and engage others to help.
- Caregivers experience higher rates of clinical depression. Talk with your doctor or a counselor, or conduct a self-screen at depressionscreen.org.
- Delegate tasks to others. You **don't** have to do it all.
- Arrange carpools, or teach teenage children to use public transportation.
- Learn to say "No" when asked to do extra things that you don't enjoy.
- Accept offers of help. Make a list of things that others could do, like run errands, make a meal, or walk the dog.
- Attend a caregiver support group, either in person or online.
- Find local resources designed to help caregivers, and use them!

Where You Can Go for Help



Your local **Aging and Disability Resource Center (ADRC)** offers expert information and consultation about community resources available to working caregivers. The ADRC can help families make decisions about financial, legal, and long-term care options and connect families to local agencies.

ADRC Information and Locations

www.dhs.wisconsin.gov/adrc

Alzheimer's and Dementia Alliance of Wisconsin

www.alzwisc.org

Alzheimer's Association

www.alz.org

National Alliance for Caregiving (Family Caregiver Alliance)

www.caregiver.org

U.S. Department of Labor: The Family and Medical Leave Act (FMLA)

www.dol.gov/agencies/whd/fact-sheets/28-fmla

Wisconsin's FMLA Law

<https://dwd.wisconsin.gov/er/civilrights/fmla/>

AARP Resources

www.aarp.org/caregiving/caregiving-tools

Caregiving Working Living

Tips for Working Caregivers



Wisconsin Department of Health Services
Division of Public Health

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When You Care for Someone with Alzheimer's Disease or Other Dementia

You are not alone.

Nearly 1 in 5 workers provides care for an adult family member, and 81 percent of Alzheimer's caregivers under age 65 are employed.



The progression of Alzheimer's disease can take more than a decade, with the need for care lasting years. It can include the most intense types of personal care, such as toileting, bathing, and feeding.

Poor sleep patterns and being awake at night are common symptoms of Alzheimer's disease, which make caregiving more demanding. Do not be afraid to ask for help.

Dementia Friendly Employers Toolkit:
www.dhs.wisconsin.gov/dementia/employers.htm

When Caregiving Follows You to Work...

Jerry's mom doesn't remember that she's already called his office five times today...

Maria's husband has dementia. His day begins around 1:00 a.m., and he sometimes wanders out of the house. Maria's supervisor has noticed that she has been falling asleep at work...

Sandra requested three hours of leave for her father's doctor visit, but ended up needing most of the day...

Lee hurt his back while loading his dad's wheelchair into the car and missed two weeks of work...

There are resources available to help care for yourself, family members, or a friend while you work. Contact the local Aging and Disability Resource Center (ADRC) to learn what is available in your area.



What You Can Do at Work

- If your employer offers an employee assistance program (EAP), use it. The EAP can help problem solve, locate resources, and provide objective advice. Many employers offer services specifically designed for working caregivers.
- Learn about leave options, including the Family Medical Leave Act (FMLA).



- Start a lunchtime group with other caregivers in your workplace to provide each other with support and share resources.
- Ask a manager to arrange a presentation at work. The local Aging and Disability Resource Center and organizations that support caregivers provide these at no cost to employers. Or invite them to participate in your employer's health fair.
- Ask about flexible work options such as flex-time, telecommuting, job sharing, and alternative schedules.