

SUNDAY MORNING

HEALTH CORNER

The Importance of Caregivers

Caregivers play an essential role in the lives of our loved ones. They help relieve burdens and provide support to individuals in need of help. However, sometimes caregiving comes unexpectedly.

African Americans are twice as likely to have some form of dementia, including Alzheimer's disease, which means a disproportionate number of African Americans need caregivers. There is also a need for more cultural competence of healthcare professionals to provide care and support services to African Americans diagnosed with cognitive health illnesses and their caregivers. Unfortunately, there is also a lack of awareness about available services and support for both the caregiver and their loved one.



Be Proactive

- ♥ **Set Reminders.** Helping your loved one keep their medical appointment and take their medication can help them stay on track with their health progression.
- ♥ **Staying Organized.** Create a schedule that helps optimize the time that your loved one needs while assisting them in managing finances and medical bills.
- ♥ **Quality Time.** Spending time with your loved one, doing things that they enjoy, such as reading their favorite book, or watching their favorite movie, can help provide comfort through the process.
- ♥ **Be Patient.** Being reasonable and understanding with your loved one during this time is vital as they learn to cope with emotions and other bodily functions.

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