

## Caring for Caregivers

Yesterday, The New York Times published [an important blog post](#) in their Well section on caregivers and the challenges they face. In it, the author cites data from Stanford University and the Alzheimer's Association, that "more than 15 million people provide unpaid care for family members or friends with Alzheimer's disease or other forms of dementia. The strain of the task has been shown in many studies to increase the risk of a variety of illnesses, and even death."

Providing food and nutrition are fundamental tasks of caregiving. They are also tremendously important in keeping a loved one well and less susceptible to deterioration. While food can be a source of pleasure for both the caregiver and the cared-for, mealtimes and changing nutritional needs are often stressful for caregivers.

One resource that can potentially alleviate some of the stress around food and eating is "Nutrition Tips for Caregivers," written by registered dietitians at God's Love We Deliver. The booklet, which helps caregivers work through common nutrition and feeding issues, is available free of charge to individuals and organizations at [glwd.org/publications](http://glwd.org/publications).

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