Discussion

- Identify and acknowledge caregiver stress
- Utilize Instruments to evaluate caregiver stress: i.e. Caregiver Burden Inventory\(^3,4\) and Zarit Burden Interview\(^5\)
- Provide a safe environment for the caregiver to express concerns about the person with ADRD
- Support for the caregiver may help avoid premature institutionalization of the person with dementia
- Seek out community resources to provide support to the caregiver
- Acknowledge the daily struggles of caring for a person with dementia is a vital part of one’s nursing practice when working with caregivers of persons with ADRD