



TAKING A BREAK TO KEEP TAKING CARE OF OTHERS

TAKING CARE of a family member with Alzheimer's or any other dementia wears yourself out physically and most of all mentally.

It is hard to accept this type of complex diseases that affect the sick person at different levels (cognitive, emotional, behavioral, functional, social...).

Having the knowledge and comprehension of what the symptoms entail in the everyday life is not easy.

The patient suffering from the disease may not accept our help -they are not even conscious of what is going on in their lives. We tire ourselves because of this situation whenever we want to help, supervise or give support to them.

Being responsible of their daytime apart from managing your own life is exhausting even if we are motivated and positive.

Therefore, in order to keep on taking care of the ill person with patience, love and comprehension, resting is necessary. We should get away from the everyday life and separate temporally from our relative (hours, days, weeks...). This is an important thing to do throughout the whole year, but we might feel more like having a break during summer time, when we can also get better organized.

The first step is to communicate to other family members that you need their replacement for a couple of days. It may be hard for us to ask for help, because we expect others to already know how we feel. However, we have to realize that it is difficult to understand what it entails to take care of a person with dementia if you don't live with the patient or if you are not responsible of his/her quality of life. For this reason, the main objective is showing the need for rest to your relatives.

Nevertheless, if for whatever the reason is there is no other relative to replace us, there are **SOCIAL RESOURCES** at our disposal:



- **Day centers:** If your relative already attends a day center regularly, we can **EXTEND THE SESSION** or the number of days during these months so that you have more free time for yourself and your leisure (trips, gatherings, beach...). In case your family member does not attend any day center, we can set up a couple of hours for him/her to attend a center.
- **Nursing homes:** Through **PROGRAMMES FOR FAMILY REST**. Your relative would stay in a nursing home for a short period of time. He/she will spend time with other old people and with professionals that will give them love and good-quality nursing.

We should consider to trust and delegate responsibilities temporally to the team of professionals that work both in day centers and nursing homes. They accompany and take care of our relatives so that we can **RELAX AND KEEP UP WITH THE BRAVE AND HUGE CHALLENGE OF TAKING CARE OF A FAMILY MEMBER WITH DEMENTIA.**

SO, TAKE IT EASY AND TAKE A BREAK!

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