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How Adult Day Care can help you maintain your sanity while caring for your loved one with Alzheimer's Disease

By William G. Hammond, JD

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So, take time for yourself. You deserve it, and your loved one will notice your changes as well

As The Primary Care Giver for an Alzheimer's Patient, How Can I Get a Break?

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Remember, help is available. Do not feel guilty because you want to take a break. You deserve it.

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