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Alzheimer's Caregivers

A caregiver [<https://medlineplus.gov/caregivers.html>] gives care to someone who needs help taking care of themselves. It can be rewarding. It may help to strengthen connections to a loved one. You may feel fulfillment from helping someone else. But sometimes caregiving can be stressful and even overwhelming. This can be especially true when caring for someone with Alzheimer's disease [<https://medlineplus.gov/alzheimersdisease.html>] (AD).

AD is an illness that changes the brain. It causes people to lose the ability to remember, think, and use good judgment. They also have trouble taking care of themselves. Over time, as the disease gets worse, they will need more and more help. As a caregiver, it is important for you to learn about AD. You will want to know what happens to the person during the different stages of the disease. This can help you plan for the future, so that you will have all of the resources you will need to be able to take care of your loved one.

As a caregiver for someone with AD, your responsibilities can include:

- Getting your loved one's health, legal, and financial affairs in order. If possible, include them in the planning while they can still make decisions. Later you will need to take over managing their finances and paying their bills.
- Evaluating their house and making sure it's safe for their needs
- Monitoring their ability to drive. You may want to hire a driving specialist who can test their driving skills. When it is no longer safe for your loved one to drive, you need to make sure that they stop.
- Encouraging your loved one to get some physical activity [<https://medlineplus.gov/exerciseforolderadults.html>]. Exercising together may make it more fun for them.
- Making sure that your loved one has a healthy diet [<https://medlineplus.gov/nutritionforolderadults.html>]
- Helping with daily tasks like bathing, eating, or taking medicine
- Doing housework and cooking
- Running errands such as shopping for food and clothes
- Driving them to appointments
- Providing company and emotional support
- Arranging medical care and making health decisions

As you care for your loved one with AD, don't ignore your own needs. Caregiving can be stressful, and you need to take care of your own physical and mental health [<https://medlineplus.gov/caregiverhealth.html>].

At some point, you will not be able to do everything on your own. Make sure that you get help when you need it. There are many different services available, including:

- Home care services [<https://medlineplus.gov/homecareservices.html>]
- Adult day care services
- Respite services, which provide short-term care for the person with AD
- Federal and state government programs that can provide financial support and services
- Assisted living facilities [<https://medlineplus.gov/assistedliving.html>]
- Nursing homes [<https://medlineplus.gov/nursinghomes.html>], some of which have special memory care units for people with AD

- Palliative [https://medlineplus.gov/palliativecare.html] and hospice [https://medlineplus.gov/hospicecare.html] care

You might consider hiring a geriatric care manager. They are specially trained professionals who can help you to find the right services for your needs.

NIH: National Institute on Aging

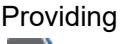
Start Here

- Alzheimer's Caregiving: Caring for Yourself [https://www.nia.nih.gov/health/alzheimers-caregiving/alzheimers-caregiving-caring-yourself]  (National Institute on Aging)
Also in Spanish [https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer/brindar-cuidados-durante-enfermedad-alzheimer-cuidarse]
- Alzheimer's Caregiving: Managing Personality and Behavior Changes [https://www.nia.nih.gov/health/alzheimers-changes-behavior-and-communication/alzheimers-caregiving-managing-personality-and]  (National Institute on Aging)
- Caring for a Person with Alzheimer's Disease [https://order.nia.nih.gov/sites/default/files/2024-03/caring-for-a-Person-with-alzheimers-disease.pdf]  (National Institute on Aging) - PDF - 108 pages
Also in Spanish [https://order.nia.nih.gov/sites/default/files/2025-04/cuidar-persona-alzheimer.pdf]
- Depression and Caregiving [https://www.caregiver.org/resource/depression-and-caregiving/] (Family Caregiver Alliance)
Also in Spanish [https://www.caregiver.org/es/resource/el-cuidado-y-la-depresion-depression-and-caregiving/]
- Tips for Caregivers and Families of People with Dementia [https://www.alzheimers.gov/life-with-dementia/tips-caregivers] (Department of Health and Human Services)
Also in Spanish [https://www.alzheimers.gov/es/como-vivir-demencia/consejos-cuidadores]

Related Issues

- Abuse [https://www.alz.org/help-support/caregiving/safety/abuse] (Alzheimer's Association)
- Alzheimer's Caregiving: Bathing, Dressing, and Grooming [https://www.nia.nih.gov/health/alzheimers-caregiving/alzheimers-caregiving-bathing-dressing-and-grooming]  (National Institute on Aging)
Also in Spanish [https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer/cuidados-persona-enfermedad-alzheimer-bano-vestido]
- Care in the Last Stages of Alzheimer's Disease [https://www.nia.nih.gov/health/alzheimers-caregiving/care-last-stages-alzheimers-disease]  (National Institute on Aging)
Also in Spanish [https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer/como-enfrentar-ultimas-etapas-enfermedad-alzheimer]
- Changes in Intimacy and Sexuality in Alzheimer's Disease [https://www.nia.nih.gov/health/sexuality/changes-intimacy-and-sexuality-alzheimers-disease]  (National Institute on Aging)
Also in Spanish [https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer/cambios-intimidad-sexualidad-relacionados-enfermedad]
- Common Medical Problems in Alzheimer's Disease: Information for Caregivers [https://www.nia.nih.gov/health/alzheimers-caregiving/common-medical-problems-alzheimers-disease-information-caregivers]  (National Institute on Aging)
Also in Spanish [https://www.nia.nih.gov/espanol/cuidado-medico-enfermedad-alzheimer/problemas-medicos-comunes-personas-alzheimer]
- Coping with Agitation, Aggression, and Sundowning in Alzheimer's Disease [https://www.nia.nih.gov/health/alzheimers-changes-behavior-and-communication/coping-agitation-aggression-and-sundowning]  (National Institute on Aging)
- Grief and Loss as Alzheimer's Progresses [https://www.alz.org/help-support/caregiving/caregiver-health/grief-loss-as-alzheimers-progresses] (Alzheimer's Association)
- Helping Family and Friends Understand Alzheimer's Disease [https://www.nia.nih.gov/health/alzheimers-and-relationships/helping-family-and-friends-understand-alzheimers-disease]  (National Institute on Aging)
Also in Spanish [https://www.nia.nih.gov/espanol/enfermedad-alzheimer/como-ayudar-familiares-otros-entender-enfermedad-alzheimer]
- Long-Distance Caregiving [https://www.nia.nih.gov/health/long-distance-caregiving]  (National Institute on Aging)
- Taking a Person With Alzheimer's Disease to the Hospital [https://www.nia.nih.gov/health/alzheimers-caregiving/taking-person-alzheimers-disease-hospital]  (National Institute on Aging)
- Tips for Caregivers: Helping People With Alzheimer's Disease Eat Well [https://www.nia.nih.gov/health/alzheimers-caregiving/tips-caregivers-helping-people-alzheimers-disease-eat-well]  (National Institute on Aging)

Specifics

- Alzheimer's Caregiving: Coping With Hallucinations, Delusions, and Paranoia [<https://www.nia.nih.gov/health/alzheimers-changes-behavior-and-communication/alzheimers-caregiving-coping-hallucinations>]  (National Institute on Aging)
Also in Spanish [<https://www.nia.nih.gov/espanol/enfermedad-alzheimer/cambios-personalidad-conducta-relacionados-enfermedad-alzheimer>]
- Brushing: Information for Caregivers [<https://www.nidcr.nih.gov/sites/default/files/2023-12/oral-health-aging-brushing.pdf>] (National Institute of Dental and Craniofacial Research) - **PDF**
Also in Spanish [<https://www.nidcr.nih.gov/sites/default/files/2019-07/brushing-older-adults-spanish-508.pdf>]
- Caregiver Health [<https://medlineplus.gov/caregiverhealth.html>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/caregiverhealth.html>]
- Communicating With Someone Who Has Alzheimer's Disease [<https://www.nia.nih.gov/health/alzheimers-changes-behavior-and-communication/communicating-someone-who-has-alzheimers>]  (National Institute on Aging)
Also in Spanish [<https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer/como-comunicarse-persona-tiene-enfermedad-alzheimer>]
- Dry Mouth and Older Adults: Information for Caregivers [<https://www.nidcr.nih.gov/sites/default/files/2019-09/dry-mouth-and-older-adults.pdf>] (National Institute of Dental and Craniofacial Research) - **PDF**
Also in Spanish [<https://www.nidcr.nih.gov/sites/default/files/2019-07/dry-mouth-older-adults-spanish-508.pdf>]
- Finding Low-Cost Dental Care: Information for Caregivers [<https://www.nidcr.nih.gov/sites/default/files/2021-11/finding-low-cost-dental-care-EN.pdf>] (National Institute of Dental and Craniofacial Research) - **PDF**
Also in Spanish [<https://www.nidcr.nih.gov/sites/default/files/2019-07/low-cost-care-older-adults-spanish-508.pdf>]
- Flossing: Information for Caregivers [https://www.nidcr.nih.gov/sites/default/files/2019-09/flossing-info-for-caregivers_1.pdf] (National Institute of Dental and Craniofacial Research) - **PDF**
Also in Spanish [<https://www.nidcr.nih.gov/sites/default/files/2019-07/flossing-older-adults-spanish-508.pdf>]
- Providing Care and Comfort at the End of Life [<https://www.nia.nih.gov/health/end-life/providing-care-and-comfort-end-life>]  (National Institute on Aging)
Also in Spanish [<https://www.nia.nih.gov/espanol/al-final-vida/proporcionar-cuidados-confort-al-final-vida>]
- Resources for Caregivers of People with Alzheimer's Disease and Related Dementias [<https://www.alzheimers.gov/life-with-dementia/resources-caregivers>] (Department of Health and Human Services)
Also in Spanish [<https://www.alzheimers.gov/es/como-vivir-demencia/recursos-cuidadores>]
- Urinary Incontinence in Older Adults [<https://www.nia.nih.gov/health/bladder-health-and-incontinence/urinary-incontinence-older-adults>]  (National Institute on Aging)
Also in Spanish [<https://www.nia.nih.gov/espanol/incontinencia/incontinencia-urinaria>]

Statistics and Research

- Alzheimer's Disease Facts and Figures [<https://www.alz.org/alzheimers-dementia/facts-figures>]  (Alzheimer's Association)
- Caregivers of a Person with Alzheimer's Disease or a Related Dementia [<https://www.cdc.gov/caregiving/about/>] (Centers for Disease Control and Prevention)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Brexpiprazole's impacts on patients and caregivers in agitation in Alzheimer's dementia.
[<https://www.ncbi.nlm.nih.gov/pubmed/40717666>]
- Article: GamePlan4Care, a Web-Based Adaptation of the Resources for Enhancing Alzheimer's Caregiver...
[<https://www.ncbi.nlm.nih.gov/pubmed/40654018>]
- Article: Lucid episodes among people with Alzheimer's disease and related dementias and...
[<https://www.ncbi.nlm.nih.gov/pubmed/40645625>]

Alzheimer's Caregivers -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Alzheimer+Disease%22%5Bmajr%3Aneop%5D+AND+%22Caregivers%22%5Bmajr%3Aneop%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Reference Desk

- Alzheimer's Caregiving [<https://www.nia.nih.gov/health/alzheimers-caregiving>]  (National Institute on Aging)
- Alzheimer's: Glossary [<https://www.alz.org/help-support/caregiving/care-options/glossary>] (Alzheimer's Association)

Find an Expert

- AAAs (Area Agencies on Aging) & Title VI Aging Programs [<https://www.usaging.org/aaastitlevi>] (USAging)
- Alzheimer's Association [<https://www.alz.org/>]
- Alzheimers.gov [<https://www.alzheimers.gov/>] (Department of Health and Human Services)
Also in Spanish [<https://www.alzheimers.gov/es>]
- National Institute on Aging [<https://www.nia.nih.gov/>] 
Also in Spanish [<https://www.nia.nih.gov/espanol>]

Patient Handouts

- Alzheimer's Caregiving: Bathing, Dressing, and Grooming [<https://www.nia.nih.gov/health/alzheimers-caregiving/alzheimers-caregiving-bathing-dressing-and-grooming>]  (National Institute on Aging)
Also in Spanish [<https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer/cuidados-persona-enfermedad-alzheimer-bano-vestido>]
- Changes in Intimacy and Sexuality in Alzheimer's Disease [<https://www.nia.nih.gov/health/sexuality/changes-intimacy-and-sexuality-alzheimers-disease>]  (National Institute on Aging)
Also in Spanish [<https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer/cambios-intimidad-sexualidad-relacionados-enfermedad>]
- Communicating With Someone Who Has Alzheimer's Disease [<https://www.nia.nih.gov/health/alzheimers-changes-behavior-and-communication/communicating-someone-who-has-alzheimers>]  (National Institute on Aging)
Also in Spanish [<https://www.nia.nih.gov/espanol/cuidar-familiar-enfermedad-alzheimer/como-comunicarse-persona-tiene-enfermedad-alzheimer>]
- Taking a Person With Alzheimer's Disease to the Hospital [<https://www.nia.nih.gov/health/alzheimers-caregiving/taking-person-alzheimers-disease-hospital>]  (National Institute on Aging)



MEDICAL ENCYCLOPEDIA

Dementia - home care [<https://medlineplus.gov/ency/article/007428.htm>]

Related Health Topics

Alzheimer's Disease [<https://medlineplus.gov/alzheimersdisease.html>]

Caregiver Health [<https://medlineplus.gov/caregiverhealth.html>]

Caregivers [<https://medlineplus.gov/caregivers.html>]

National Institutes of Health

The primary NIH organization for research on *Alzheimer's Caregivers* is the National Institute on Aging [<https://www.nia.nih.gov/>]

NIH MedlinePlus Magazine

Caregiving 101: Worksheets, Resources, and Suggestions from the National Institute on Aging [<https://magazine.medlineplus.gov/article/caregiving-101-worksheets-resources-and-suggestions-from-the-national-institute-on-aging>]

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