

6 Important Things to Keep in Mind When Taking Care of Alzheimer's Patients

1. **Be Patient and Calm:** Alzheimer's patients may forget things or become confused easily. Always speak gently and calmly.
2. **Create a Safe Environment:** Remove sharp objects and install grab bars to prevent falls and injuries.
3. **Maintain a Routine:** A regular daily schedule helps reduce confusion and anxiety.
4. **Use Simple Language:** Speak slowly and use short, clear sentences to help them understand.
5. **Encourage Activities:** Involve them in simple games, walking, or music to stimulate their mind.
6. **Take Care of Yourself:** Caregivers should also rest, eat well, and ask for support when needed.