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10 signs of caregiver stress

**Sign 1** Denial
...about the disease and its effect on the person with the disease.
“Everyone is overreacting. I know Mom will get better.”

**Sign 2** Anger
...at the person with Alzheimer’s disease, yourself and others.
“If he asks me that question once more I will scream!”

**Sign 3** Withdrawing socially
...you no longer want to stay in touch with friends or participate in activities you once enjoyed.
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10 ways to reduce caregiver stress

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Knowing as much as you can about the disease and care strategies will prepare you for the Alzheimer journey. Understanding how the disease affects the person will help you comprehend and adapt to the changes.

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It is important, though difficult, to be realistic about the disease and how it will affect the person over time. Once you are realistic, it will be easier for you to adjust your expectations.

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Alzheimer’s disease
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