

# Alzheimer's & Brain Awareness Month JUNE 2019

alzheimer's  association®

## 10 WARNING SIGNS OF ALZHEIMER'S

### 1. MEMORY LOSS THAT DISRUPTS DAILY LIFE.

One of the most common signs, especially in the early stage, is forgetting recently learned information.

### 2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS.

A person with Alzheimer's may begin to find it difficult to follow a familiar recipe or keep track of monthly bills.

### 3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE.

### 4. CONFUSION WITH TIME OR PLACE.

### 5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS.

### 6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING.

### 7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS.

### 8. DECREASED OR POOR JUDGEMENT.

People with Alzheimer's may experience changes in judgement or decision making such as giving large amounts of money to telemarketers.

### 9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES.

### 10. CHANGES IN MOOD AND PERSONALITY.

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious.

## About Dementia

The Alzheimer's Foundation describes Dementia as a general term to describe a wide range of symptoms associated with decline in memory or other thinking skills, including judgment, reasoning and complex motor skills. There are different types of dementia-related illnesses; however, Alzheimer's is the most common.

It is important to remember that not all memory problems are caused from dementia. There are a number of other causes of memory issues, including vitamin deficiency, thyroid problems, urinary tract infections, medication side effects, stress, and depression. Many of these are treatable and, in some cases, curable.

## What is Alzheimer's disease?

According to the Alzheimer's Foundation, Alzheimer's disease is a progressive brain disorder that impacts memory, thinking and language skills, and the ability to carry out the simplest tasks. Alzheimer's is not a normal part of aging, and the signs of this disease differ from normal forgetfulness. Early detection and diagnosis can help with support and treatment.

## Common signs and symptoms of caregiver stress

- ❖ Anxiety, depression, irritability.
- ❖ Feeling tired and run down.
- ❖ Difficulty sleeping.
- ❖ Overreacting to minor nuisances.
- ❖ New or worsening health problems.
- ❖ Trouble concentrating

## TIPS FOR MANAGING CAREGIVER STRESS

1. Ask for help.
2. Take daily breaks.
3. Just say no. Accept the fact that you can't do everything.
4. Get organized - try to keep your responsibilities prioritized.
5. Stay connected with friends and family. Make time for social gatherings- dinner with friends, attending family events and holiday celebrations, etc.
6. Try to maintain a positive attitude.
7. Make your health a priority- get a good night's sleep, find time to be physically active and eat a healthy, balanced diet.
8. Join a caregiver support group.