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***Nevada Psychologists Encourage
Alzheimer's Caregivers to Improve Well-Being***

Las Vegas, Nevada, October 20th, 2015— A diagnosis of Alzheimer's disease or dementia can be emotionally overwhelming for the individual as well as the family. As we recognize National Alzheimer's Disease Awareness Month and National Caregiver Month this November, it's important to be aware of the unique challenges Alzheimer's and dementia caregivers face.

Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high, and more than one-third of them report symptoms of depression, according to the Alzheimer's Association. The demands of physical caregiving and constant supervision combined with the emotional toll of seeing a loved one so altered by dementia can be a lot to handle. However, the best thing caregivers can do for their loved ones is to stay mentally and physically strong.

Nevada psychologists encourage caregivers to improve their well-being in a number of ways:

Actively manage stress by taking time to exercise, meditate or talk to a friend. Finding positive, healthy ways to manage stress can lower the risk for negative health consequences.

Accept the changes that the person with dementia is facing. Even if they can't remember a name, they may still recognize and have feelings for their friends and family.

Understand that no one can do this alone. Seek support from friends, family or a support group. For many this support may be enough. But if a caregiver finds himself or herself overwhelmed, a psychologist may be able to help. Psychologists can work with the individual and family to develop strategies to improve quality of life and manage emotions related to the diagnosis.

To learn more visit the American Psychological Association at www.apa.org/helpcenter and follow @APAHelpCenter. To find out more about the Nevada Psychological Association visit www.NVPsychology.org and follow @NVPsychology

The mission of the Nevada Psychological Association is to advance and represent psychology as a science and a profession, as well as to serve the professional needs of its membership and the community.

The American Psychological Association, in Washington, D.C., is the largest scientific and professional organization representing psychology in the United States. APA's membership includes more than 122,500 researchers, educators, clinicians, consultants and students. Through its divisions in 54 subfields of psychology and affiliations with 60 state, territorial and Canadian provincial associations, APA works to advance the creation, communication and application of psychological knowledge to benefit society and improve people's lives.