

You're Not Alone: Five Tips to Avoid Caregiver Burnout



For family members and caregivers, it can be overwhelming to take care of a loved one with Alzheimer's disease and dementia. Protecting yourself from burnout is a vital part of being a better and healthier caregiver.

Tips to help prevent caregiver burnout:

1. Manage your stress levels by using relaxation techniques, including breathing exercises, meditation, and more.
2. Take a break when you need one, and ask family and friends for help.
3. If you're experiencing stress and depression, seek help from a medical professional.
4. Take care of yourself. Eat well, get plenty of rest, engage in physical activity, and dedicate time to your favorite activities and hobbies.
5. Attend a caregiver support group, and connect with others who know exactly what you're going through. Visit the Alzheimer's Association (alz.org) for resources.

An Empathy-Based Approach to Memory Care

At Watermark's five Bay Area communities, our Thrive Memory Care program incorporates each individual living with Alzheimer's disease and dementia into the rhythms of daily living, creating mindful moments that inspire connection, longevity, and well-being. Certified through the National Council of Certified Dementia Practitioners, specially trained caregivers known as *Nayas* provide customized care 24/7 in a supportive environment, with peace of mind for the entire family.

Coping with Your Loved One's Dementia

Watching someone you care about experience symptoms of Alzheimer's and dementia can be difficult and emotional, to say the least. You're not alone – we're here to answer your questions and support you and your loved ones every step of the way.

Call any of Watermark's Bay Area locations to learn more and request a private tour today.

 **THE WATERMARK**
BY THE BAY
Emeryville, CA • 510-594-8800
emeryville.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200874

 **THE WATERMARK**
AT SAN RAMON
San Ramon, CA • 925-725-1485
sanramon.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #079200962

 **THE WATERMARK**
AT ROSEWOOD GARDENS
Livermore, CA • 925-443-7200
rosewoodgardens.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200708

 **FREMONT HILLS**
A WATERMARK RETIREMENT COMMUNITY®
Fremont, CA • 510-796-4200
fremonthills.watermarkcommunities.com
ASSISTED LIVING • MEMORY CARE
RCFE LICENSE #019200761

 **LAKESIDE PARK**
A WATERMARK RETIREMENT COMMUNITY®
Oakland, CA • 510-444-4684
lakesidepark.watermarkcommunities.com
MEMORY CARE
RCFE LICENSE #019200529