

LIVING WITH ALZHEIMER'S

LIFE WITH ALZHEIMER'S CAN MAKE EVERYDAY TASKS INCREASINGLY DIFFICULT.

Accepting that there are things that are out of your control and having friends, family and resources available can provide more supportive environment as your loved one stages through Alzheimer's.

Those with Alzheimer's, and their family/friends, may try and cover up difficulties to avoid embarrassment for themselves. Trying to cover up difficulties and 'faking it' can lead to a lot of errors and become a source of excess stress. Implementing consistency by setting daily goals, executing wellness routines, and having a strong network around you may help reduce stress and maximize independence to live a meaningful life.

RECOGNIZING SYMPTOM COVER UPS

LOVED ONE REFUSES TO PARTICIPATE IN ONCE FAMILIAR ACTIVITIES.

LOVED ONE BECOMES WITHDRAWN

DENIAL OF THEIR OWN COGNITIVE IMPAIRMENT



SETTING REALISTIC GOALS

Take the time to set realistic goals and focus on what you're able to do today. Some tasks may become too difficult for your loved one, even with a reminder. Take the time to



IDENTIFY what you're able to do & enlist family, friends or a care partner to help assume responsibilities. This will help to reduce stress & accomplish important tasks.



PRIORITIZE tasks to determine if they are necessary



STRATEGIZE & find a solution that works best for you to accomplish your end result.

Helpful hints to help your loved one be successful and independent may include: setting out clean clothes the night before so they do not get overwhelmed, making weekly meals so they only have to heat them up, and ensuring medication is taken by asking guests to check the pill boxes and report back to you. Setting realistic goals and having a family / friend network to assist in care will help cut down on caregiver stress and encourage independence.



HEALTH AND WELLNESS

In our previous article (Planning for Alzheimer's), putting together a care plan with **FAMILY, FRIENDS, DOCTORS AND CARETAKERS**



provides a network of supportive individuals committed to caring for you or your loved one. This should be one of the first steps that you take when planning for the future.

HEALTH AND WELLNESS ARE IMPERATIVE TO KEEPING YOU & YOUR LOVED ONE IN A **POSITIVE PHYSICAL, — MENTAL & EMOTIONAL PLACE. —**

Creating a healthy lifestyle can assist your loved one in living well with Alzheimer's for as long as possible. Maintain physical health by establishing a routine for diet and exercise, getting regular checkups, and monitoring any health changes. Research suggests that mild-to-moderate physical activity may help or slow a decline in thinking skills, reduce stress and symptoms of depression. Exercising both your body and mind are essential.

PLAYING SPORTS

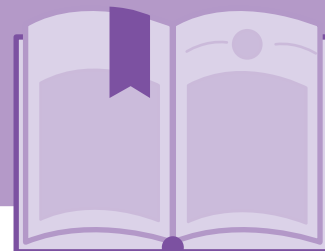
4 + TIMES PER WEEK

REDUCES **47**
PSYCHOLOGICAL **PERCENT**
STRESS BY



ON NATIONAL AVERAGE
AMERICANS AGE 25-34
READ FOUR
MINUTES PER DAY

AMERICANS AGE 75+
READ
ONE HOUR
PER DAY



Mental stimulation, whether learning new information, reading and challenging yourself in a hobby, can increase your brain activity. While it's not proven to deter symptoms/signs it's beneficial for your physical health and mental well-being.

FINAL INSTALLMENT OF OUR
FIVE PART MEMORY CARE SERIES

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For additional information & resources visit: **ALZ.ORG**