

Male caregivers of persons with AD feel burden too

- The words burden and strain are often used to mean the same thing
- burden is an imbalance between caregiving responsibilities and caregiving support
- Men respond by exerting force, focusing on tasks, blocking emotions, limiting interference, or “Self medicating” with pills, alcohol or work
- Find out how you are doing
- Recognize the signs of strain or burden:
 - Exhaustion
 - Feelings of loss of control
 - Feeling overwhelmed
 - Feeling anxious or nervous
 - No personal time
 - Trouble sleeping
- What persons or agencies provide you with help and support (physical or emotional)?
- **Question:** When should you look for support? **Answer:** You should look for support as soon as your loved one is diagnosed with Alzheimer’s Disease and then stay connected!
- Caregiving is not a “one-man-job”
- Burden or strain may be sudden or it can happen over time
- Sudden burden may require immediate action
- Long term burden may cause health problems
- Caregivers need time to recharge their batteries!!
- Support services:
 - The Alzheimer’s Association
 - Family and friends
 - Your family doctor
 - Social services
 - Individual counseling
 - Self help or support groups
 - Family therapy
 - Adult day care
 - Short term respite care for your loved one
 - Long term care for your loved one
 - Hospice care for your loved one
 - www.alz.org