

6. Alzheimer disease: Your Role as Caregiver

Do You Realize How Much You Do?

Your role as caregiver to a loved one suffering from Alzheimer's disease can be very involved.

- You help maintain the quality of life for your spouse, parent, family member, or friend with Alzheimer's disease.
- You have become educated about symptoms, treatments and the progression of the disease.
- You probably keep track of appointments with the doctor, medication schedules, and exercise.
- You offer the love and support necessary to meet the challenges of Alzheimer's disease. You are a caregiver. While many patients retain their independence for a period of time after being diagnosed with Alzheimer's disease, some may need more help with performing daily activities. For others, the diagnosis may come after weeks or months of you coping with symptoms that did not have a name. Regardless of how long you've been dealing with Alzheimer's disease or to what degree, in some way Alzheimer's has affected your life and responsibilities – physically, emotionally, or economically.