

Caregiver Tip #1

This is very important for your own health and well being, as well as your loved one's.

Join a support group for Alzheimer's caregivers--do this early. It can be a very helpful way to:

- Learn more about the disease and caring for someone who has it*
- Share ideas for handling emotional issues and practical issues (such as finances and legal concerns)*
- Share experiences with others who are in your situation*

For further information, please feel free to call Lee Memory Care at 239-334-5634 and ask for one of our case managers.