

Get Help and Support

Look to others to help you with caregiving. Easy things to delegate are phone calls, paperwork and shopping. A friend may be able to spend an evening with your loved one so you can get out. Even if they can't help out, friends and family can be a source of comfort and support. Alzheimer's support groups can also be a good resource. These groups let you share stories and tips with others who care for loved ones with Alzheimer's. In the early stages of the disease, a support group may help your loved one cope with the diagnosis.

Online Resources to Assist You

Sharing Care Program	www.sharingcare.com	Information and resources for patients and caregivers
RAZADYNE™ ER (galantamine HBr) Web site	www.RazadyneER.com	Information on Alzheimer's and treatment with RAZADYNE ER
Alzheimer's Association	www.alz.org	Information and resources
Alzheimer's Foundation of America	www.alzfdn.org	Information about care, services, and member organizations
Administration on Aging	www.aoa.gov/alz	Information for families, caregivers, and professionals from the U.S. Department of Health and Human Services
Alzheimer's Disease Education and Referral Center	www.alzheimers.org	Information and resources from the U.S. Government's National Institute on Aging

Also, check your local, county and state-level government Web sites for additional sources of information in your area.

Know When to Make a Change

The time may come when you can no longer care for your loved one safely. Or you may find that you can no longer cope with the responsibilities of caregiving. When this happens, it doesn't mean you've failed. Changing the situation may be the best for everyone. Your next option may be a long-term care facility, such as a nursing home. These facilities are often specially staffed and equipped for people with Alzheimer's. They can help ensure that your loved one is well cared for and safe.