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](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](http://www.a3ssa.com)
4. Support groups: Alzheimer’s Association 800-272-3900 (virtual support groups available)
6. Memory Café: Karen Kouba-Mclver 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

Namaste