Caring for Those with Alzheimer’s Disease

<table>
<thead>
<tr>
<th>Video</th>
<th>Audio</th>
</tr>
</thead>
</table>
| **sot: 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.” |
| **Ronald Petersen, M.D., Ph.D.**  
**Alzheimer’s disease expert**  
**Mayo Clinic** | Mayo Clinic Dr. Ronald Petersen in 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. Ronald Petersen** | 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. |