

When Family Caregivers Ask for Help

Caring for a loved one with dementia is a profound act of love — but it can also be exhausting and overwhelming. Many caregivers wait too long before asking for help. Here are some common triggers that finally move families to seek support. Recognizing them early can help you reach out before a crisis point.

- Caregiver exhaustion or health decline — stress, illness, or hospitalization of the caregiver.
- Safety concerns for the loved one — wandering, falls, leaving the stove on, or aggression.
- A crisis or scare — ER visit, fall, accident, or police involvement.
- Advice from a trusted professional — a doctor, social worker, or clergy member urging help.
- Intervention from family or friends — others notice the toll and insist on support.
- Realization of social isolation — loneliness and disconnection become too heavy.
- Financial or work strain — caregiving begins to impact employment or household stability.

If you recognize yourself in any of these situations, you are not alone. Reaching out for help is not a sign of weakness — it is an act of strength and love. Support groups, respite care, and community services can make the journey safer and more sustainable for both you and your loved one.