

Accessing Community Resources

Summer is over and we are back to providing monthly caregiving tips. This is the final installment on a series of self care tips. In previous months we have talked about putting focus back on you as the caregiver and accessing the support of family and friends to assist you in meeting your needs as well as the person with dementia. This month, we will look at accessing community resources.

There seems to be a prevalent myth among caregivers that they should be able to do it all themselves: take care of their family member, work responsibilities, children, grandchildren, maintaining the home etc. The list can be endless and overwhelming. As we talked about in July, asking family and friends for help is one way of managing all of the “things to do.” However, there are also resources in the community that can help both in concrete ways (for example, house cleaning) and emotionally (i.e. support groups).

There are services available through Community Care Access such as in home support and adult day programs. Or, if finances allow, why not hire out some of the household chores or respite care? The Alzheimer Society of Calgary provides one on one support, support groups and family education about Alzheimer’s disease and related dementias.

There is help available! To ask someone about your particular situation and to find out what is available to you, call a Family Support Coordinator at the Alzheimer Society of Calgary at 403-290-0110.

Take Care!

