## What is Alzheimer's Disease?

Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior. It slowly destroys brain cells and impacts a person's ability to carry out everyday tasks.

## Stages of Alzheimer's Disease

### 1. Early Stage

In the early stage, a person may forget recent events or conversations, misplace things, or feel confused in familiar places.

### 2. Moderate Stage

In this stage, memory worsens. The person may struggle to recognize friends and family, have trouble speaking, or become frustrated or moody.

### 3. Severe Stage

In the severe stage, the person may lose the ability to communicate or control movement. Full-time care is usually needed.

## How to Behave with Alzheimer's Patients

• Be calm and patient.  
• Use simple language and repeat if necessary.  
• Avoid arguing. Redirect the conversation gently.  
• Show love, support, and kindness.  
• Encourage them with activities they can still enjoy.

## How to Take Care of Alzheimer's Patients

• Create a safe home environment.  
• Set a daily routine to reduce confusion.  
• Help with daily tasks like eating, dressing, and bathing.  
• Monitor their health and medications.  
• Take breaks and ask for help as a caregiver.