

SHARING THROUGH **RESPIRE:**

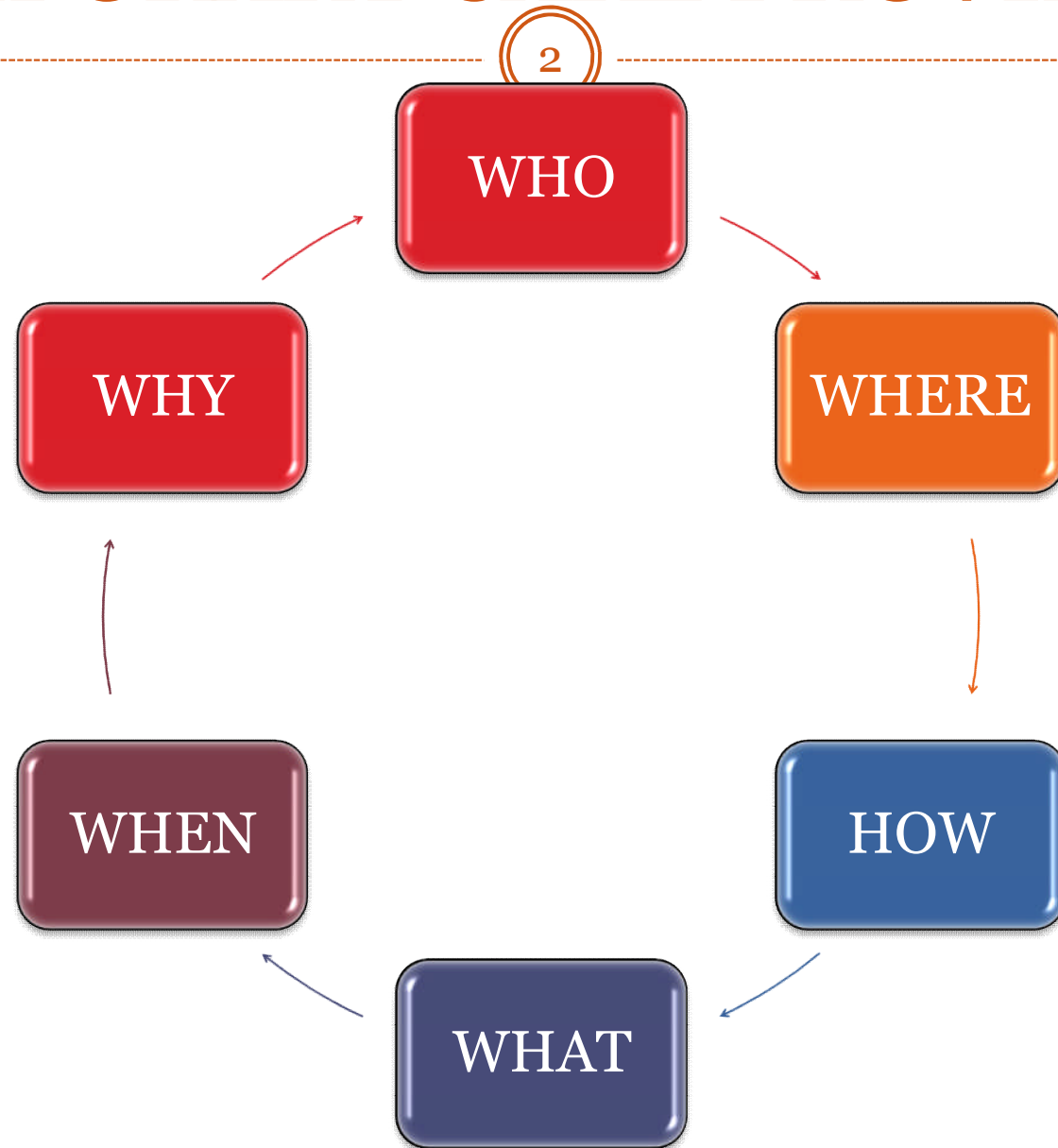
1

A PERSONAL REFLECTION

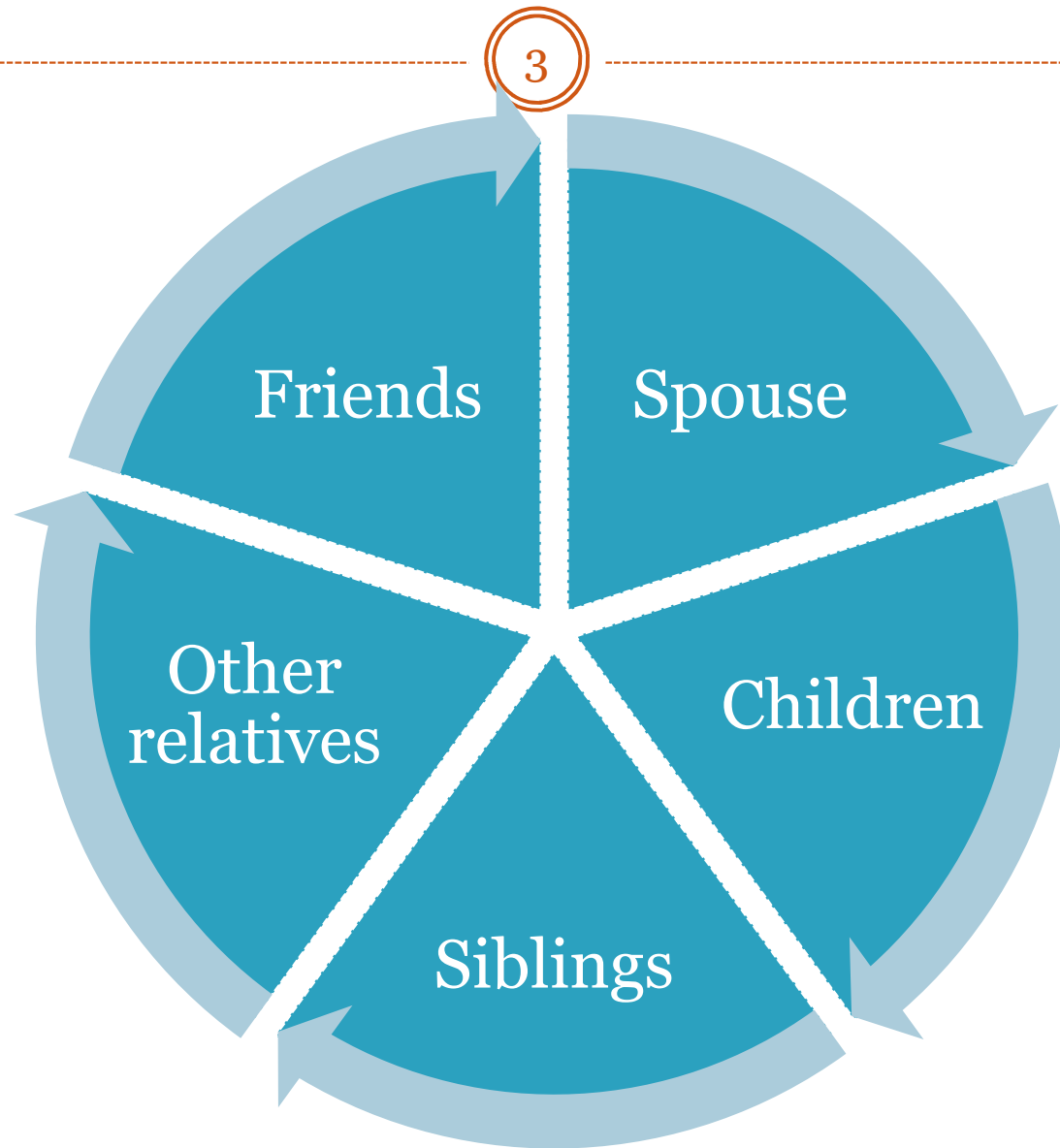
MARTHA WATKINS

**VIRGINIA'S COMMISSION ON ALZHEIMER'S DISEASE
AND RELATED DISORDERS**

DEVELOP A NETWORK OF TEMPORARY CARE PROVIDERS

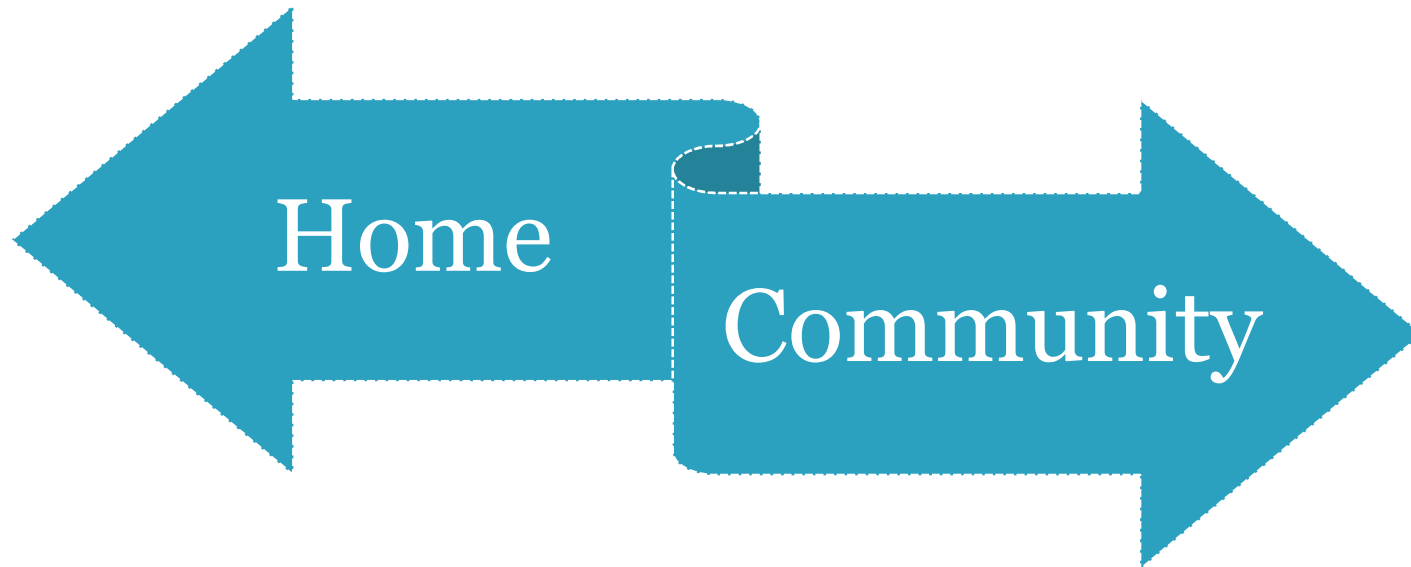


WHO



WHERE

4



HOW

5



Connections

- Family Meetings
- Online
- Telephone
- Support Groups
- Alzheimer's Association
- Church



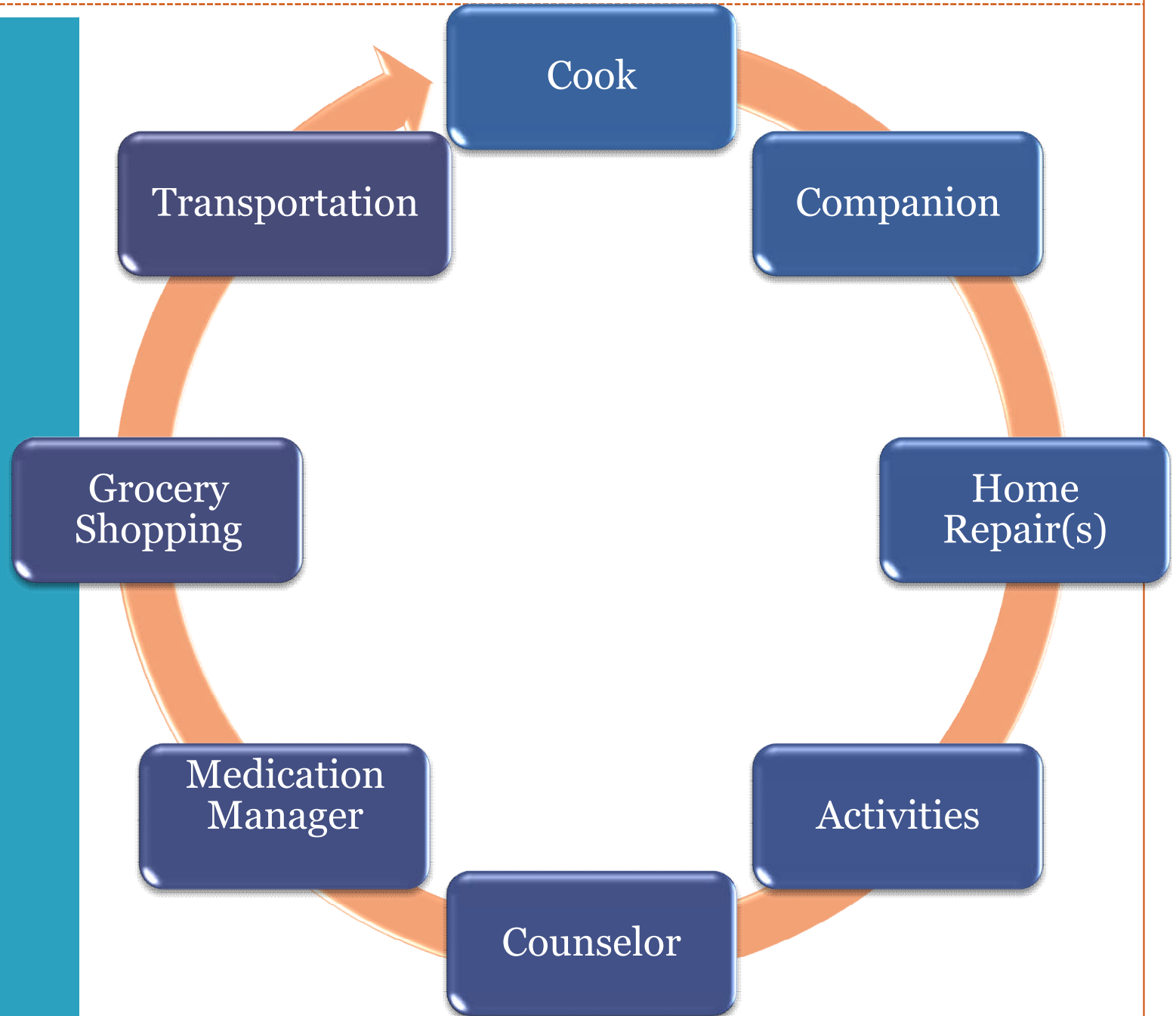
Education

- Caregiver – (Self)
- Temporary Respite Providers



WHAT

SHARE THE ROLES



WHEN

Flexible

How much caregiving are you able to provide?

- What duties can you perform daily?
- How tired are you?

Who can you call upon in the middle of the night?

When would your loved one benefit from visiting with another individual?

WHY

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