Managing Dementing Disorders: Caregiving


Rating (out of 4): 🍒🍒🍒

Scope
This guideline is mainly intended for primary care physicians, but is also of interest to geriatricians, geriatric psychiatrists, neurologists, clinical psychologists and others.

Clinical Question
What are recommendations for supporting caregivers of dementia patients, in order to help families cope?

Consensus

• Physicians should educate patients and families about dementia and how to cope with it. For example, they should advise families on how to modify the home environment and how to communicate and interact with the patient.

• Physicians should evaluate caregiver coping strategies, assess the caregiver’s social support system, and encourage caregivers to care for themselves. Regular meetings with caregivers can be used to ask about caregiver burden and any psychiatric or health problems. Physicians should refer caregivers to appropriate community services for dementia care.

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