

# CARE Compass

**Helping Navigate the Later Stages of Dementia**



## **Caregiver Care Rest and Nourishment**



**This project was made possible by a generous gift.**

**The goal of the program is to help provide tools and information so that you can navigate the later stages of dementia. We hope that you find these videos and resources to be helpful and encouraging.**

**This program is designed to be a guide only for the compassionate care and support of your loved one and is not medical advice. If you have questions or concerns, always check with your doctor.**

**We also want to acknowledge that late-stage dementia can look very different from person to person. Sometimes the ideas we share may not work or work for a short time. That is okay. No one person is alike, and what works today may not work tomorrow. We hope to provide tools that can be options for you to try.**

**This guide contains links and other resources that may not be provided by the presenter but are added to the guide to provide additional information and support.**

Remember....

1. Caregiving is hard work.
2. Showing up every day for a loved one matters.
3. Caregivers often put others' needs before their own.

Caregiving can feel isolating these are common caregiver challenges:

- Uncertainty about the future
- Difficulty balancing responsibilities
- Emotional and physical stress
- Financial concerns and care costs
- Feelings of guilt and isolation
- Lack of understanding from others
- Burnout that often goes unrecognized

### **Caregiver Tip: Check In with Yourself - Ask**

- How is my physical and mental health?
- Am I keeping my own medical appointments?
- Do I feel overwhelmed, on edge, or disconnected?

### **Key Self-Care Strategies**

#### **Mindfulness**

- Observe thoughts and feelings without judgment.
- Be present in the moment.
- Mindfulness is a skill that improves with practice.
- Your mind will wander—this is normal.
- It can be practiced anywhere, anytime.

#### **Breathwork & Journaling**

- Helpful tools for reducing stress.

- Create space to process emotions and experiences.

## **Rest**

- Rest is not something you earn, it is something you need.
- Rest helps the body heal and restore itself.
- It improves clarity, health, and overall functioning.

## **Nourishment**

Two types of nourishment:

- **Body Nourishment:** Fruits, vegetables, lean proteins, and nutrient-rich foods.
- **Soul Nourishment:** Comfort foods that bring enjoyment and satisfaction.

## **Hydration**

- Dehydration can affect energy, mood, and thinking.
- Drink fluids you enjoy.
- Limit caffeine, alcohol, and excessive sugary drinks.

## **Gentle Movement**

- Movement helps process stress and emotions.
  - Short walks
  - Slow walks
  - Gentle stretching
  - Restorative yoga
  - Swinging your arms
- Notice how you feel before and after moving.

## **Final Takeaway**

- Your body is always communicating with you.

- Slow down and listen to what it needs.
- Give yourself credit for the self-care practices you are already using.
- Be gentle with yourself.
- There is no perfect way to care for yourself—small, consistent steps matter.

Remember:

You cannot pour from an empty cup. Caring for yourself is not selfish, it is an essential part of being able to care for others.

Please Review these websites for more information:

AARP Family Caregiving

<https://www.aarp.org/caregiving/>

The Caregiver Support Foundation

<https://www.family-caregiver.org/>

Alzheimer's Association Adult Day Centers

<https://www.alz.org/help-support/caregiving/care-options/adult-day-centers>

National Institute on Aging- Respite Care

<https://www.nia.nih.gov/health/caregiving/what-respite-care>