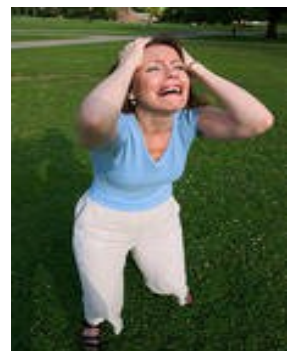


## STAGES OF CAREGIVERS ?

Four stages have been identified and apply to all caregivers. Feelings that as a caregiver we could be stronger, better, more prepared has been identified. See <http://www.alzheimersplaybook.com/> for realistic expectations as a family caregiver. This is one of the first resources, *Playbook*, I printed out and left on my coffee table and required all aids-in-attendance to read as well as family members. This resource is especially for family members of an individual with Alzheimer's and all caregivers

### **Stage 1: Early Stage**

- Impact by initial diagnosis
- Feeling of denial/shock
- Superficial understand of what to expect in future as a caregiver
- May be able to provide care and continue in occupation
- Typically one to five hours a day are committed to caregiving
- Light to moderate physical/emotional, financial demands
- Caregiver may not need to be living with the patient
- Should consider support group, family therapy, pastoral counseling



Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy

[info@dementiasa.org](mailto:info@dementiasa.org) or [support@dementiasa.org](mailto:support@dementiasa.org)

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## Stage 2: Middle Stage

- May experience feelings of guilt, loneliness, isolation, and feeling overwhelmed
- May feel a need to quit or reduce time spent at work due to caregiving
- Typically providing 16-24 hours of caregiving per day
- Moderate to heavy physical emotional/financial demands
- May consider living with or by the person affected with dementia
- May have challenges juggling caregiving role with family demands
- Should attend support group, consider respite, adult day care, family therapy, pastoral counseling
- Consider putting patient on waiting lists at care facilities such as assisted living, long-term care



## Stage 3: Late Stage

- May experience feelings of guilt/isolation being overwhelmed, depression
- Physical/emotional/financial contributions are at maximum
- Providing 21 to 24 hours of caregiving per day unless individual is in a care facility
- Consider timing of care facility placement if it is an option
- Caregiver's health may be at risk due to bio psychosocial-spiritual demands
- Should attend support group and respite or adult day center if applicable



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#### Stage 4: Bereavement Stage

- May experience feelings of relief because the individual is no longer suffering
- May experience feelings of chronic grief (depressed, angry, short-changed, emptiness) after death
- Caregiver may have desire to share the legacy of the individual as they remember him/her without the dementia
- May experience feelings of thankfulness when looking back on the life, or in comparison, to other caregivers
- Find satisfaction through advocating or finding “new” people to help
- Create new outlook on future and be strengthened by the memory of the loved one who passed on



Reference:

Smith, A.L., Folan, T.K., & Haaland, C.D. (2002). Connecting practitioners with the progression of Alzheimer's caregiving. *Journal of Systemic Therapies*, 21(4), 86-100. Retrieved August 31, 2011 from ProQuest database.

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## Notes:

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