

Care For the Caregivers Relief Program

*CFTC -Grant Recipient
Diagnosis of loved one -Alzheimer's
Age at diagnosis: 50s*

Meet Maria and Juan



Maria and Juan are 50 years old. Most couples this age are working, traveling and living an active lifestyle. Maria and Juan instead have been fighting

against Alzheimer's. Juan has been battling Alzheimer's for at least 4 years. The last two years have been especially hard - his physical decline has left him struggling to use his muscles and mostly wheelchair bound. Maria has had to leave her job to care for him. She has done everything she can to provide for her husband - taking caregiving courses online, reading up on what to do, and joining a local support group.

But she is alone. Caregiving is physically, financially and emotionally demanding.

We asked her - **What are your biggest needs?**
Maria's Response: *"Help with caring for my husband and some time for myself."*

What advice would you give to other caregivers? - "Ask for help. Let family know what's going on. Even if it is hard, ask."

What is most important with the time you have left with your husband? - "Stability and peace for Juan. He is not getting better. I want to worry less and enjoy the time we have left."

We can't change Juan's diagnosis but thanks to all of you and your support, FTTF has been able to at least bring them relief and resources for continued emotional, physical and financial support. TheCare For the Caregiver's Relief Grant was able to provide them with some financial relief as well as additional resources and connection to a local caregiver resource center to continue to provide a community of support for Maria. When you support FTTF, this is your impact.

2022 Update: As part of Maria's CFTC Relief package FTTF advised her on a grant to financially assist with several months of in-home care. She was approved and has continued to get relief.