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

Goals related to caregiving need to be redefined and readressed 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


KIMCHI was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award EACB 24814.