Dementia

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

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 of 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 at 1-888-572-8566.

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.