

# 管理壓力，成為健康的照護者的十種方法

照護他人的壓力可能讓你無法承擔。但重要的是，照顧你的健康要放在優先順位。照顧自己可以幫助你成為一個更好的照顧者。



## 找時間休息

考慮使用喘息服務，好讓你有時間做你喜歡做的事。



## 了解社區內有哪些資源

成人日間服務、居家協助以及送餐服務等，都是可以幫助你的資源。



## 成為受過教導的照顧者

隨著病情的發展，照顧者可能需要新的照顧技巧與策略。



## 尋求幫助及找到支持

阿滋海默症協會各地區的互助小組、我們免費的二十四小時/七天服務的諮詢專線，網路社群 (ALZConnected®) 都可以給你安慰和指導。



## 作出法律及財務計劃

得到阿滋海默症的診斷之後就將計劃安排好是很重要的。這個步驟將讓患者有機會參與決定，同時也向照顧者提供指導。



## 壓力管理

試著找到適合你的放鬆技巧。如果壓力大到不堪負荷，請尋求醫生或諮商師的幫忙。



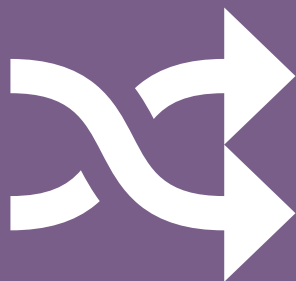
## 好好照顧自己

注意飲食健康，運動和充分時間休息。



## 知道你已經盡力了

記得你所提供的照護已經造成了改變，而且你已經盡你最大的努力了。



## 隨遇而安

阿滋海默症患者及他們的需要會隨著時間而改變。如果他們的需求超過你能承擔的，請利用社區的資源。



## 定期看醫生

請抽時間定期檢查身體。留意有沒有感到疲憊不堪、失眠、或食慾和行為有所改變。對症狀置之不理，會導致健康的衰退。

免費24小時/七天全年無休的諮詢專線：800.272.3900

阿滋海默症和失智症照護者中心：[alz.org/care](http://alz.org/care)

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# 10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can help you be a better caregiver.



**Find time for yourself.** Consider respite care so you can spend time doing something you enjoy.



**Know what resources are available.** Adult day programs, in-home assistance and meal delivery are some of the services that can help.



**Become an educated caregiver.** As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.



**Get help and find support.** Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected® online social networking community.



**Make legal and financial plans.** Putting plans in place after an Alzheimer's diagnosis is important. This step allows the person with the disease to participate in decision-making and offers guidance to caregivers.



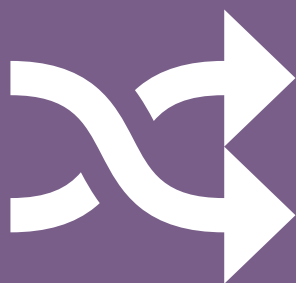
**Manage your level of stress.** Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek help from a doctor or counselor.



**Take care of yourself.** Try to eat well, exercise and get plenty of rest.



**Know you're doing your best.** Remember that the care you provide makes a difference and that you are doing the best you can.



**Accept changes as they occur.** The needs of people with Alzheimer's change over time. For care beyond what you can provide, utilize community resources.



**Visit your doctor regularly.** Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

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