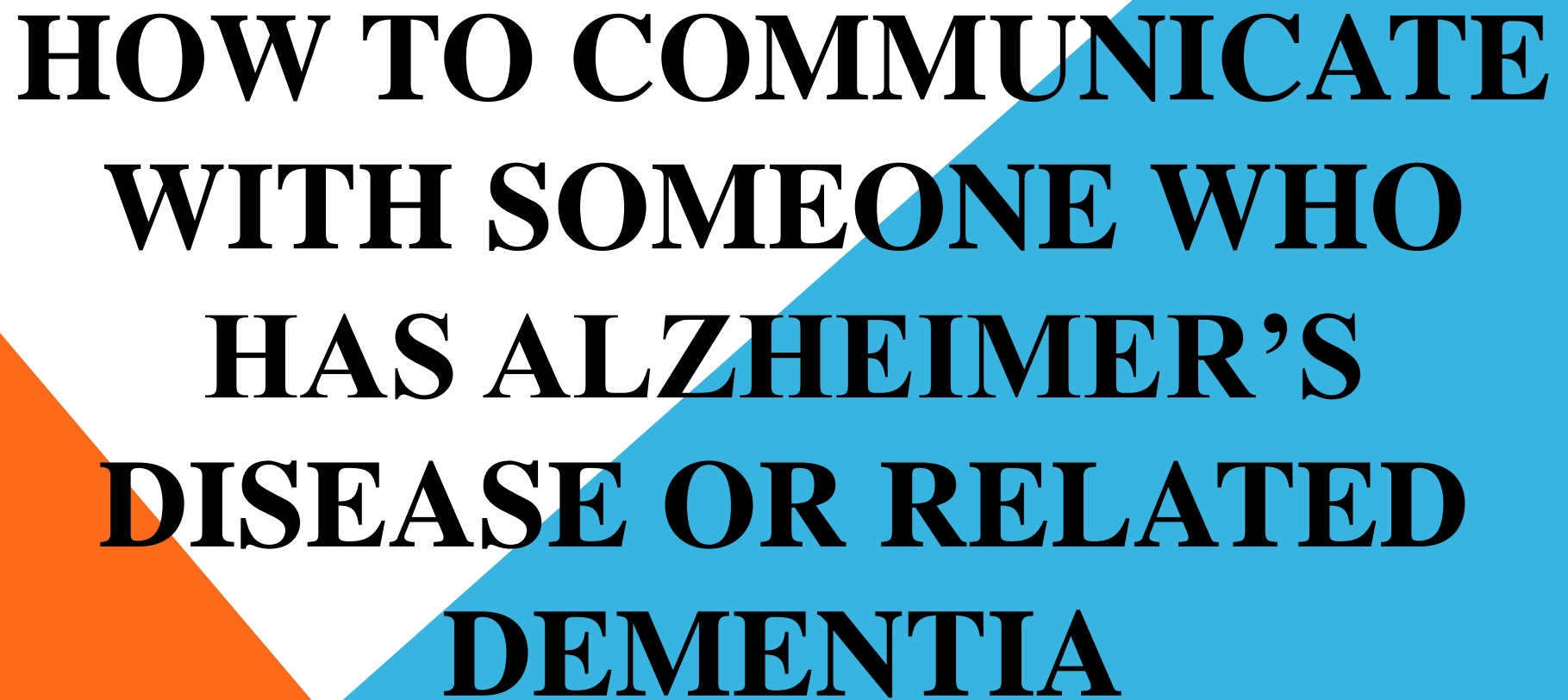


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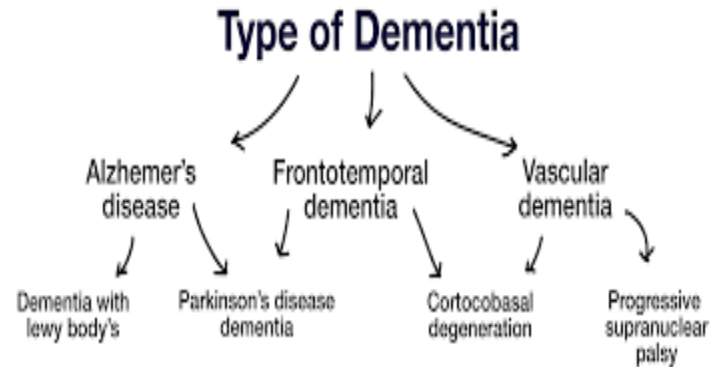
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HOW TO COMMUNICATE WITH SOMEONE WHO HAS ALZHEIMER'S DISEASE OR RELATED DEMENTIA

WHAT IS ALZHEIMER

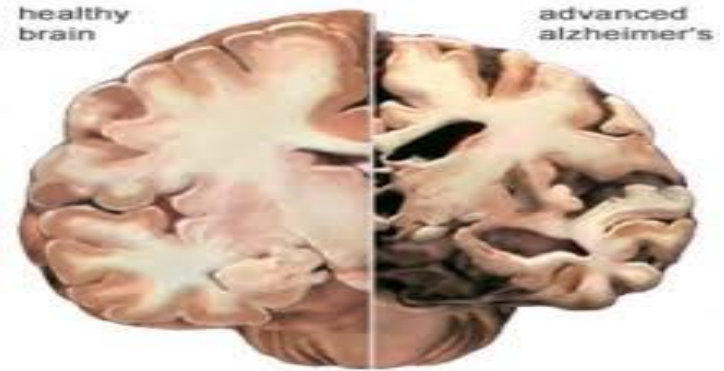
- Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior.
- Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.



<http://www.alz.org/>

DISEASE PROGRESSION OVERVIEW

- The symptoms of Alzheimer's disease worsen over time, although the rate at which the disease progresses varies.
- On average, a person with Alzheimer's lives four to eight years after diagnosis, but can live as long as 20 years, depending on other factors.



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DISEASE PROGRESSION OVERVIEW

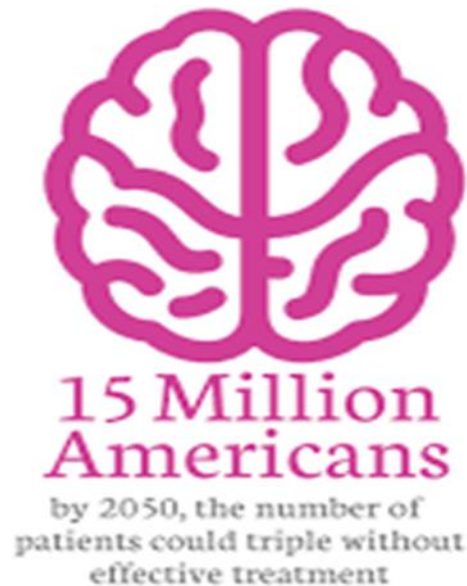
- Changes in the brain related to Alzheimer's begin years before any signs of the disease.
- This time period, which can last for years, is referred to as preclinical Alzheimer's disease.



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STATISTICS

- As many as 5 million people in the United States may have this disease.
- As our population ages, that number is expected to increase.



STATISTICS

- The number of Americans living with Alzheimer's disease is growing and growing fast. An estimated 5.4 million Americans of all ages have Alzheimer's disease in 2016.
- Of the 5.4 million Americans with Alzheimer's, an estimated 5.2 million people are age 65 and older, and approximately 200,000 individuals are under age 65 (younger-onset Alzheimer's).
- One in nine people age 65 and older has Alzheimer's disease.
- By mid-century, someone in the United States will develop the disease every 33 seconds.



STATISTICS

- These numbers will escalate rapidly in coming years, as the baby boom generation has begun to reach age 65 and beyond, the age range of greatest risk of Alzheimer's.
- By 2050, the number of people age 65 and older with Alzheimer's disease may nearly triple, from 5.2 million to a projected 13.8 million, barring the development of medical breakthroughs to prevent or cure the disease.
- Previous estimates based on high range projections of population growth provided by the U.S. Census suggest that this number may be as high as 16 million.

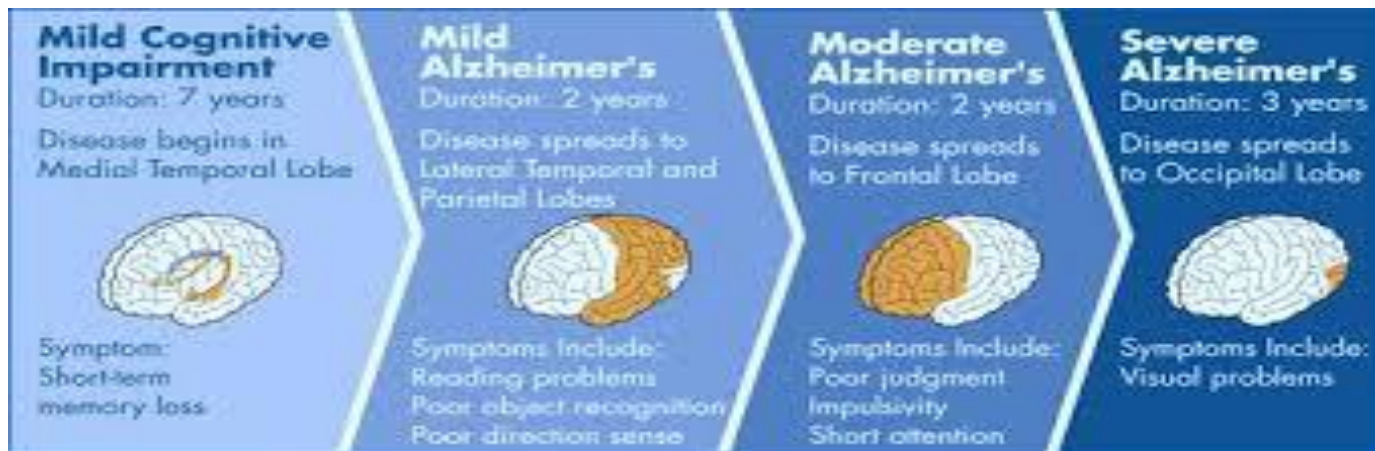
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STAGES OF THE ALZHEIMER'S DISEASE

- The stages below provide an overall idea of how abilities change once symptoms appear and should only be used as a general guide.
- They are separated into three different categories: mild Alzheimer's disease, moderate Alzheimer's disease and severe Alzheimer's disease.
- Be aware that it may be difficult to place a person with Alzheimer's in a specific stage as stages may overlap.

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MILD ALZHEIMER'S DISEASE STAGE

- Mild Alzheimer's Disease stage more known as early stage, where a person may function independently.
- He or she may still drive, work and be part of social activities.
- Despite this, the person may feel as if he or she is having memory lapses, such as forgetting familiar words or the location of everyday objects.



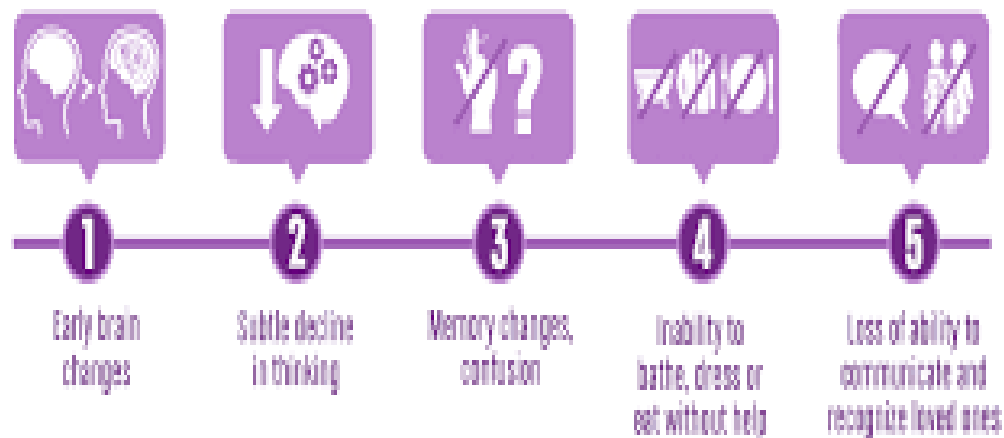
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MILD ALZHEIMER'S DISEASE STAGE

- Friends, family or neighbors begin to notice difficulties.
- During a detailed medical interview, doctors may be able to detect problems in memory or concentration.

ALZHEIMER'S CARE

THE ALZHEIMER'S TIMELINE

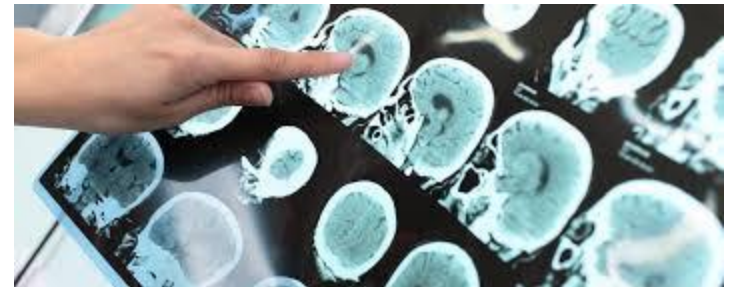
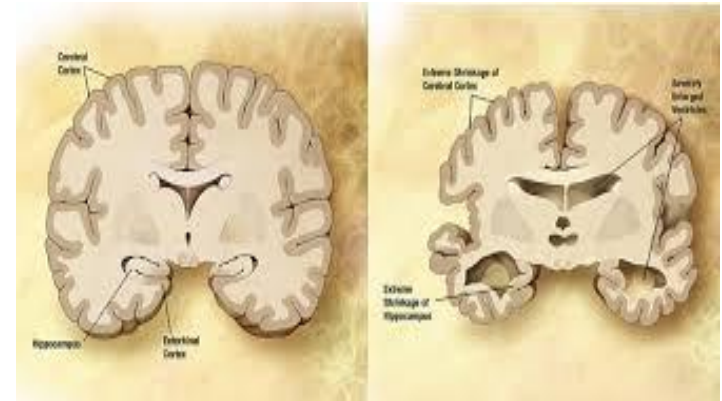


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MILD ALZHEIMER'S DISEASE STAGE

Common difficulties include:

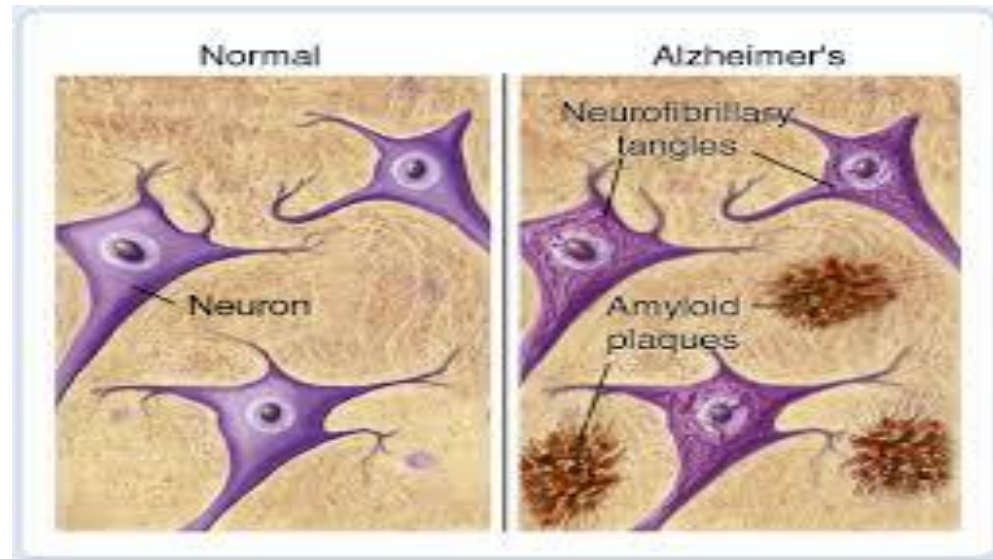
- Problems coming up with the right word or name.
- Trouble remembering names when introduced to new people.
- Having greater difficulty performing tasks in social or work settings.
- Forgetting material that one has just read.
- Losing or misplacing a valuable object.
- Increasing trouble with planning or organizing.



MODERATE ALZHEIMER'S DISEASE STAGE

- Moderate Alzheimer's best known as middle stage, is typically the longest stage and can last for many years.
- As the disease progresses, the person with Alzheimer's will require a greater level of care.

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MODERATE ALZHEIMER'S DISEASE STAGE

- You may notice the person with Alzheimer's confusing words, getting frustrated or angry, or acting in unexpected ways, such as refusing to bathe.
- Damage to nerve cells in the brain can make it difficult to express thoughts and perform routine tasks.

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MODERATE ALZHEIMER'S DISEASE STAGE

Symptoms may include:

1. Forgetfulness of events or about one's own personal history.
2. Feeling moody or withdrawn, especially in socially or mentally challenging situations.
3. Being unable to recall their own address or telephone number or the high school or college from which they graduated.



MODERATE ALZHEIMER'S DISEASE STAGE

4. Confusion about where they are or what day it is.
5. The need for help choosing proper clothing for the season or the occasion.
6. Trouble controlling bladder and bowels in some individuals.
7. Changes in sleep patterns, such as sleeping during the day and becoming restless at night.
8. An increased risk of wandering and becoming lost.
9. Personality and behavioral changes, including suspiciousness and delusions or compulsive, repetitive behavior like hand-wringing or tissue shredding.



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SEVERE ALZHEIMER'S DISEASE STAGE

- Severe Alzheimer's disease, most known as late-stage, is a final stage of this disease, individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement.
- They may still say words or phrases, but communicating pain becomes difficult.
- As memory and cognitive skills continue to worsen, personality changes may take place and individuals need extensive help with daily activities.

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SEVERE ALZHEIMER'S DISEASE STAGE

At this stage, individuals may:

- Require full-time, around-the-clock assistance with daily personal care.
- Lose awareness of recent experiences as well as of their surroundings.
- Require high levels of assistance with daily activities and personal care.
- Experience changes in physical abilities, including the ability to walk, sit and, eventually, swallow.
- Have increasing difficulty communicating.
- Become vulnerable to infections, especially pneumonia.

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ALZHEIMER'S DISEASE

- People with Alzheimer's disease can't control what is happening to them.
- We have control over our thoughts and behavior, so as caregivers we are the ones who must change, and learn new ways to relate to the person with Alzheimer's.



ALZHEIMER'S DISEASE

- When caring for someone with Alzheimer's disease, the most important thing to take care of is that person's feelings.



COMMUNICATION PROBLEMS

- Alzheimer's disease affects language.
- The first sign is difficulty finding the right words for things.
- The person may substitute words, asking you to pass the salt when he or she meant to say sugar.
- As the disease progresses, language becomes more and more vague.
- It is difficult for him or her to give specific details.



COMMUNICATION PROBLEMS

- Repetitive questions usually express a concern.
- Anyone with a concern that is not being addressed will become louder and more persistent.
- He may ask the same question again because he can't remember that he just asked it, and his concern hasn't gone away.



CAREGIVERS GOAL IN COMMUNICATION

- The caregiver's goal is not to make the question go away.
- To make the worry go away for a second or two, and then the question may come back.
- It's okay to give the same answer if it helped to soothe him.
- Expect certain situations to trigger repetitive questions. It is not the caregiver using poor technique, it is the nature of the disease.



COMMUNICATION PROBLEMS

- People with Alzheimer's may become aggressive in response to the environment.
- Bath time is often when aggressive behavior is displayed.
- Aggressive behavior is a form of communication.



CAREGIVERS GOAL IN COMMUNICATION

- The caregiver's approach may also play a part.
- Rushing, speaking harshly, or forcing the person may result in an aggressive response.
- Caregiver's job is to respect someone with Alzheimer's communication.



FORMS OF COMMUNICATION

Forms of communication may include:

- Gestures
- Distraction
- Singing
- Reading
- Simple
- Short sentences
- Action/social cues.



DISTRACTION
JUST ANOTHER MEANINGLESS MESSAGE TO KEEP
YOU FROM PAYING ATTENTION TO ALL OF THE ISSUES THAT REALLY MATTER

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COMMUNICATION PROBLEMS

- Trying to bring the person with Alzheimer's back to present-day reality is **not effective**.
- **We need to adapt to his or her reality.**
- It is okay to go anywhere in any time period in order to communicate.



COMMUNICATION PROBLEMS

- An Alzheimer's Support Group is one of the best ways to learn more communication techniques.
- You can learn a great deal by listening to others who are going through a similar experience.

62 SUPPORT GROUPS
520 ATTENDEES
PER MONTH

Alzheimer's
Support
Groups

Alzheimer's
Family
Organization
FAMILY IS OUR MIDDLE NAME

WALK TO
END
ALZHEIMER'S
alzheimer's association™

alzheimer's
association

THE END