

WHEN IT MAY BE TIME FOR MORE HELP

One of the hardest parts of dementia caregiving is knowing when the care needs have changed enough that you may need more help.

For many caregivers, the changes happen so slowly over time that it is easy to keep adjusting and pushing through... even when things are becoming harder and harder.

This guide is here to help you gently step back and ask:

“Is it time for more support?”

Getting more help does not mean you are giving up.

It means the care needs may be changing.

Signs It May Be Time for More Help

You may need more help if you are starting to notice more of the following:

- ☐ Your loved one cannot be left alone safely
- ☐ They need more help with bathing, dressing, toileting, or eating
- ☐ You are seeing more wandering, falls, or unsafe decisions
- ☐ Medications, appointments, or routines are becoming harder to manage
- ☐ Behaviors, confusion, or sleep problems are becoming more difficult
- ☐ You are constantly in “high alert” mode
- ☐ Caregiving is becoming physically exhausting
- ☐ You are feeling emotionally drained, overwhelmed, or burned out

Sometimes the Biggest Sign Is Not Just Them... It’s You

Caregivers often wait until they are nearly at a breaking point before asking for help.

But one of the clearest signs that more support may be needed is often how much caregiving is affecting you.

You may need more help if:

- ☐ You rarely feel like you can relax
- ☐ You feel anxious or tense most of the time
- ☐ You are losing sleep
- ☐ You are skipping your own appointments or needs
- ☐ You feel resentful, trapped, or emotionally numb
- ☐ You are struggling to keep up with everything

Needing more help does not mean you are failing.

It means the caregiving load may no longer be something one person can safely carry alone.

Changes That Often Signal More Support May Be Needed

These kinds of changes often mean it may be time to step back and reassess:

- ☐ Increased falls or mobility changes
- ☐ More toileting accidents or incontinence
- ☐ More agitation, fear, or resistance to care
- ☐ Weight loss or eating problems
- ☐ Sleep disturbances or nighttime wandering
- ☐ More confusion with basic daily routines
- ☐ More dependence on you for everyday tasks
- ☐ Safety concerns around medications, cooking, or being left alone

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More Help Can Look Different for Every Family

Getting more help does not always mean a big or dramatic change.

Sometimes more help may look like:

- asking family to take on specific tasks
- hiring a sitter a few hours a week
- using adult day services
- getting home health or therapy involved
- bringing in private caregivers
- using tools that help you stay more organized
- starting conversations about future care needs

Even a small amount of help can make a big difference

Caregiver Tip

If you keep waiting until things feel unbearable, you may end up making decisions in crisis mode. Recognizing the need for more help earlier can give you more time, more options, and less panic.

Want More Help Understanding What Changes Mean?

The Understanding Dementia Course can help you better understand:
why care needs change
what progression often looks like
how to respond with more confidence

Learn more at: [Understanding Dementia Course](#)

Want a Better Way to Track Changes Over Time?

The Caregiver's Notebook can help you notice patterns, track changes, and better understand when it may be time for more support.

Learn more at: [The Caregiver's Notebook](#)