



# CAREGIVER KIT



# Caregiver Kit Summary Page

## Welcome to Your Caregiver's Kit

This Caregiver's Kit is brought to you by *Alzheimer's Caregiving & The Caregivers*, a community dedicated to supporting those caring for loved ones facing Alzheimer's or related Dementias. Inside, you'll find tools, guidance, and encouragement drawn from shared experiences and collective strength. Our mission is simple: to help you feel supported, informed, and never alone as you navigate the journey of caregiving.

### **Section One: Tips • Tools • Techniques to Manage Caregiving**

1. 10 Guiding Principles
2. Shopping Lists to Help Manage Caregiving
3. Additional Tools

### **Section Two: Engage • Amuse**

1. Tools to Engage
2. More Ways to Sooth & Bring Joy

### **Section Three: Educate • Inform • Update**

1. 10 Warning Signs of Alzheimer's
2. Stages of Alzheimer's
3. Medical & Legal Documents Needs and Resources

### **Section Four: Hope • Comfort • Support**

1. Alzheimer's Poem
2. Messages of Hope
3. Paths for Hope

Visit the [Alzheimer's Caregiving & The Caregivers YouTube channel](#) to view our library of videos on Caregiving

The content shared in this kit is based on personal experiences and information gathered from trusted sources. Always consult with qualified professionals for medical, legal, or caregiving advice.

Helping Them ♥ Helping You ♥ Helping Us



## Tips ♥ Tools ♥ Techniques *to help manage Caregiving*

### **10 Guiding Principles of Caregiving for a Loved One Living with Dementia**

1. Agree, never argue
2. Divert, never reason
3. Distract, never shame
4. Reassure, never lecture
5. Reminisce, never say "remember"
6. Repeat, never say "I told you so"
7. Do what they can do, never say "you can't"
8. Ask, never demand
9. Encourage, never condescend
10. Reinforce, never force

Huey, 1996





## Tips ♥ Tools ♥ Techniques to help manage Caregiving

### Shopping Lists – To Make Caregiving More Manageable

1. [Calendar Pocket Chart](#)
2. [GPS Tracker](#)
3. [Knix Leakproof Underwear / Women](#)
4. [Always Discreet Boutique Underwear](#)
5. [Because Adult Incontinence Overnight Underwear](#)
6. [Swair Showerless Shampoo](#)
7. [Munchkin Warm Glow Wipe Warmer](#)
8. [Toto Washlet](#)
9. [Waterproof Mattress Covers/Pads](#)
10. [Washable Incontinence Bed Pads](#)
11. [Clocks for Dementia - Mindcare Store](#)
12. [Signs to Support Daily Activities – Etsy](#)
13. [Silverts Adaptive Clothing by Need – Silverts](#)

*We receive no compensation for sales on these sites.*

Visit the [Help Manage Caregiving](#) playlist on our YouTube channel for more helpful information.





## Additional Tools to Help Manage

### Reading Lists – Subjects to Provide Support

- [Living in the Moment: A Guide to Overcoming Challenges and Finding Moments of Joy in Alzheimer's Disease and Other Dementias](#) by Elizabeth Landsverk, MD
- [The Caregiver's Guide to Dementia: Practical Advice for Caregiving for Yourself and Your Loved One \(Paperback\)](#) by Gail Weatherill

### Podcast Information

- [Dementia Careblazers with Dr. Natali Edmonds. Preparing dementia caregivers for success](#)

### Community Groups

- [Creative Connections Dementia](#)
- [Dementia Success Path](#)
- [Family Caregivers Support Group](#)

*We receive no compensation for sales on these sites.*

Visit the [Alzheimer's Caregiving & The Caregivers YouTube channel](#) for videos about Tips, Tools and Techniques.





## Engage ♥ Stimulate ♥ Amuse

### Tools to Engage Loved Ones

**Engage, Stimulate & Amuse your loved one throughout the stages of the Alzheimer's / Dementia Journey.**

- [Robotic Toys](#) from the Alzheimer's Store – Dog and Cat Companion therapy to bring joy and comfort.
- [Fidget Blankets](#) – Provide a variety of activities and touches, keeping hands busy and relieve emotions.
- [Alzheimer's & Dementia Products](#) – From books to sensory stimulation, all on Amazon
- [Alzheimer's & Dementia Activities](#) – Find an endless supply of possibilities to amuse the patient on Amazon

#### Other Places to Shop

- The [Alzheimer's Store](#) – For products to engage and protect.
- [Relish Life](#) – Products listed to pinpoint the stage you are caregiving
- [The Mind Care Store](#) – Products are arranged by stage or interest at [mindcaresite.com](http://mindcaresite.com)

*We receive no compensation for sales on these sites.*

Visit the [Alzheimer's Caregiving & The Caregivers YouTube channel](#) more inspiration and ideas





## Sooth & Bring them Joy

### Play Their Favorite Music with Apps

- [Spotify](#) – for music, podcasts and more
- [Apple Music](#) – for purchase
- [Aexa.com](#) – use an Amazon Echo for music, information, etc.
- Radio, CDs, and more – put together their favorite music in whatever format works best for you and them

### Holiday Hints in Videos

We've produced 3 videos with hints about how to best address your loved one's needs over the Holidays.

- [Caregiving Tips During the Holidays – Part 1](#)
- [Caregiving Tips During the Holidays – Part 2](#)
- [Caregiving Tips During the Holidays – Part 3](#)

*We receive no compensation for sales on these sites.*

Visit the [Alzheimer's Caregiving & The Caregivers YouTube channel](#) for these and many other videos





## Educate ♥ Inform ♥ Update

### 10 Warning Signs of Alzheimer's

1. **Memory loss that disrupts daily life:** forgetting events, repeating yourself or frequently relying on more aids to help you remember (like sticky notes or reminders).
2. **Challenges in planning or solving problems:** having trouble paying bills or cooking recipes you have used for years.
3. **Difficulty completing familiar tasks at home, at work, or at leisure:** having problems with cooking, driving places, using a cell phone, or shopping.
4. **Confusion with time or place:** having trouble understanding an event that is happening later or losing track of dates.
5. **Trouble understanding visual images and spatial relations:** having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.
6. **New problems with words in speaking or writing:** having trouble following or joining a conversation or struggling to find a word you are looking for (saying "that thing on your wrist that tells time" *instead of* "watch").
7. **Misplacing things and losing the ability to retrace steps:** placing car keys in the washer or dryer or not being able to retrace steps to find something.
8. **Decreased or poor judgment:** being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
9. **Withdrawal from work or social activities:** not wanting to go to church or other activities as you usually do, not being able to follow football games or keep up with what's happening.
10. **Changes in mood and personality:** getting easily upset in common situations or being fearful or suspicious.





# Stages of Alzheimer's

## Alzheimer's Early Stage

*2-4 years in duration*

- Increased short-term memory loss
- Difficulty keeping track of appointments
- Trouble with time/sequence relationships
- More mental energy needed to process information
- Trouble multi-tasking
- May write reminders, but lose them
- Mild mood and/or personality changes
- Increased preference for familiar things
- IADLs more clearly impaired; ADLs slightly impaired

## Alzheimer's Middle Stage

*2-10 years in duration*

- Significant short-term memory loss; long-term memory begins to decline
- Fluctuating disorientation
- Diminished insight
- Changes in appearance
- Learning new things becomes very difficult
- Restricted interest in activities
- Declining recognition of acquaintances, relatives
- Mood and behavioral changes
- Alterations in sleep and appetite
- Wandering
- Loss of bladder control
- IADLs and ADLs broadly impaired

## Alzheimer's Late Stage

*1-3 years in duration*

- Severe disorientation to time and place
- No short-term memory
- Long-term memory fragments
- Loss of speech
- Difficulty walking
- Loss of bladder/bowel control
- No longer recognizes family members
- Inability to survive without total care





## Legal Considerations

Learn more from your physician, social worker, or attorney.

- **Power of Attorney for Healthcare** – allows a person with dementia to name a health care agent to make health care decisions when he or she is no longer able.
- **Health Directive** – outlines the amount of medical care the person with dementia would like to receive as the disease progresses.

Informative videos are available on our YouTube channel:

- [Legal Considerations for Caregivers – Part 1](#)
- [Legal Considerations for Caregivers – Part 2](#)

## Medical Considerations

- **Handicap Placard** – apply in your state using doctor supplied form
- **TSA Notification** – apply online at [tsa.gov](https://www.tsa.gov) (Disabilities & Medical Conditions)

## National Resources

- [Alzheimer's Association](#)
- [AARP Caregiving](#)
- [Mayo Clinic](#)
- [Keck Medicine of USC](#) – Memory and Aging Care
- [UCLA Health YouTube](#) – Caregiver Training
- Cleveland Clinic with Dr. Charles Bernick Videos
  - [Advances In Alzheimer's Treatments Support Better Brain Health](#) – Part 1
  - [Advances In Alzheimer's Treatments Support Better Brain Health](#) – Part 2

**For video resources go to [youtube.com/@alzcaregiving](https://www.youtube.com/@alzcaregiving).**





# Hope ♥ Comfort ♥ Support *for the Caregivers*

## **Do Not Ask Me to Remember**

Do not ask me to remember,  
Don't try to make me understand,  
Let me rest and you're with me,  
Kiss my cheek and hold my hand.  
I'm confused beyond your concept,  
I am sad and sick and lost.  
All I know is that I need you  
To be with me at all cost.  
Do not lose your patience with me,  
Do not scold or curse or cry.  
I can't help the way I'm acting,  
Can't be different though I try.  
Just remember that I need you,  
That the best of me is gone.  
Please don't fail to stand beside me,  
Love me 'til my life is done.

– Owen Darnell





## Messages of Hope, Support...and Inspiration

You are a hero. You are human. You are doing your best. Don't be so hard on yourself.

Remember, your loved one is not giving you a hard time. Your loved one is having a hard time

Find ways to make time for selfcare.

"It is not the load that breaks you down. It's the way you carry it."  
– Lena Horne, singer

Build your "caregiving community"... you absolutely need to take breaks... a few minutes, an hour, a day, several days each month.

In every Alzheimer's story there is also a love story. Hold onto yours, for it can carry you and your loved one through the longest days and darkest nights.

– Rosalys Peel, "Mike & Me Book"

Create and enjoy special shining moments with your loved one.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, or the smallest act of caring.

– Leo Buscaglia.

Learn to have an equally short memory.

To the world you may be just one person, but to one person you may be the world.

– Josephine Billings





## Paths for Hope

### Online Caregiver Training

- [Cleveland Clinic Lou Ruvo Center for Brain Health Provides Caregiver Support](#)
- [UCLA Caregiver Training](#) - a comprehensive collection of education videos for Caregivers

### Social Media Groups for Support – All Facebook

- [Alzheimer's/Dementia Help & Support Group](#)
- [Alzheimer's and Dementia Caregivers Support](#)
- [Dementia / Alzheimer's / Memory Loss / Behaviors & Solutions](#)
- [Dementia Caregiver Support & Activities for Challenging Behaviors Community](#)
- [Dementia & Alzheimer's Support Group](#)
- [Caregiver Compass Caregiver Support](#)

**Six Pillars of Brain Health** –Take care of your physical, mental, & emotional health

- [Six Pillars of Brain Health](#) – Part 1 Socialization
- [Six Pillars of Brain Health](#) – Part 2 Exercise
- [Six Pillars of Brain Health](#) – Part 3 Food & Nutrition
- [Six Pillars of Brain Health](#) – Part 4 Stress Reduction
- [Six Pillars of Brain Health](#) – Part 5 Restorative Sleep
- [Six Pillars of Brain Health](#) – Part 6 Cognitive Training

Visit the [Alzheimer's Caregiving & The Caregivers YouTube channel](#) for these and many other videos.





**The Hawai'i Dementia Initiative** is a coalition of community members and stakeholders working through Action Teams to implement the Hawai'i 2035 State Plan on Alzheimer's Disease & Related Dementias. The Dementia Champion project is a joint effort focused on Public Awareness, Dementia Caregiving, and Workforce Development. The goal is to raise awareness of dementia, encourage more people to receive dementia training, create more dementia friendly communities. Much thanks to 4Front Branding for these meaningful designs.

### Design Meaning

‘Ōhi‘a Lehua often symbolize a person of high esteem and inner strength. "I mōhala nō ka lehua i ke ke‘eke‘ehi ‘ia e ka ua. It is the rain that brings forth the lehua blossoms. So do gentle words bring forth much that is desired," (Mary Kawena Puku‘i, ‘Ōlelo No‘eau No. 1236). We are reminded to approach those living with dementia with care, compassion, and honor. Purple, historically a royal color, now represents Alzheimer's and unity across all backgrounds.



### Dementia Champion Pin

Wearing this pin shows you are a trained ally, supporter, and champion for those living with dementia. It can also signify that you are a care partner, and people can recognize you are a safe person to approach for help.

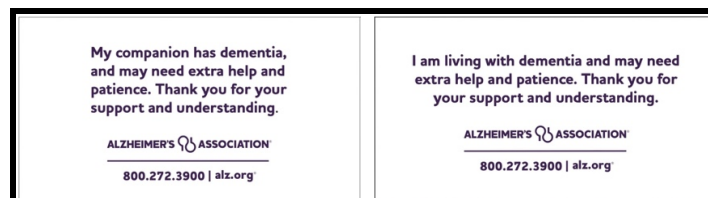


### I Am Here Sticker

This sticker honors individuals living with dementia. It says: *I am still here. I deserve respect, patience, and aloha. Our community response to seeing this sticker: We honor you. We will respond with understanding.*

**Instructions:** The sticker is optional and lets individuals discreetly self-identify. Place it on clothing or a frequently worn item like a hat or jacket.

Alzheimer's Association cards may also help inform others gently and privately in public places like stores or banks. It may be helpful to discreetly hand one of these cards to introduce the Pins & Stickers:






To request more pins or stickers please email [DOH.dementia@doh.hawaii.gov](mailto:DOH.dementia@doh.hawaii.gov) or visit [hawaiidementia.org](http://hawaiidementia.org)

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**How to:** Print double-sided, flip on long-edge, and then cut along the lines to create 10 cards.



<p>My companion has dementia, and may need extra help and patience. Thank you for your support and understanding.</p> <p><b>ALZHEIMER'S  ASSOCIATION®</b></p> <hr/> <p>800.272.3900   alz.org®</p>	<p>My companion has dementia, and may need extra help and patience. Thank you for your support and understanding.</p> <p><b>ALZHEIMER'S  ASSOCIATION®</b></p> <hr/> <p>800.272.3900   alz.org®</p>
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