

THE HOUR

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Remembering caregivers during Alzheimer's Awareness Month

By **Tara O'Neill** Updated 6:12 pm EST, Wednesday, November 21, 2018



A caregiver sits with a patient. Provided by Turtledove Home Care in Fairfield, Conn.

In 1983, President Ronald Reagan designated November as Alzheimer's Awareness Month. And 35 years later, that designation still runs strong.

Alzheimer's disease is a type of dementia that presents itself in the form of progressive mental deterioration. Currently, 5.7 million Americans are living with the disease, according to the Alzheimer's Association.

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Caregiver isolation has become a rising concern among those who help those living with all types of dementia, including Alzheimer's disease. The isolation happens when one-on-one care is needed and getting out of the house grows more difficult, Martin said.

"Having assistance can help avoid that type of isolation," Martin said.

The Turtledove Home Care facility said the community can help caregivers by offering support, time or a meal to a neighbor, friend or family member who is a caregiver. The facility also encourages community members to volunteer some time to spend with a person affected by Alzheimer's – or another form of dementia.

"These small acts of kindness are often a breath of fresh air to a tired caregiver," the facility said.

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