

Dementia Caregiver Wellness Holistic Approach

Abhilash Desai MD

Dr.abhilashdesai@icloud.com

Holistic Approach = **Bio-Psycho-Social-Spiritual Approach**

Biological: Lifestyle interventions (exercise, diet, meditation, sleep), medications for anxiety, depression and insomnia (primary care provider can help with Biological approaches)

Psychological: Individual and Family Counseling

Social: Respite, Education about community resources, Powerful Tools for Caregivers, Support Groups, Memory Café, Family Caregiver Navigator program

Spiritual: Talking to chaplain; Talk to a trusted, wise and compassionate person from one's spiritual / religious community

Resources:

1. Individual counseling: Laura LaForte LMSW (I have worked with Ms. LaForte. She is excellent; <https://www.lafortetherapy.com>), Blue Moon Counseling (virtual online counseling; I do not have direct knowledge about their quality of care)
2. Respite: Connection Club Adult Daycare, Boise, Idaho. 208-608-7578. The loved one with dementia can attend the Adult Daycare four days a week, 9am-3pm. Not free.
3. Respite: Community Care Program: Case management respite education. 208-898-9626. www.a3ssa.com
4. Support groups: Alzheimer's Association 800-272-3900 (virtual support groups available)
5. Powerful Tools for Caregivers workshop: Karen Kouba-McIver 208-426-5899
6. Memory Café: Karen Kouba-McIver 208-947-4283 (virtual Café option available)
7. Family Caregiver Navigator: 208-426-5899
8. Practical help (e.g., transportation, filling Medicaid application): Community Health Worker program at Saint Alphonsus in Boise. 208-367-4482
9. Dr. Page Haviland Ph.D. For psychiatric medications and individual counseling. Boise office (208-302-3700) and Nampa office (208-302-3760). Saint Alphonsus Clinic.

Namaste