



♥ Taking Care of Yourself While Caregiving

Because your wellbeing matters too

*When you're caring for someone with dementia, it's easy to forget about yourself. Every day may feel like a race; between helping, cleaning, answering questions, calming emotions, and figuring out what's next. But here's the truth:
You can't pour from an empty cup.*

Taking care of your own health - mentally, physically, and emotionally - is not selfish. It's necessary. When you are well, you are stronger, calmer, and more able to care with love and patience.

☐♀ 1. Rest When You Can

Sleep is often disrupted when you're a caregiver. But even short naps or moments of rest can help.

- ✓ Lie down when your loved one is resting
- ✓ Accept help when it's offered - don't try to do it all alone
- ✓ Let go of perfection - done is better than perfect

🧠 2. Talk to Someone

Holding in your stress, sadness, or anger doesn't help. You need safe places to let it out.

- ✓ Talk to a friend, pastor, support group, or counselor
- ✓ Join caregiver forums like the ones we host at DementiaAware Kenya
- ✓ Your emotions are valid - don't feel ashamed for feeling tired or frustrated

🍽️ 3. Eat, Move, Breathe

Your body needs care too.

- ✓ Eat meals; even if they're simple
- ✓ Take short walks or stretch in the morning
- ✓ Breathe deeply when you feel overwhelmed
- ✓ Drink water; hydrate your strength



👉 4. Set Boundaries

You are allowed to say *“I need help”* or *“I can’t do this alone.”*

- ✓ Ask family members to share tasks.
- ✓ Let people know when you need space.
- ✓ Don’t carry guilt - caregiving is not about doing it all, it’s about doing your best.

📖 5. Make Time for Yourself

Even 15 minutes a day can make a difference.

- ✓ Listen to music you love
- ✓ Read a few pages of a book
- ✓ Sit in the sun. Take a breath. Be still.
- ✓ Remind yourself: you’re a person too - not just a caregiver

💬 Final Words

You are doing something extraordinary, but you are still human.

At **DementiaAware Kenya**, we see you. We honor your strength, and we hold space for your tears, your doubts, and your deep love.

Caring for your loved one begins with caring for yourself. And you don’t have to do it alone.

You matter. Your health matters. You are not forgotten.