



What's the hardest part of being a caregiver for someone with dementia?

Caring for someone with dementia can be rewarding, challenging, and emotionally complex. The reflections below come from caregivers who have shared their experiences. Their words remind us that many of the feelings and challenges that come with caregiving are shared by others, and that no one needs to face this journey alone.

"The dread. Knowing she's going to get worse every single day."

– Taylor

"The relief you feel at their funeral is something so many caregivers feel and almost no one says out loud because it feels like a terrible thing to admit. It is not. It is love. It is wanting their suffering to end. It is being human after an inhuman amount of sustained grief. You loved them all the way through and relief was part of that love not a betrayal of it."

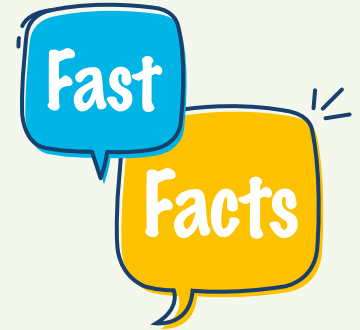
– Kellie

"Every caregiving journey is different. For me, the biggest challenge at first was finding something my client would eat. Bathing was another hurdle. He would often say he would do it "in the morning," but the morning never came. Getting him to a doctor eventually became another major challenge."

– Penny

"Self-care is not about doing more. Sometimes it is about allowing yourself a moment to rest, reflect, and receive support."

– Anonymous



In Washington, more than 126,000 people are living with Alzheimer's. 247,000 caregivers dedicate 378,000,000 hours of unpaid care.

Washington residents age 65+ with dementia are projected to increase 123% by 2050.

Dementia is one of the fastest-growing long-term services and supports, growing much faster than the direct care workforce.

Researchers are exploring how to prevent Alzheimer's. While Alzheimer's prevention has no definitive answers at this time, research has shown that we can take action to reduce our risk of developing it. [Read more.](#)

Bookmark these resources:

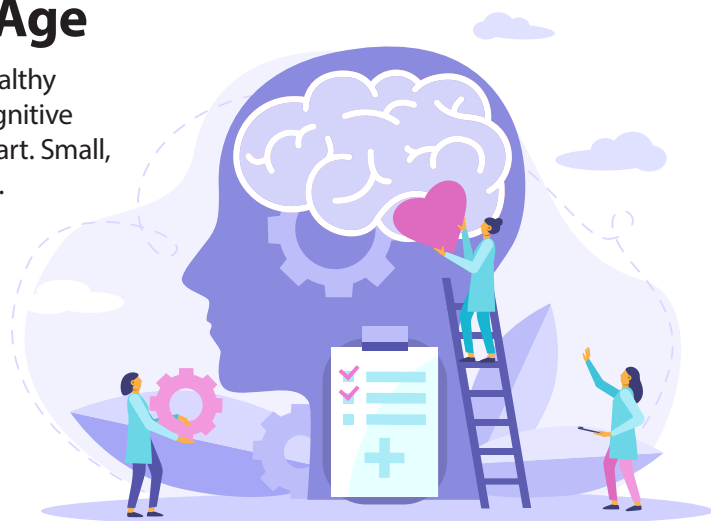
- ☒ [Alzheimer's Association](#)
- ☒ [Caring for a Person with Alzheimer's Disease or Other Dementia](#)

Supporting Brain Health at Any Age

Taking care of your brain is an important part of overall health. Healthy habits can support brain health and may help [lower the risk](#) of cognitive decline. The good news is that it is never too early or too late to start. Small, everyday choices can support a healthier brain and a healthier life.

Steps can make a difference:

- Stay physically active.
- Manage blood pressure, diabetes, and other health conditions.
- Eat a healthy, balanced diet.
- Get enough quality sleep.
- Stay socially connected.
- Keep learning and challenge your mind with new activities.



For more information: [Alzheimer's Association](#) and [10 Healthy Habits for Your Brain](#)

See Something? Speak Up.

You play an important role in helping keep vulnerable adults safe. Abuse, neglect, self-neglect, and financial exploitation can happen in any setting, including at home, in the community, or in a long-term care facility.

If you are concerned about the safety or well-being of a vulnerable adult, trust your instincts and report it. Help is available.

- **Adult Protective Services:** Report abuse, neglect, exploitation, or self-neglect. [Website](#) or Call [1-877-734-6277](tel:1-877-734-6277)
- **Residential Care Services Complaint Resolution Unit:** Report concerns about licensed care facilities. [Website](#) or Call [1-800-562-6078](tel:1-800-562-6078)
- **Long-Term Care Ombudsman Program:** Concerns about nursing homes, assisted living facilities, and adult family homes. [Website](#) or Call [1-800-562-6028](tel:1-800-562-6028)
- **Office of Developmental Disabilities Ombuds:** [Website](#) or Call [1-833-727-8900](tel:1-833-727-8900)

A simple conversation or report could make a big difference in someone's life.



Autum Reflection

Autumn reminds us that change is a natural part of life. Just as the seasons change, caregiving journeys also evolve. Take a moment to recognize the care, patience, and compassion you bring each day. Small acts of care can make a meaningful difference.

Share your story to be featured in *Caregivers In Action!*
November is National Family Caregiver Month. Have a story or insight about supporting a family member? We'd love to hear it. Email us at [Caregiver Careers](#).

