

# Supporting Caregivers of Elderly Persons with DEMENTIA

The problems caregivers face and how we can support caregivers.

01

## ISSUE

Caregivers have to juggle between work, caring for the elderly and other family commitments.

## RECOMMENDATION

Encourage caregivers to use dementia day care to lessen their caregiving burden and prevent burnout.

02

## ISSUE

Caregivers feel guilty as they think that they are not doing enough for the elderly.

## RECOMMENDATION

Refer caregivers to counselling services by professionals to reaffirm them in their care for the elderly.

03

## ISSUE

Caregivers lack time to attend dementia support services due to the intense needs of caregiving.

## RECOMMENDATION

Recommend elder sit-in programmes to caregivers to provide respite. During this period, caregivers can attend training and support programmes on dementia.

05

## ISSUE

Caregivers are not utilising dementia services like day care.

## RECOMMENDATION

Inform caregivers on the benefits of having the elderly attend day care and persuade them to see it as a form of treatment.

04

## ISSUE

Caregivers find it challenging to manage the difficult behaviours of persons with dementia.

## RECOMMENDATION

Provide caregivers the opportunities to discuss information on dementia with healthcare professionals to help them better manage the elderly.

