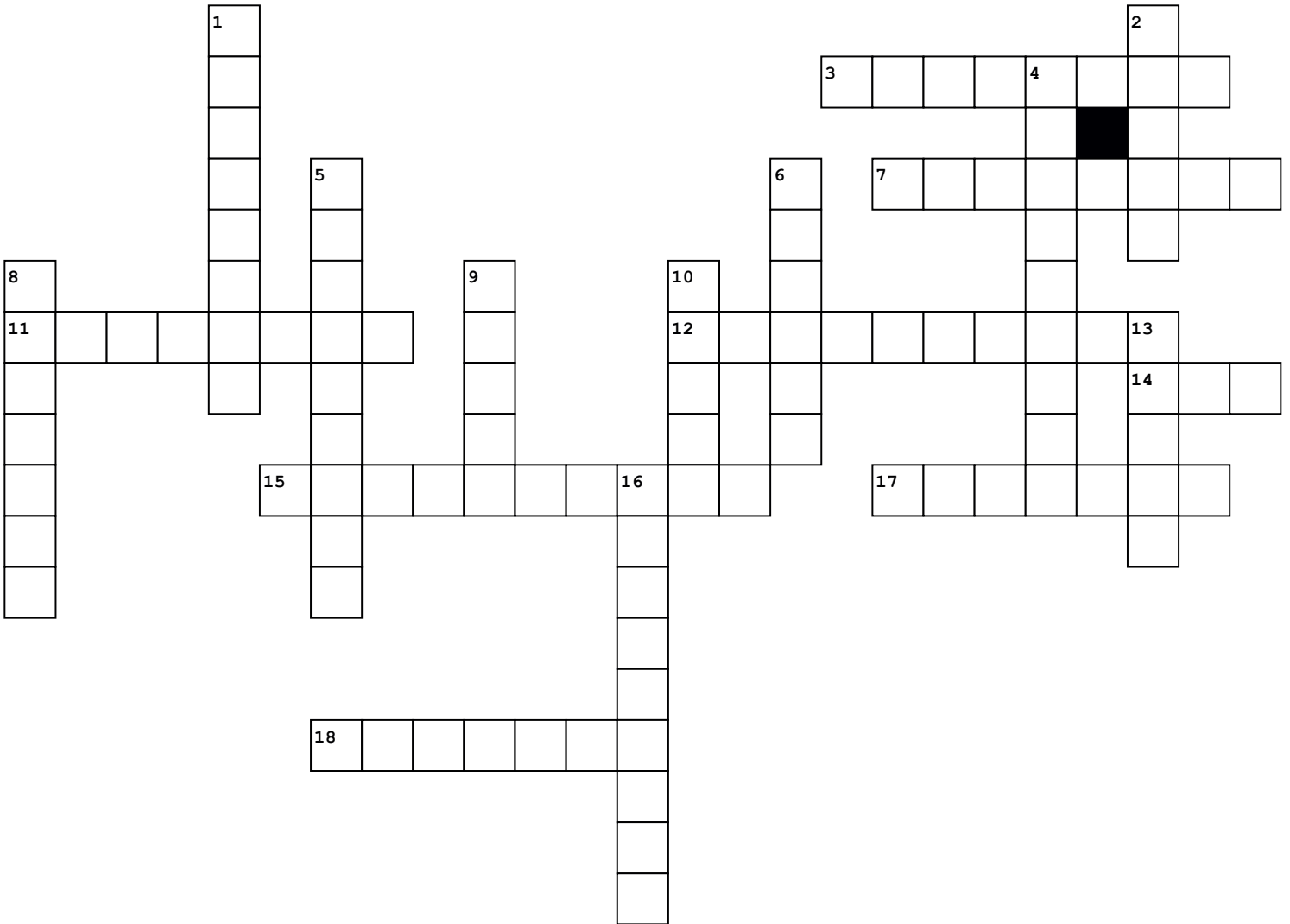


Caregiving Crossword



Across

- 3. what we give ourselves to stay mentally and physically healthy
- 7. something we all need to do daily to keep fit
- 11. what we feel more of than we used to before we were caregivers
- 12. something we all need to do to keep our brains active
- 14. acronym for long term care homes
- 15. memory loss disease with the same name as a Society
- 17. period of time from beginning to care for a loved on through the last stages
- 18. what caregivers need to make it through their journey

Down

- 1. umbrella name for a number of memory loss diseases
- 2. part of body dementia is related to
- 4. what you call someone who cares for a loved one
- 5. Alzheimer staff member who we can talk to privately for guidance
- 6. person on memory team of who diagnoses
- 8. time designated as for ourselves to rejuvenate
- 9. instead of argue, we might do this with those with dementia
- 10. we all need a certain amount every day
- 13. we all need enough nightly to keep our bodies ready for action
- 16. what we get from taking classes at the Alzheimer Society