

# Dementia caregiving tips and resources



Utah Department of  
**Health & Human Services**  
Aging & Adult Services

## Are you a caregiver?

Like many others, you may not think of yourself as a “caregiver.” Have you stepped in to help a family member or friend with everyday tasks like shopping, meals, cleaning, driving, paying bills, medications, dressing, or more? If so, *we believe you are a caregiver.*

We appreciate the care you provide! We want to offer support and share resources available to you.


## Quick dementia tips

- Avoid arguing and correcting your loved one. It usually only makes things worse.
- If your loved one is safe, it's okay to join them in their view of reality.
- Avoid quizzing and asking, “don't you remember?” It won't help them remember.
- Breathe deeply and respond to their questions as if it's the first time, every time.
- Use humor, compassion, touch, eye contact, and gentleness. How would you want to be treated?
- Accept help; it does not mean you are failing or a burden on others. Make a list of needs and share it if someone says, “let me know how I can help.”
- Take breaks to release tension, relax your mind, and renew your energy (respite).

## Care for yourself

Treat yourself like a friend.  
Feel the warmth of the sun.  
Listen to music, sing, or hum.  
Walk barefoot in the grass.  
Take time for your own passions.

Write in a journal.  
Find reasons to smile.  
Put your own health first.  
Tell yourself, “I am doing a good job.”  
Call a friend, family member, clergy, etc.



Taking care of yourself  
helps you be a  
better caregiver.

## Care consultations

These are one-time or ongoing meetings with specialists to assess your needs and help you develop a plan. Learn what Medicare, Medicaid, and VA benefits can cover. Connect to respite options like adult day services that help you take a break when needed. Explore in-home support for meals, social visits, and bathing. Discover hygiene and safety products that can make life easier and activities that can bring joy.

## Support groups

Support groups help you to connect with others and know *you are not alone*. Groups can provide a safe place to share and receive ideas and encouragement. This can be helpful in working through common feelings of guilt, worry, and frustration.

## Education programs

Did you know dementia can affect speech, thinking, behavior, emotion, and more? It's not just about memory. Classes can help you learn what changes to expect and pick up tips on how to respond. Check them out online at [daas.utah.gov/events](https://daas.utah.gov/events).

*Connect with your Area Agency on Aging to access all of the free resources mentioned above and explore more!*



[daas.utah.gov/locations](https://daas.utah.gov/locations)

435-752-7242	Bear River Area Agency on Aging (Box Elder, Cache, Rich)
801-525-5050	Davis County Senior Services
435-673-3548	Five County Area Agency on Aging (Beaver, Garfield, Iron, Kane, Washington)
801-229-3800	MAG Aging & Family Services (Summit, Utah, Wasatch)
435-893-0731	R6 Area Agency on Aging (Juab, Millard, Piute, Sanpete, Sevier, Wayne)
385-468-3200	Salt Lake County Aging & Adult Services
435-587-3225	San Juan County Area Agency on Aging
435-613-0036	SERDA Area Agency on Aging (Carbon, Emery, Grand)
435-277-2420	Tooele County Aging Services
435-722-4518	Uintah Basin Association of Governments (Dagget, Duchesne)
435-789-2169	Uintah County Area Agency on Aging
801-625-3770	Weber Human Services (Morgan, Weber)