



Did you know?

# 40 – 60%

of caregivers of dementia suffer from significant stress.

- The Straits Times, 2018

(based on a study conducted by IGA)



## 4 Quick Tips for Caregiver Well-being

### Recharge for Resilience

- Take deliberate breaks – don't leave your rest to chance or only when you feel unwell
- Pace yourself – get essential tasks done first
- Beware of caregiver burnout



### Find Meaning and Joy

- Aim to find meaning in the process of caring
- Find something to be grateful for each day
- Enjoy the process of caring
- Be in the present



### Remember to REST

- Resist being a perfectionist
- Eat well and Enjoy me-time
- Sleep well
- Take it easy

### Get Support

- Ask family members or friends for help
- Practise mindful breathing (for more information, please refer to <http://brahmcentre.com/>)
- Call Alzheimer's Disease Association (ADA) hotline at 6377 0700 for support services

## Haiku Tribute to Dementia Caregivers

Dementia Carers  
Unsung heroes marching on  
One day at a time

