

Mayo Clinic Minute
Caring for Those with Alzheimer's Disease

Video	Audio
	Caring for a loved one with Alzheimer's disease is not easy.
Host: Ronald Petersen, M.D., Ph.D. Alzheimer's disease expert Mayo Clinic	"Caregivers need support from family and from the community to help them with this very, very difficult task."
	Mayo Clinic Dr. Ronald Petersen is the Director of Mayo Clinic's Alzheimer's Disease Research Center. He says the task is difficult because patients need care 24-7. And sometimes their personalities may completely change.
Ronald Petersen, M.D., Ph.D. Alzheimer's disease expert Mayo Clinic	"The person can become angry, can become belligerent, sometimes physically aggressive and this is very difficult to watch a loved one go through this stage. Yet, the caregiver is the one who bears the brunt of that."
	What should caregivers do to care for themselves so they stay healthy? Dr. Petersen recommends you develop a support system that allows you to get out, take breaks, do fun activities and exercise.
Ronald Petersen, M.D., Ph.D. Alzheimer's disease expert Mayo Clinic	"Caregivers need to care for their own mental health, their own physical health because everybody in the family relies upon them."
Vivien Williams	I'm Vivien Williams. For more health news, visit the Mayo Clinic News Network.