



TRUSTED TIPS
By HomeWell Care Services™



HomeWellcares
COMMUNITY EDUCATION INITIATIVE

Supporting Your Loved One with Alzheimer's

Are you having trouble caring for a loved one showing symptoms of Alzheimer's? As challenging as your circumstances may be, viewing matters from their perspective can help you understand their frustration and communicate with one another. Showing them patience and grace during this season can make all the difference in their ability to process their situation and accept when it's time to seek help.

A proper consultation with their doctor will determine if their symptoms are related to Alzheimer's and dementia or a more treatable condition such as vitamin deficiency or medication side effects.¹ If it is Alzheimer's, an early diagnosis gives you more time to plan and take the appropriate steps to protect their well-being and develop support.

Trusted Care. True Compassion.®

What Are the Early Signs and Symptoms of Alzheimer's?

Memory

Often misplacing items, forgetting names of close friends, getting lost in frequently visited places

Speech

Repeating oneself and struggling with vocabulary

Visual perception

Experiencing difficulty reading and judging distances

Concentrating, organizing or planning

Having trouble making decisions or completing simple, everyday tasks

Disorientation

Confusion about the day of the week or where they are in the moment

Mood

Feeling anxious, depressed or irritable

Steps to Support Your Loved One with Alzheimer's

As your loved one learns to cope with Alzheimer's, here are several steps you can take to ensure their safety and improve their quality of life.

1 Educate yourself

Learning about this disease can help you understand their unique needs, set realistic expectations and find coping strategies to help control your reactions to their unusual behaviors. You can join a support group online or in your community for practical advice and encouragement from others who share your experiences.

2 Secure the home

Removing potential hazards and ensuring all home alarms are updated and properly working can help protect their well-being and provide you peace of mind.

3 Promote a healthy lifestyle

There is growing scientific evidence that healthy behaviors may reduce the risk of cognitive decline.² These behaviors and lifestyle changes include:

- Not smoking
- Limiting alcohol consumption
- Maintaining a healthy weight
- Preventing or managing high cholesterol and blood pressure
- Keeping blood sugar within the healthy target range
- Staying physically active
- Regular engagement with your friends, family and community

4 Seek treatment and supportive care options

While there is no cure for Alzheimer's, numerous options exist for treating its symptoms and even slowing its progression. Please consult your loved one's doctor to discuss medications, therapies, and strategies for symptom and behavior management.

5 Prepare and organize

Prepare accordingly by encouraging your loved one to organize their legal and financial documents and other items before their symptoms worsen, including their bank account information, vehicle titles, will and power of attorney.

6 Develop a support network

As Alzheimer's symptoms progress, their need for support will increase. It's best to establish a strong support system early on, including other family members or home care and respite care options.

7 Keep their mind engaged

Your loved one still yearns for fun and meaningful connection. Try to engage their senses through their favorite music, hobbies and activities. If you play a game, try to pick one that gives them a sense of accomplishment and sparks creativity but avoid those with a definitive right and wrong or possibility of failure.



Alzheimer's & Dementia Support

Caring for a loved one with Alzheimer's can be difficult to manage on your own. Fortunately, you don't have to; we provide a specialized care approach for individuals facing memory loss or declining cognitive function, including:

- Preserving your loved one's daily routines by assisting them with everyday tasks
- Keeping a close eye on them to safeguard their well-being
- Comforting them and providing companionship as they adjust to their circumstances
- Monitoring the progression of their symptoms to keep you apprised of any changes

Sources: 1: <https://www.cdc.gov/aging/aginginfo/alzheimers.htm> 2: <https://www.cdc.gov/aging/publications/features/healthy-body-brain.html>

Trusted Tips are provided by HomeWell Care Services as part of HomeWell Cares, our community education initiative. Find out more at homewellcares.com.

HomeWell[®]
CARE SERVICES

©2022 HomeWell Franchising, Inc. All rights reserved. 0522