

### Dementia

**People with dementia, begin to forget things and have problems doing everyday tasks.**



*Talk to your doctor about your memory loss.*



*Try to exercise every day.*



*Create a safe and supportive home.*

#### Here is what you can do to help yourself.

- Get regular checkups and take your medication as prescribed.
- Do the activities you like as long as you are able to.
- Try to stop smoking.
- Have a plan for emergencies or call 911.
- Join a support group. The Alzheimer's Association can help.

#### Ask Your Doctor's office or clinic:

- What medicines may help slow down the dementia.
- About day programs that keep you active.
- About driving.

#### Call Your Doctor's office or clinic:

- About medicines you are taking as some could make your symptoms worse
- If there are big changes in how you are acting, what you are thinking or if you feel sad.

**Contact the Alzheimer's Association Safe Return** to get an ID bracelet at 1-888-572-8566.

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### CAREGIVERS

#### Taking care of people with dementia is hard.

#### Here is what you can do to help them:

- Always address the person by name.
- Create a daily routine by waking up, bathing, dressing, eating and going to bed at the same time each day.
- Use Velcro closures on clothing. They are easier than buttons and zippers.
- Create a safe and supportive home. Limit access to dangerous places. Have an even level of light in hallways and rooms. Use night-lights.
- Try to keep the person from falling or getting hurt. Install grab bars and non-skid strips in the bathroom.
- Have a list of emergency phone numbers.

#### Ask The Doctor's office or clinic:

- What stage the person is in and what to expect.
- If all tests were done to be sure dementia is not caused by something that can be fixed or reversed.
- What medicines to give and how to give medicines.
- About planning for the future, end-of-life decisions and hospice care.

**Call The Doctor's office or clinic** if there are big changes in how the person is acting or thinking.

Supported by a grant from **Forest Laboratories**

For more information, go to [www.MedlinePlus.gov](http://www.MedlinePlus.gov) and search for "Dementia" or go to [www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm](http://www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm)

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