

The Caregiver's 10 Commandments

ALWAYS

AGREE

Never Argue

REDIRECT

Never Reason

DISTRACT

Never Shame

REASSURE

Never Lecture

REMINISCE

Never say, "Remember?"

REPEAT

Never say, "I already told you."

SAY "DO WHAT YOU CAN."

Never say, "You can't."

ASK

Never Command

ENCOURAGE AND PRAISE

Never Condescend

REINFORCE

Never Force

10 Symptoms of Caregiver Stress

If you experience any of these signs of stress on a regular basis, make time to talk to your doctor.

1. Denial about the disease and its effect on the person who's been diagnosed: I know Mom is going to get better.
2. Anger at the person with Alzheimer's or others. Anger that no cure exists or anger that people don't understand what's happening: If he asks me that question one more time, I'll scream!
3. Social withdrawal from friends and activities that once brought pleasure: I don't care about getting together with the neighbors anymore.
4. Anxiety about facing another day and what the future holds: What happens when he needs more care than I can provide?
5. Depression that begins to break your spirit and affects your ability to cope: I don't care anymore.
6. Exhaustion that makes it nearly impossible to complete necessary daily tasks: I'm too tired for this.
7. Sleeplessness caused by a never-ending list of concerns: What if she wanders out of the house or falls and hurts herself?
8. Irritability that leads to moodiness and triggers negative responses and actions: Leave me alone!
9. Lack of concentration that makes it difficult to perform familiar tasks: I was so busy, I forgot we had an appointment.
10. Health problems that begin to take their toll, both mentally and physically: I can't remember the last time I felt good.



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