



## LOVING ON EMPTY: IMPACT YOUR LOVED ONES' QUALITY OF LIFE CAREGIVER STRATEGIES

*Loving*  
on empty

Care Strategies that  
make a positive  
difference

WHERE WE FIND  
OURSELVES

INSPIRE OF ALL THE  
CHALLENGES,  
WE CAN STILL  
POSITIVELY IMPACT OUR  
LOVED ONES

MOM & DAD

CAREGIVING

- Exchange of gifts and talents
- Blessing to be Chosen to support the Life of Another

STARTS WITH  
YOU  
TAKING CARE OF  
YOU

YOU ARE A WHOLE PERSON

REMEMBER:

- You matter!
- Deserve to be healthy
- Healthy caregivers provide healthy care
- Recognize that you make a Difference

STRATEGIES

- Help Me Feel Safe
- Communication & Engagement
- Help them Remember
- Gift of Touch
- They Hear and Feel your Energy
- Self Management

CAREGIVING INSIGHTS

- What worked today may not work Tomorrow
- Cling to Your Faith
- Live a Life of Gratitude
- Be Honest with You
- Be Kind
- Never lose hope
- Look for those Special Moments

*Hope, love and Compassion*

Universal Dementia Caregivers

... is a 501(c)3 non-profit organization dedicated to educating caregivers, families and communities supporting loved ones with Alzheimer's and other dementia related diseases providing

- Individual Coaching
- Workshops & Training
- Speaking Engagement
- Well Check Calls
- Caregiver Focus Groups/Discussions
- Facilitation of Family Meetings
- Booklets and Training Tools

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THANK YOU

FOR BEING A  
CAREGIVER/PARTNER

DAD

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Training tools are available on our website: [Universaldementia.org](http://Universaldementia.org)

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Director