

## ***Nursing Interventions for Reducing Anxiety in Dementia Caregivers***

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Taking care for a loved one with dementia is hard work. It requires time, patience, and energy every day. As a result, many family caregivers feel overwhelmed, exhausted, and stressed. They often don't get enough rest, don't have time for themselves, and feel helpless as they watch their loved one gradually forget who they are. That's why nurses play such a crucial role, not only in caring for the patient, but also in helping caregivers feel supported, talking to them, and listening to them so they don't feel stressed.

Caregiving interventions are actions that nurses take to help improve their health and well-being. For those caring for people with dementia, these interventions focus on providing emotional support, appropriate training, and helpful resources. According to the Alzheimer's Association (2022), reducing the stress of caregivers of people with dementia is as important as treating and caring for the patient because they are the foundation of home care.

Education for caregivers is a popular caregiving intervention. Caretakers are taught by nurses how to safely bathe, feed, and control the mood swings of persons with dementia. Caregivers experience less anxiety and greater confidence when they are adequately informed about what to do and how to do it. A study by Inoferio HV, Espartero MM, Asiri MS, et al., (2024) found that caregivers who received regular training or instruction from nurses reported lower levels of anxiety and stress.

In addition, another helpful approach is to provide emotional support by providing advice or talking to them together. Nurses can organize small support groups or simply talk to caregivers one-on-one. Sharing stories and letting them know or feel that they are not alone can bring a lot of comfort and that they do not need to worry. According to Carpio LB, Covarrubias S, Nollo S, et al. (2025) caregivers who attend such activities, which are nurse-led support groups, feel more emotionally stable and better equipped to handle and gain strength from daily challenges.

Respite care is another life-saving nursing intervention. It involves providing caregivers with a short break from caregiving duties. Nurses can arrange for another trained professional to care for the patient for a few hours or days. During a full-day of caregiving, caregivers should have time to rest and also take care of themselves,

perform tasks, or do something they enjoy. Research by Ceneciro, C.C., (2025) shows that even a few hours of respite care each week of their caregiving for people with dementia can significantly reduce burnout and anxiety in their caregivers.

Mindfulness and relaxation techniques are also taught by nurses. These include simple breathing exercises, meditation, and gentle stretching. As caregivers, we need to take time to pause, sit down, and reflect. These activities help calm the mind and body. According to Whitebird et al. (2012), nurses who guide caregivers through implementing regular mindfulness sessions help them manage anxiety better and improve their quality of life, without being burdened or stressed.

In addition, connecting caregivers of people with dementia to resources, such as local dementia organizations or free health services, is a small action that makes a big difference, not only for the caregivers but also for the person with the disease. Nurses often serve as a bridge between the caregiver and community support systems. This can help ease the burden and provide peace of mind. Interventions in caregiving are crucial for assisting dementia caregivers in controlling their weariness and anxiety. Through education, emotional support, rest, mindfulness, and connection to resources, nurses bring light or hope and balance to those with this overwhelming responsibility. When nurses care for caregivers, everyone benefits, including the patient.

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