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## **Problem Solving & Alzheimer's**

By David Bull - [www.caregiver4caregivers.com](http://www.caregiver4caregivers.com)

Problem Solving is not a new skill ... You have been solving problems throughout your life.

The difference in Alzheimer's is that many of the problems affecting your loved one come with advanced age or a chronic illness and may be new to you.

Being an effective caregiver involves learning strategies for planning and problem-solving—and for taking care of yourself. Studies have shown that caregivers who don't look after themselves are at high risk for burnout, depression, physical illnesses, abusive behavior, loss of friends, and strained family relations.

Caregivers work hard to enable their loved ones to live as independently as possible and with the highest possible quality of life. The reality is that being a Caregiver for a person with Alzheimer's disease is often a series of grief experiences as you watch memories disappear and skills erode. For both caretakers and their loved ones, this often produces an emotional wallop of confusion, anger and sadness. Being organized on a daily basis and being ready to handle unexpected situations will reduce stress and help you care for your loved one.

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