



New Year's Resolutions for Caregivers

The New Year is an ideal time for caregivers to recognize the challenges they may face in 2015 and recommit themselves to becoming a better caregiver every day. Choosing a few of the resolutions below that you may not be doing currently can have a major impact the person with dementia and yourself.

- I will continue to learn all I can about dementia. Knowledge will help me cope more effectively.
- I will educate family & friends about dementia. The more they know, the more they can help.
- I will acknowledge the positive and negative feelings I have towards dementia & what it has done to the person I care for.
- I will find something to laugh about every day. Humour is a lifeline I cannot live without.
- I will spend more time with the people I love. Being with them is the best place in the world.
- I will ask for help and take breaks when I need them.
- I will join or continue to attend support groups to share and learn from others in the same situation.
- I will respect the needs of my body, heart & soul.
- I will keep my wellbeing a priority by eating healthy & engaging in activity like the Alzheimer Society's Walk for Memories.
- I will stop worrying about what I cannot change.
- I will quit putting things off. It's time to make plans for the future.

