

SUNDAY MORNING

HEALTH CORNER

The Importance of Caregiver Support

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 ones.

Be Proactive

-  **Set Reminders.** Helping your loved ones 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 ones, 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 loved ones during this time is vital as they learn to cope with emotions and other bodily functions.



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