



EMBRACE™
FAMILY PARTNERSHIP PROGRAM
by Brookdale

Caregiver Journal

brookdale.com



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SENIOR LIVING

Introduction

What’s the difference between a caregiver and a care partner?

The difference between a caregiver and a care partner is a very subtle one. It can help make a meaningful impact on the way you view your role during the changing, unpredictable journey you are taking with someone living with dementia.

A care “giver” is a person who provides care for someone, and a care “partner” evokes a relationship based on cooperation and common goals. It’s a partnership that fosters person-centered care and mutual feelings of purpose.

On the pages of this journal, you will find helpful hints, practical suggestions and additional resources that we hope will help make your journey as a care partner easier and more purposeful.

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Changes & Challenges to Discuss With a Specialist

Write down information to discuss with a specialist

	Date & Time	Notes
Changes I'm Seeing		
I need more support with ...		
Challenges		
How I handled it: New Approach? Same Approach?		
Did the Approach Help?		
Doctor Called?		

Helpful Solutions for Common Daily Occurrences

Try some of these tips and alternatives for common issues

Bathing

- Shallow amount of water
- Handheld shower nozzle
- Beach shoes
- Bubble bath
- Keep covered with towel and heat up bathroom prior

Communication

- Use few, simple words
- Don't interrupt
- Slow down
- Comfort with touch

Eating

- Remove unnecessary items from table
- Serve one or two foods at a time
- Use bowl instead of plate

Getting Dressed

- Offer two choices
- Buy doubles of favorites
- Don't rush
- Hand items one at a time

Grooming

- Do each action & let them copy you
- Buy favorite supplies
- Use an electric shaver
- Nail files instead of clippers

Upset

- A comforting touch
- A snack
- Reminiscing
- Pets

Using the Bathroom

- Put a picture of a toilet on the bathroom door
- Easy-to-remove clothing
- A colored toilet lid & seat

Wants to Drive

- Remove distributor cap
- Hide key
- Take a walk together
- Television

If Others Provide Assistance: *Who Does What?*

Schedule shifts among family members or other care partners to distribute the workload evenly.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example: <i>Cooking dinner</i>	<i>Me</i>	<i>Prepped</i>	<i>Dad</i>	<i>Me</i>	<i>Prepped</i>	<i>Laura</i>	<i>Delivered meals</i>
Bathing							
Hair care							
Teeth brushing							
Nail care							
Shaving							
Getting dressed							
Toileting							
Morning meds							
Skin care							
Breakfast							
Changing linens							
Lunch							
Exercise							
Therapy							
Afternoon meds							
Dinner							
Evening meds							

Articles & Resources for Caregivers



LINKS:

Helpful articles related to caring for someone with Alzheimer's or other dementias:

- [What Is Early-Onset Dementia?](#)
- [How to Manage Dementia During Time Changes](#)
- [What to Know About Seniors and UTIs](#)
- [Home Safety Tips for Seniors](#)

Resources for you and your loved one:

- [AARP](#)
- [Alzheimer's Association](#)
- [National Institute on Aging](#)
- [Brookdale Senior Living](#)

Important Documents & Personal Information

Name	
Address	
Phone Number	
Birthdate	
Doctor's Name & Phone Number	
Emergency Contact	
Hospital	

Is this information in a safe place?

Item	Yes/No
Supplemental Insurance	
Living Trust	
Living Will	
Power of Attorney	
Power of Attorney for Healthcare	
Non-Hospital DNR	
Birth Certificates	
Insurance Policies	
Marriage Certificate	
Vehicle Titles	
Will	
Passport	
Other Documents	

Remember to Take Care of Yourself

You've probably had someone — a healthcare professional, friend, colleague or family member — tell you at some point that it's important to take care of yourself, as well as your loved one. Perhaps you shrugged them off; many care partners feel they're just too busy with the everyday demands of their role to take time out for themselves.

Caring for yourself is very important. You won't be able to help anyone else if you aren't helping yourself first. You really have to try!

If you're taking care of an aging loved one, you know how stressful your role can be. But it may help to know your feelings of stress, anxiety, irritation and even resentment aren't unusual or unjustified. You may feel better about your caregiving tasks when you realize you can take steps to help relieve your stress.

What you can do:

- **Create a care team:** Call on other family members (spouses, adult children, siblings, etc.), neighbors, friends, church members and others to be part of your care team.
- **Establish a routine:** Knowing what's coming on a daily basis can help you feel more in control of your role. A routine can also help you stay organized. What's more, loved ones with Alzheimer's or dementia may feel more secure with a set routine, too.
- **Partner with a home caregiver:** Draw on senior-assistance resources in your area to find a professional home caregiver who can come weekly to assist or give you time off. Begin with a test run, such as leaving your loved one with the caregiver while you run errands, read a book on the porch, grab a cup of coffee or take a lunch break. When you're comfortable with the arrangement, extend the amount of time.

Remember to Take Care of Yourself *(continued)*

- **Do something that makes you happy:** Read a book, listen to music, join a support group, take a walk outside, take a class. Do something that's just for you, and try to do it every day.
- **Maintain your connections:** It's easy to let caregiving take over your life, but it's important to maintain personal relationships outside your caregiving role. Zoom® or FaceTime® with friends, stay in touch on social media, or have a weekly phone date with your best friend. These connections not only provide you with emotional support, but they can also be a welcome break from your caregiving role.
- **Consider respite care:** Many senior living communities such as Brookdale offer respite services, including development of a service and care plan, meals and snacks, clinical supervision, transportation and community events. You can entrust your loved one to the professional care of that community for a short term or even long enough to allow you to go on vacation.
- **Explore Advocacy and Support Groups:** As changes relating to Alzheimer's disease occur, you may choose to be a care advocate. Reach out to the Alzheimer's Association® and explore how to begin supporting and participating in meaningful advocacy events. Also, seek out support groups, which can have social, educational and/or support components.

Remember to celebrate a daily success . . . every day.

Brookdale has cared for individuals living with dementia for more than 30 years. We have the experience to understand the complexity of Alzheimer's and other dementias and know how to support persons diagnosed at every stage. We understand what families coping with dementia are going through, and we want to share our knowledge and experience to help guide your loved one through this journey.

If you have questions, call (855) 350-3800.

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