



Supporting Caregivers

Caring for someone with dementia is one of the most loving and selfless things a person can do, but it is also one of the hardest. Often, it begins with small changes. A missed birthday. A name forgotten. Confusion over something familiar. At first, you adjust. You remind. You reassure.

But as time goes on, the person you love begins to slip further away. They may stop recognizing you. They may repeat the same question over and over. They may become agitated, frightened, or completely silent.

And you - often a daughter, granddaughter, wife, or sister - become the one holding everything together.

You become the memory.
The gentle voice.
The calm in the chaos.
The caregiver.

And it is exhausting. You might spend your day bathing them, dressing them, making sure they eat. You clean, you comfort, you cry in silence. Some days, you feel strong. Other days, you feel broken.

In many homes, caregiving is expected without question, without rest, and often without thanks. But let's be clear:

Caregivers need care too.

You deserve:

- ⌚ **Time to rest**, even if it's just for an hour
- 🗣 **Someone to talk to** who truly understands
- 💻 **Information** on what's happening and how to respond

- ❤️ **Encouragement**, especially on the hard days
- ❤️ **Compassion**, not judgment, when you're overwhelmed

Because the truth is:

- ✓ **Burnout is real**
- ✓ **Guilt is common**
- ✓ And **love alone is not enough** if you're walking this road alone

At **DementiaAware Kenya**, we don't just see caregivers. **We are caregivers**. We know what it means to be tired and devoted, scared and hopeful, all in the same breath.

That's why we offer:

- **Support groups** where you can share and be heard
- **Practical tools and tips** to make daily care more manageable
- **Emotional support** to remind you that your feelings are valid
- **Community forums** that bring visibility to caregiving in Kenya
- A **safe space** to say, "*This is hard. I need help.*"



You are not weak for needing a break.

You are not failing when you feel frustrated.

You are not alone on this journey.

You are doing your best. You are human. And you deserve support just as much as the person you're caring for.

Caring for someone with dementia is not a burden to bear in silence.

It's a journey - one we can walk together, hand in hand, with empathy, strength, and love.