



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

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A Healthy Tradition of Care and Wellness

Tips for Coordinating a Caregiving Support Team for Your Loved One with Memory Loss

If you've assumed the role of primary caregiver for a loved one requiring memory care, it is very important that you begin organizing a caregiver support team as soon as possible. Memory care authorities explain that providing daily memory care for a loved one with Alzheimer's or other form of dementia can be extremely taxing on your physical, emotional and spiritual health – even to the point of causing exhaustion and 'burnout' and making you more at risk of serious illness.

Organizing and Coordinating Your Memory Care Caregiver Team

To help you get started on organizing a caregiver support team, leading memory care authorities such as the **Alzheimer's Association** and the **Mayo Clinic** recommend considering the following options:

- **Other Family Members** – Turning to your family, especially any siblings, is your first option if you're looking after a parent. Though you may be the lead caregiver, it's critical to let others know that they need to be involved as well. Other relatives, such as your spouse, children, aunts, uncles and cousins, should also be considered if they are available.
- **Close Friends and Neighbors** – Friends and neighbors with whom you have close relationships can be another valuable source of help. However, always be clear and specific about what you would like them to do, and about how long you'll need their help. People are more likely to assist you if the task and time commitment are clearly defined for them.
- **Community Support Organizations** – Many communities have service groups set up specifically to help caregivers. Saunders House lists many of the memory care support groups for you in our [Family Resource Guide](#) for Alzheimer's disease or other memory impairments.
- The Alzheimer's Association's [Caregiver Center](#) and [Community Resource Finder](#) are also good places to search. Additionally, local churches, senior centers and government agencies can also provide useful information. By taking some time to look, you may discover an entire network of services available to help.
- **Hired Assistance** – If family and friends are an insufficient option and you have the financial resources, you might consider hiring people to be a part of your caregiving team. This could include: assistive care, house cleaning, lawn care, household repairs or transportation services. Just be sure the people you hire are competent and trustworthy.



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- **Stress Management Support** – Coping with the increased level of physical and emotional stress in your life is extremely important – both for you and the person you are taking care of. Learning and applying the expert’s strategies to [manage stress](#) is vital to your own health and well-being.
- **Respite Care Services** – Since caregivers need periodic breaks from the challenges of caregiving, you should identify a resource that can provide respite care support. For example, a weekend or longer break provided by a family member or a professional respite care provider, such as Saunders House, can give you time away from your duties to “recharge your batteries.” Don’t let being a caregiver define your life!
- **24/7 Professional Memory Care** – There normally comes a point in the progression of memory loss when it is no longer possible for at-home caregivers to provide the needed level of memory care and safety in the home environment.

By following these caregiver support team tips from memory care experts, you can take some of the burden off of yourself and enjoy a healthier, more manageable life while still assuring your loved one is receiving the care they need.

Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Medical Center, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It’s a tradition we’re proud to continue.

Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on Saunders House, Care Traditions and other professional services, please call us today at (610) 658-5100 or [contact us](#) online.

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