

Self-Care Toolkit and Resources

Caregiver Self-Care:

Caregiver Self Check-In Survey (attached – from the book, Healthy Self – see link:

<https://www.amazon.com/Healing-Self-Revolutionary-Supercharge-Immunity/dp/0451495527>

<https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/>

Meditation - <https://www.youtube.com/watch?v=6egHdOU-Cn8>

Self-Reiki - <https://iarp.org/reiki-can-help-caregivers/>

Forest Bathing - <https://healingforest.org/2020/01/27/forest-bathing-guide>

Dementia-Related Resources:

Books – see list attached (Shared by the Andover Memorial Hall Library)

Children's Resources - Mayo Clinic resource: <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/alzheimers/art-20043890>

Alzheimer's Association 24/7 helpline - 800-272-3900. This includes support groups, counseling, and resources such as doctors, day programs, and more.

Alzheimer's Association brochure for parents to help kids. Visit https://www.alz.org/documents/national/brochure_childrenteens.pdf

Short Film - <https://www.rte.ie/culture/2020/0402/1128041-late-afternoon-watch-the-stunning-irish-animated-short-film/>

Dementia Friendly Massachusetts - <https://dfmassachusetts.org/>

Dementia Friends Massachusetts – For more about dementia and how to support those living with it. Visit <https://www.dementiafriendsma.org/>

Memory Cafes – You and your loved one who lives with dementia can have a wonderfully restorative experience at one of the more than 100 cafes throughout the state. For a list of cafes, visit <https://www.jfcsboston.org/Our-Services/Older-Adults/Alzheimers-Related-Disorders-Family-Support/Directory-of-Memory-Caf%C3%A9s-in-Greater-Boston>

Additional Caregiver/Care Partner Supports:

Elder Services of Merrimack Valley – providing additional in-home services as well as education and wellness programs. Visit <https://www.esmv.org/>

Senior Centers – MA Council on Aging – supports and oversees all senior centers throughout Massachusetts. For your local center’s information, as well as what others are doing, visit <https://mcoaonline.com/programs/>