

# Mental & Emotional Well-Being for Care Partners



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



How You Can Support Your Mental & Emotional Well-Being as a Care Partner



## Key ideas:

- While caring for a person with dementia can have great impacts, it can also affect your mental and emotional well-being.
- It is important for care partners to understand how they are feeling and ensure they take care of themselves and get support when needed.

## How caregiving can affect your mental & emotional well-being

- Many care partners feel a sense of pride and gratitude about caring for a friend or family member with dementia.
- However, care partners can have symptoms of depression, stress and the feeling of exhaustion.
- Caregiving can also have a negative effect on your physical health.
- There are many supports and services available to help care partners manage their feelings.
- Connecting with others and using support services can be very helpful!

Positive aspects of caregiving can include a stronger relationship with the person with dementia and feeling grateful for being able to support others.

## Supporting mental & emotional well-being of the person living with dementia

- Provide reassurance that they are valued and that their feelings matter
- Try to remove as much external stress from them as possible
- Provide opportunities for them to participate and enjoy life
- See them as they are and not as you think they should be

## Supporting your mental & emotional well-being

- Set realistic expectations for yourself
- Be kind to yourself – some days will be better than others
- Practice self-care – get proper exercise and eat healthy, make appointments for yourself, take breaks, and continue your hobbies

### Notes, reflections, and goals:

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## How can I get started?

- Get support from others – friends, family, doctor, counselling, Alzheimer’s Society support group.
- Don’t be afraid to ask for help.
- Get a good night’s sleep.
- Accept offers of help with meals, chores or assistance with caregiving.
- Consider respite support to give you time for yourself.

## Where can I find more information?

- I'm caring for a person living with dementia - <https://tinyurl.com/4nsmfwwn>
- Mental Well-Being and Depression in Dementia - <https://tinyurl.com/y3wb6b44>
- Managing Anxiety and Depression in a Person Living with Dementia - <https://tinyurl.com/27m54fba>