

## Coping Suggestions:

- Build your “village.”
- Make additions and adjustments to your "village" as needed.
- Be proactive. Don't wait until you need help - plan ahead.
- ASK FOR HELP and accept it when offered. People want to help, but don't know what you need.
- Little white lies are okay, especially if they reduce agitation and keep the peace.
- Make/take a little time for yourself. This will make you a better, more loving caregiver. (reading, massage, lunch with a friend, walk, manicure, gardening, podcasts/audiobooks, shopping, golf, naps, baking, baths, gym, hobbies)
- Don't lose touch with friends and neighbors.
- Sleep is important for you and your loved one; do whatever you can to get enough.
- Be realistic. This will help you avoid frustration and disappointment.
- Logic is not your friend when dealing with LBD.
- Make lists to help create order and help you feel productive and organized.
- Routines are good. Make a daily schedule or plan, but don't sweat altering it.
- Be flexible and try to keep your sense of humor.
- Advocate for your loved one and yourself.
- Try to stay present in the moment and cherish this time with your loved one.
- We tend to find what we're looking for. Look for positives.
- You can only control your own actions. Focus on what **you** can do.
- Find someone to talk to, for yourself as well as your loved one. (friend or professional)
- Take outings whenever possible. This is good for both of you. (errands, ice cream, car rides, walks, church, visit friends, museums, gardens, arboretum)
- Find things you can enjoy together. (music, dancing, food, movies, painting, family, friends, walks, TV, museums, parks, photo albums, easy puzzles and games)
- Music is calming.
- Focus on what your loved one can still do, not what they've lost.
- Get exercise, with or without your loved one, for health and stress relief. (walking, yoga, stretching, golf, swimming, gym)
- Make videos and recordings as keepsakes.