

Rushing

Simply put, leave early and allow more time. Trying to rush will only heighten anxiety for both the caregiver and the person with Alzheimer's disease.

Control

Give it up. You must be flexible in your desire to meet goals. Educate yourself about the disease. Stick to a regular routine. Learn to predict behavior problems whenever possible.

Talk About It

Comments made by family, friends, and strangers can be hurtful. If given the opportunity, tell others how you are feeling rather than letting it build up inside you. Educate them about the disease.

Achievement

Celebrate small achievements. Set expectations at a level the person with AD can actually perform to help them feel a sense of accomplishment.

Attitude

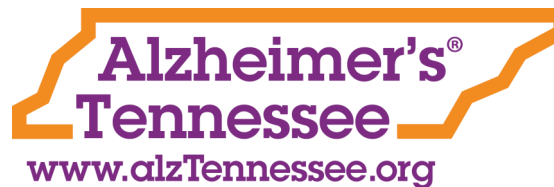
Your attitude and facial expression will likely be mimicked by the person with Alzheimer's disease. Take a minute to calm yourself and prepare for every interaction.

Reminiscing

Get creative about using every possible moment for reminiscing. These are the moments you will miss when your loved one is gone. Use music that is familiar to them, pictures, art, and storytelling to spark memories for both of you.

You Are Not Alone

- Family Counseling & Care-Planning
- Education & Resource Referrals
- Caregiver Training
- First Responder Education
- FREE Helpline
- Support Groups
- Advocacy
- Research



Alzheimer's Tennessee Mission:
To serve those facing Alzheimer's disease and related dementias, to promote brain health through education, and to champion global prevention and treatment efforts.

Alzheimer's Tennessee, Inc. is the only independent 501(c)3 not for profit organization that has been in Tennessee for families facing Alzheimer's since 1983.

100% of funds raised benefit Tennesseans.

Alzheimer's Tennessee Main Office

5801 Kingston Pike, Suite 101, Knoxville, TN 37919

Eastern Tennessee

5801 Kingston Pike, Ste. 102
Knoxville, TN 37919

Phone: 865.544.6288

Cumberlands

1459 Interstate Dr., Ste. 211
Cookeville, TN 38501

Phone: 931.526.8010

Northeast Tennessee

3212 Hanover Road, Ste. 5
Johnson City, TN 37604

Phone: 423.330.4532

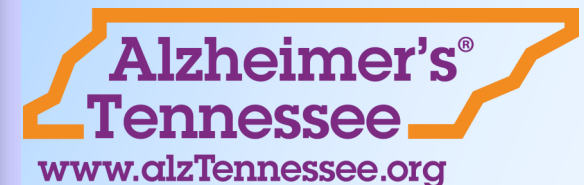
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Practical Suggestions for Everyday Concerns



It's no secret that caregivers for people who have Alzheimer's disease have their hands full.

Here are some practical suggestions for caregivers.



Alzheimer's: A Journey No One Should Take Alone

Communication

Logic and reasoning may not work. Apologize for having such a hard time and show them what you want rather than speaking it.

Rigidity

Physical exercise is very important to keep muscles and joints working. Walking and stretching are good exercises.

Cueing

Use illustrated signs for rooms in the home. Perform the task you are requesting from them, then point to them. They may be able to mimic the behavior when they can't understand the words.

Faith

If spirituality was an important part of a person's life before they were diagnosed with Alzheimer's disease, make sure they continue to have outlets for spiritual expression. You may consider attendance at a smaller church, televised sermons/music, and family Bible reading.

Clinging

As vision fails and the person with Alzheimer's disease becomes more uncertain, they may cling to you for support. Reassure them of your presence, give them something to do where they can see you, and don't be afraid to ask for support from family and friends.

Undressing

Undressing inappropriately may be a cue that the person with AD is anxious or uncomfortable. Assess the discomfort and distract or divert attention.

Paranoia

A person with Alzheimer's disease may put things away to secure them and forget where they put them. Get to know their hiding places by helping them look for lost objects. Distract them with reminiscing.

Falls

Falls often occur due to poor vision and depth perception. Remove unnecessary obstacles on the floor and tables, secure rugs and cords, and don't move furniture unless it is necessary. Never leave your loved one alone if they can't respond appropriately in case of emergency.

Aggression

Stay calm and avoid physical confrontation. Notice nonverbal cues. Remove potentially harmful items from the immediate environment. Try reassuring comments such as, "I'll stay with you until you feel better." When appropriate, provide the person with an opportunity to experience a sense of control. Consult the family physician if the behavior continues or gets worse.

Fabrication

Where memory fails, expressions of thoughts and events are intermingled with fictitious comments as the person tries to fill in the gaps. This behavior is not malicious, but a part of the disease process. Encourage the person to speak slowly and eliminate background noise.

Incontinence

Incontinence may occur due to forgetfulness or inability to control one's bodily fluids. Make more frequent trips to the bathroom. Use adult incontinence briefs. Fidgeting is a common indicator of discomfort or physical need.

Wandering

Assess the reason for wanting to leave (e.g. looking for a bathroom, looking for "home"). Place a dark mat in front of exit doors. This may be perceived as a hole. Put curtains over the doorway and close the curtains in the evening. Remove knobs from the stove when not in use. Put knives and harmful chemicals out of sight and reach.

Bathing

Bathing can be a difficult time if it becomes difficult. Do not try to force someone to bathe. Try again later. Be sure the room temperature and water temperature are comfortable for them. Be aware of any pain you may be causing them.

Driving

You may need to request mediation with a healthcare professional or request that the doctor write a note stating that the person is no longer able to drive. If this is not possible, hide the keys or disable/remove the car.

