

Know When and Where to Seek Extra Help

Because caring doesn't mean doing it all alone

*Caring for someone with dementia is not easy. Some days are manageable. Other days feel impossible. And that's okay. What's important is knowing this: **you are allowed to ask for help.** You are not weak. You are not failing. You are human, and this journey is not one you have to walk alone.*

You can't pour from an empty cup.

When to Seek Help

There's no shame in reaching out. In fact, asking for support is a sign of strength and love.

Here are some signs it may be time to ask for extra help:

- ✓ **You feel overwhelmed, exhausted, or emotionally drained** most of the time
- ✓ **Your loved one's needs have grown beyond what you can manage alone**
- ✓ **You notice safety concerns**, like wandering, aggression, or inability to take medication properly
- ✓ **You're constantly irritable, sad, or anxious** - and feel like you have no time to rest or breathe
- ✓ **Other family responsibilities are suffering**, and you feel pulled in too many directions
- ✓ **You're unsure what's happening with your loved one**, and need a clear diagnosis or next steps
- ✓ **You just need someone to talk to** who understands

Where to Seek Help

Support is closer than you might think. Depending on where you live in Kenya, these options may be available:

Health Facilities

Visit your nearest clinic or hospital and ask for:

- A general medical check-up for your loved one
- A referral to a neurologist or geriatric specialist (if available)
- Guidance on medication, nutrition, and safety



Mental Health Professionals

If the person with dementia or you as a caregiver are struggling emotionally, speaking to a counselor or psychologist can be incredibly helpful.

Support Organizations

Reach out to us at **DementiaAware Kenya** for:

- ✓ Caregiver support groups
- ✓ Practical advice and tools
- ✓ Help understanding your loved one's condition
- ✓ Community awareness sessions
- ✓ Referrals to available local services

📞 Contact us through our website: www.dementiaawarekenya.com

✉️ Or message us directly for guidance.

Final Thought

You don't have to wait for a crisis to reach out. Getting help early can prevent burnout, improve safety, and help both you and your loved one feel more supported.

Remember: **you are not alone**. Help exists and you deserve to receive it.

At DementiaAware Kenya, we are walking with you.