5 Ways to Support Dementia Caregivers in Mumbai

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Date: 2024-08-18

These five practices make caregiving sustainable without waiting for a crisis.

Caring for a loved one with dementia is a full-time emotional commitment. Families in Mumbai often juggle work, travel, and caregiving without practical guidance.

## Create Small Rituals of Connection

Consistent routines lower stress for the person with dementia and give caregivers breathing space. A shared morning chai, evening prayers, or listening to a favorite ghazal can stabilise the day.

## Share the Care with Community

Mumbai has neighbourhood WhatsApp groups, housing society councils, and local NGOs ready to help. Caregivers who ask for assistance with groceries or errands reduce their chance of burnout by 40%.

## Book Respite Support Early

Memory Café sessions, home therapy visits, and virtual support circles provide respite before crises happen. Planning these ahead gives caregivers guilt-free downtime.

## Know When to Call a Professional

When behavioural changes feel overwhelming, dementia-trained counsellors can create a plan. Telehealth sessions offer immediate strategies for sleep disruption, confusion, or wandering.

## Celebrate Every Small Win

Caregivers often forget to acknowledge their progress. Keep a gratitude notebook, share milestones with the support group, and ask for positive feedback.