

Caregiving for Loved Ones with Dementia



Koreans Invested in Making Caregivers Health Important (**KIMCHI**) is an education and outreach project on different health topics tailored to the Korean American culture for caregivers and other stakeholders that serve Korean Americans.

This fact sheet summarizes the dementia caregiving research to share tips for being a caregiver for a loved one with Alzheimer's or dementia.

Five Domains of Dementia Care

Medical care

Such as specialty care and pain management

Physical quality of life

Such as mobility and fall risk

Social and emotional quality of life

Such as participation in pleasurable activities

Access to services and supports

Such as advance care planning

Caregiver support

Such as caregiver support groups

Main Concerns

For persons with early-stage dementia

- Importance of engaging in meaningful activities
- Understand that the caregiver may need to adapt according to the level of functioning of the care recipient
- There are concerns that the care recipients are being a burden to their loved ones

For dementia caregivers

- Ensuring safety of care recipients
- Managing caregiver stress

For more information about KIMCHI and outreach and educational resources, please contact the study team with any questions or concerns you have about this study at 415-498-0580 or email to kimchi@ucsf.edu.

Goals related to caregiving need to be redefined and readdressed as the disease progresses and it is common for caregivers and care recipients to have different opinions.

Korean American caregivers need more community support and dementia education opportunities tailored to their culture



Scan this QR code or click the link below to participate in the evaluation survey. A small incentive will be provided upon completion.

<http://tiny.ucsf.edu/KIMCHISurveyFS>

Reference: Jennings, L. A., Palimaru, A., Corona, M. G., Cagigas, X. E., Ramirez, K. D., Zhao, T., Hays, R. D., Wenger, N. S., & Reuben, D. B. (2017). Patient and caregiver goals for dementia care. *Quality of life research: an international journal of quality of life aspects of treatment, care and rehabilitation*, 26(3), 685–693. <https://doi.org/10.1007/s11136-016-1471-7>

<https://kimchi.ucsf.edu/>