


Caregiver Support

Practical Information on Dementia in People with Intellectual and Developmental Disabilities (IDD)



Taking Care of YOU!

- Take care of your own well-being.
- Including taking care of your own physical, emotional, mental, spiritual and social health.
- Caring for yourself  Caring for the other person.



Take a Moment

- Find an activity that you enjoy, makes you feel calm or happy, and helps you reduce stress.
- In tense moments, take a few deep breaths. Step away, if it's safe.



Learn

- Learn as much as you can. Knowing what to expect may reduce stress by helping you have realistic expectations, and you may also learn helpful care tips.



Plan

- Have a routine to keep your day organized and running smoothly.
- Plan meaningful activities that you can do with your loved one, such as creating a life story or cooking a favorite meal.

Reach Out

- Don't be afraid to ask for help. Here are a few options of people or places you might reach out to:
 - Family, friends, and neighbors
 - Your religious community
 - Local senior center
 - Case manager
 - Respite services
 - DDS Family Support Center
 - Memory Cafe
 - Support groups and grief counseling

Developed in collaboration with: