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[Around the Clock Caregiving](#)

Day-to-Day Activities

Helping your loved one with many day-to-day activities can be incredibly overwhelming. An estimated 60% of family caregivers assist their loved ones with activities of daily living (ADLs). These day-to-day activities include eating, bathing/showering, grooming, mobility, and using the toilet and we know how challenging it can be for caregivers. Here you can listen to other caregivers describe their day-to-day activities, share your own advice, or click on the activities below for more help and answers you can use.

Around the Clock Caregiving Videos and Stories

Go to [Around the Clock Caregiving](#) to view videos on the following topics:

- **Helping Your Loved One Move** covers how to turn and position your loved one in bed and how to transfer them from the bed to a chair or help them in or out of a car.
- **Using the Bathroom** discusses toileting tips and incontinence.
- **Showering/Bathing** goes over bathroom safety and gives bathing tips so that everyone feels comfortable.
- **Getting Ready** provides tips to make it easier to get ready for the day.
- **Mealtimes** covers kitchen safety, the importance of proper hydration, and ways to tempt poor appetites.
- **End of Day** discusses the sleep disorders common among loved ones with Alzheimer's and how to cope with your loved one's inability to sleep as well as strategies to prevent wandering.

Difficult Emotions are Normal

Caregiving isn't easy. The day-to-day demands and stress take a toll. That toll can leave you feeling a range of challenging emotions. These feelings can leave us

doubting our abilities to care for our loved ones, but the most important thing to know is that you are not alone.

What do these emotions look like?

- Anger at your loved one or other members of the care team.
- Frustration
- Sadness
- Uncertainty

The range of emotions you may be feeling can be a sign of depression and other mental health issues. [Take a screening to find out](#) more.

Community is Key!

Support Groups! Finding a community of support can be key in realizing you're not alone and can provide a safe space where you can share and ask questions of your peers.

- Find out what kind of support group is right for you.
- Determine if an in-person support group or an online forum meets your needs.
 - There are a wide range of Facebook support groups as well, these are all independently managed but you can locate groups based on different subjects and themes, including your loved one's condition, your region, and your role as a family caregiver.

What makes a support group successful?

- A safe haven for sharing true feelings
- A place to make new friends
- Information about resources and coping mechanisms
- Advice on what lies ahead
- Help in dealing with family members

Where to find a group?

- The social work department of hospitals
- Adult daycare centers
- Voluntary organizations that deal with your loved one's condition,

- i.e., ALS Society (Amyotrophic Lateral Sclerosis), MSA Society (Multiple Sclerosis), United Cerebral Palsy, etc.
- Area Agencies on Aging
- Your faith community
- Parent to Parent USA
- Your physician's office

[**CAN's Community**](#) is an online Facebook Group for caregivers that allows for a space free of stigma and fear.

Social Media Groups and Accounts! You can find a wide range of caregiver support groups on platforms such as Facebook. These are independently managed and monitored and may be segmented based on the disease state of your loved one, your region, or even a local place of worship or community-based organization. This is a great way to integrate this caregiver conversation into a platform you may already be frequenting.

Caregiver Action Network Resources

Being a caregiver can feel isolating. Even with friends and family around, they may not be able to understand the unique challenges of your role and may not be able to answer tough questions you have.

That's where CAN's Caregiver Help Desk comes in. Connect with a caregiving expert to find a listening ear and the support you need. CAN's [Caregiver Help Desk](#) is an on-demand resource you can utilize in a way most convenient to you - call, chat, or e-mail - to connect with caregiving experts to find answers and support in your specific circumstance.

Call (855)227-3640 or visit to connect via [chat or e-mail](#).

Caring for a loved one with Alzheimer's or other forms of dementia increases the likelihood that you are assisting them with these types of activities. These caregiver stories and resources are designed to help you identify ways to make these tasks more manageable for both you and your loved one. Sharing your own story about how you have managed these day-to-day activities helps others feel not so alone and helps caregivers learn from one another.

Reprinted with permission from the [Caregiver Action Network](https://www.caregiveraction.org), the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

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