

TEN A'S FOR ALZHEIMER'S CARE

Providing care for family members with dementia (Alzheimer's disease, Vascular Dementia, Lewy Body Dementia, Frontotemporal Lobe Dementia, Parkinson's Dementia, etc.) is often difficult and can be the source of anxiety and discomfort. The following information is provided in the hope that it will assist in enhancing the quality of dementia-related care given by all caregivers.

Arguments are useless. In fact they often make matters worse. Confusion and frustration are making the person behave irrationally and you can't argue them out of it.

Allow as much freedom and independence as possible, keeping safety and comfort in mind.

Actions help when verbal communication may fail. Help the person by demonstrating what you mean, or sometimes by starting the activity.

Assume that the person may understand and hear what you say even if they are confused. Do not say things to others in front of them as if they are deaf.

Appreciate the good moments of good days even though the person's ability is not going to remain capable.

Appropriate activities help people pass the time meaningfully and productively, and reduce agitation, boredom, daytime sleeping, and depression.

Agitation is often alleviated when the caregiver remains calm, reassuring, and respectful of the other person's feelings.

Adults with disabilities are still adults. It is important that they are always treated with respect and dignity.

Adapt the task to fit the ability of the resident. Break down the activity into separate steps; simplify tasks by eliminating parts that could be frustrating.

Assessments are ongoing. What is safe and effective for now may not be so at a later time. Keep watching and re-evaluating.



If you are caring for a loved one with Alzheimer's disease or a related memory loss, call Aging Resources of Central Iowa at (515) 255-1310.

Adapted from the Southern Tier Missouri Alzheimer's Chapter Newsletter