



Nurturing
Nuggets™

For Dementia
Caregivers

25 Supportive Strategies In Caring
For People With Dementia

Susan E. Lanza

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Written by: Susan E. Lanza

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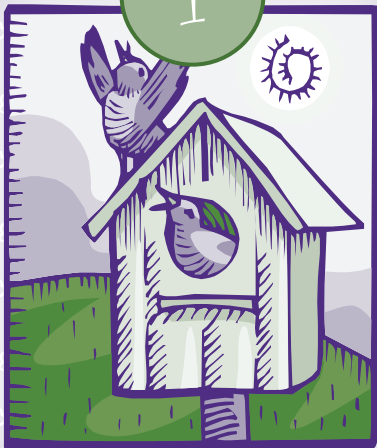
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Rejoice in Togetherness

In 2004, The National Alliance of Caregiving and The American Association of Retired Persons (AARP)¹ estimated that there are 44.4 million informal caregivers in the United States, representing 21% of the total population. A caregiver is defined in this report as a person who “...provides unpaid care to another person aged 18 or older.” In addition, the American Health Care Association uses U. S. Department of Labor statistics² to calculate that there are over 3.84 million professional

caregivers, those paid to care for those in residing in facilities. That adds up to over 48 million people in the U.S. engaged in caregiving, many to those with some form of dementia. Figures vary worldwide for persons with dementia from 18 million³ to 27.7 million⁴.

Clearly, you are not alone!





Learn All You Can

Educate yourself, your family and your support network on what to expect. Three ways to gain info:

1. Ask your health care professional for a specific or “differential” diagnosis; what type of dementia does your loved one have? Vascular, Alzheimer’s, Lewy Bodies, etc? What should you expect?
2. Check out resources in your library and on the web.
3. Enlist the support of an organization to help you on a regular basis.

Knowledge is power!

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Who Are Your Kindred Spirits?

Here is the profile of a typical family caregiver⁵:

- Female (71%)
- 46 years of age
- married or living with a partner (62%)
- had no choice in assuming the role
- experiences emotional stress (33%)
- has children under 18 in the household
- works outside the home (59%)

How do you fit in?