



Bermuda Hospitals Board

Dementia

Caring for the Caregiver

Living and/or caring for a person with dementia, whether you are related or not can be challenging and mentally exhausting.

Here are signs of caregiver burn-out:

- Low energy
- Frequently sick
- Constantly exhausted, even after resting
- Neglecting self needs
- Your life revolves around caregiving, but gives you little satisfaction
- Difficulty relaxing, even when help is available
- Highly impatient and irritable with the person you are caring for
- Feeling helpless and hopeless

Here are some coping strategies.

- Ask for help
- Eat healthily
- Exercise or go for a walk
- Join a caregiver support group
- Invite another caregiver for a coffee
- Take breaks each day
- Take vacations
- Spend time with friends and keep up with your hobbies
- Meditate and do yoga
- Talk to your doctor

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It is common for caregivers to feel overwhelmed and/or experience burn-out in looking after persons living with dementia. Here are some agencies that can assist.

Action On Alzheimer's and Dementia Bermuda

Charity, non-profit organisation
www.alzbermuda.com
(441) 707-0600

Age Concern

Charity, non-profit organisation
<https://ageconcern.bm>
(441) 238-7525 from 10am-2pm Monday –Friday
Email: clientservices@ageconcern.bm

Ageing and Disability Services

Bermuda Ministry of Health
Government agency
[www.gov.bm /department/ageing-and-disability-services](http://www.gov.bm/department/ageing-and-disability-services)
(441) 292-7802 or (441) 278-4900

Alzheimer's Family Support Group

Operated by Action on Alzheimer's Dementia Bermuda
charity, non-profit organisation
www.alzbermuda.com
(441) 707-0600

Bermuda Alzheimer's and Memory Services (BEAMS)

Private company
www.beamsbermuda.org
(441) 278-6455
(441) 29-BEAMS (23267)

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Government quango
www.bermudahospitals.com
Consult your general practitioner for referral to the Rehabilitation Day Hospital.