



MANAGING STRESS & WELL-BEING FOR THE PERSON LIVING WITH DEMENTIA & THE CAREGIVER

Everyone is feeling the stress of COVID-19. It is normal. People living with dementia feel the stress of the people around them. They may act out in response to the stress. The more you can lower your own level of stress, the easier it will be for everyone in the house.

WHAT TO SAY



- If the person with dementia heard or read something in the news and is scared, remind him/her in a soft tone that he/she is safe and healthy.
- Don't watch the news and don't talk about it in front of the person.
- If the person with dementia has not heard about COVID-19, then don't talk about it unless he/she brings it up.

STAY CONNECTED



- Talk with family, neighbors and friends so you can stay connected. Do not visit or have them visit you. Just pick up the phone and call. If you have a computer, you can also use online applications, such as Zoom and social media to connect.
- See if your church has services on the internet that you can watch. This may be something that both you and the person you are caring for can enjoy together.

STAY ACTIVE



- Keep your body moving. Thanks to websites like YouTube, there are lots of free online exercise videos that you can follow along with. Even a quick 5-10 minute exercise can help a lot.
- Calm your mind by taking a few deep breaths when things get stressful. Try some meditations available online.
- Go for a daily walk with the person you're caring for. Just make sure that you stay at least 6 feet away from people in the neighborhood who may also be enjoying some fresh air. Wear masks. Wave from across the street.
- Find things you can do with the person with dementia to keep your mind active as well. Read books, paint, sing, bake, do a puzzle, or enjoy looking at photos.

To learn more about COVID-19, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)