

alzheimer's association

living with alzheimer's

for caregivers

Early Stage



caring
making decisions
safety
connection
daily strategies

living with Alzheimer's

Learning objectives: Early-Stage Program

Objectives:

- Describe the symptoms of the early stage of Alzheimer's disease.
- Explain the legal, financial and resource planning that needs to be done in the early stage.
- Define the components of a care team and describe how to successfully work with each component during the early stage of the disease.

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Part 1



caring
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safety
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Understanding dementia


- Dementia is a general term for a group of brain disorders that affect:
 - Thinking
 - Memory
 - Judgment
 - Personality
- There are different types of dementia, including:
 - Alzheimer's disease
 - Vascular dementia
 - Mixed dementia
 - Dementia with Lewy bodies
 - Frontotemporal dementia
 - Parkinson's disease

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Understanding Alzheimer's disease

- Alzheimer's disease causes problems with:
 - Memory
 - Thinking
 - Behavior
- It is not a normal part of aging.
- Symptoms can vary among individuals.
- The disease leads to nerve cell death and tissue loss throughout the brain, affecting nearly all its functions.




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Understanding Alzheimer's disease

- Alzheimer's disease has no cure.
- Behavioral and environmental interventions are most effective and should be tried first.
- Two types of medication treatments offer modest help:
 - Cholinesterase inhibitors
 - Memantine
- For more information, see the Alzheimer's Association's brochure, "The Basics of Alzheimer's Disease"



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Early-stage symptoms

- Memory changes
- Changes in executive functioning
- Concentration changes
- Difficulty with reasoning and abstract thinking
- Difficulty with language and ability to communicate
- Impaired judgment
- Confusion with time or place
- Difficulty with visual-spatial relations
- Withdrawal from work or social activities
- Personality changes

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Early symptoms



Alan has a diagnosis of Alzheimer's disease.

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Developing a "new normal"

Words from a caregiver:

"Success means that you have found a way to be happy within the confines of this disease."

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Where to start?


- Accepting the diagnosis
- Developing your care team
- Beginning to make plans for the future
 - Legal
 - Financial
 - Future care
 - Safety
- Living each day to the fullest

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Accepting the diagnosis

- Accept that future plans will change

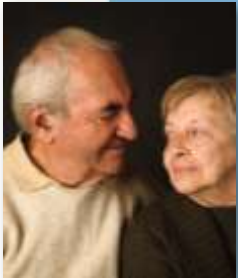


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Accepting the diagnosis


- Accept that future plans will change
- Accept your feelings



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Accepting the diagnosis

- Accept that future plans will change
- Accept your feelings
- Give yourself time



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First steps



Kitty's husband, Bill, has a diagnosis of Alzheimer's disease.

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Forming your care team



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You and the person with dementia


Work as a unit to:

- Monitor shifts in functioning
- Prepare for appointments by:
 - Choosing times together
 - Discussing the monitored changes
 - Noting questions and concerns
 - Reviewing care plans as a team

Person with AD & care partner

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Communication skills



John's wife, Mary Ann, has a diagnosis of Alzheimer's disease

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You and the person with dementia

Optimize the person's sense of well-being through:

- Physical exercise
 - Gardening
 - Walking
- Mental stimulation
 - Reading
 - Discussing issues of interest
- Social interaction
 - Maintain contact with friends, family and community

Person with AD & care partner

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You and the person with dementia

Care partner teams are more successful at navigating health care systems.

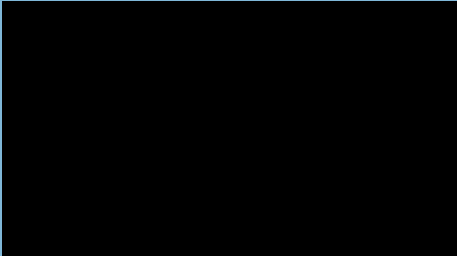
- Assist by:
 - Keeping a record of changes and questions to bring to doctors' appointments
 - Being present at appointments, asking questions and taking notes

Person with AD & care partner

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You and the person with dementia



Trish's husband, Bob, has a diagnosis of Alzheimer's disease.

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The care partner's roles

A care partner has multiple roles:


- Encourager
- Companion
- Supporter
- Planner
- Money manager
- Advocate



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Tips for coping with symptoms




Helping the person with dementia stay independent

- Use notes and calendars
- Stay organized
- Assist without offending

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Staying active




Carol's husband, Bob, has a diagnosis of Alzheimer's disease.

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Tips for helping the person stay active

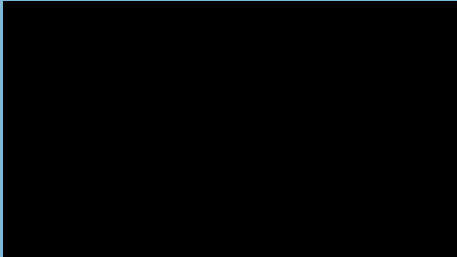
- Continue everyday tasks and routines to maintain sense of self
- Focus on unique strengths and interests
- Modify activities to match abilities
- Adapt activities over time
- Plan for rest periods
- Concentrate on the process, not on the result



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Live in the present




Greg's wife, Laura, has a diagnosis of Alzheimer's disease.

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Maintaining closeness and intimacy



Closeness can be enhanced by:

- Using loving words and physical touch
- Engaging in shared experiences that include touch
- Discussing issues directly
- Taking care of yourself and get support

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Tips for coping

Your role is made easier by:

- Asking for and accepting help from others
- Sharing your feelings
- Listening without judging
- Communicating that you will be there
- Working as a team
- Experiencing moments together
- Determining what really matters
- Doing it now
- Redefining intimacy

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WHAT WE DO & HOW WE HELP

Programs & Services in support of all forms of dementia

Our services are *free* but the support is *invaluable*

SUPPORT SERVICES & EDUCATION

Helpline We're here. All day, every day 800.272.3900

24/7 Referral and support service offered in 140 languages to provide information on memory loss, medications, treatment options, safety, caregiving tips, services, and guidance on issues faced at any stage of the journey. Call, email cleveland-helpline@alz.org, or chat with us via our local website at www.alz.org/cleveland.

Dementia Care Coaching

A telephone-based support program for caregivers that provides personalized information, resources, strategies and the creation of an action plan to help with decision making. Regular contacts with staff provide ongoing support over time to assist with the care of the person with Alzheimer's or another form of dementia. Available in Spanish.

SHARE: Next Steps After Diagnosis

An in-person, six-session counseling program that empowers people living with early-stage dementia and their care partner to live full and rewarding lives as they adapt to the challenges of dementia. The program honors each person's care values and preferences in order to build a strong network for support they can rely on now and in the future.

Early-Stage Services

Programs that provide education and support for individuals living with a memory and thinking disorder, their family members, and friends. Services include an in-person or over the phone consultation or monthly group meetings where participants learn about ways to effectively live with memory and thinking challenges.

Caregiver Support Groups

Monthly support groups throughout our five-county service area. Each group is facilitated by trained facilitators and provides information and support to individuals caring for someone with Alzheimer's disease or a related dementia. Spanish-speaking support group available.

Social Engagement Programs

Monthly programs specifically designed to enrich the mind, body and soul of those with mild to moderate memory and thinking disorders and their loved ones. Minds in Motion programs offer a variety of experiences, including exercise, art, music, and cooking. Art in the Afternoon programs provide specialty art tours at the Cleveland Museum of Art.

Community & Online Education Programs

Regular programming provides comprehensive information on a variety of topics including how to understand Alzheimer's disease and related dementias, communication tips, understand challenging behavior, addressing legal and financial issues, and many more. A current list of programs are posted on www.alz.org/cleveland. Some programs are presented in Spanish.

Professional Training Programs

Web-based trainings (CARES Training & essentiALZ Certification) available for staff working with those diagnosed with Alzheimer's disease and other forms of dementia.



ONLINE SERVICES

The Alzheimer's Association website offers many online support programs and message boards visit <http://www.alz.org/care/alzheimers-dementia-online-tools.asp>

Alzheimer's Navigator®

Alzheimer's Navigator is an innovative online tool designed for individuals with Alzheimer's disease, their families and caregivers. Alzheimer's Navigator creates customized and comprehensive action plans, based on answers provided through short, online surveys.

ALZConnected®

ALZConnected is the first dedicated online social networking community for anyone impacted by Alzheimer's disease. It provides a safe place for people to connect with others in similar situations, 24 hours a day, 365 days a year, at no charge.

Caregiver Stress Check

Take our caregiver stress check and get resources to help you cope and be a healthy caregiver.

Care Team Calendar

The Alzheimer's Association Care Team Calendar is a free personalized group calendar that helps organize family and friends who want to help with caregiving duties and tasks, such as providing rides, preparing meals or providing companionship.

Virtual Library

The Virtual Library is an extension of the Alzheimer's Association Green-Field Library, located at our national office in Chicago. Search the online catalog, view resources chosen by experts, email questions to our librarian and learn how to borrow materials.



SAFETY SERVICES

MedicAlert+Safe Return Identification Program

This nationwide identification, support and enrollment program assists in the identification and return of individuals with memory loss who wander. Benefits include identification materials, registration in a national database, a 24/7 toll-free number to contact, a personal health record, and a coordinated outreach to police.



RESEARCH

TrialMatch

A Clinical Studies Matching Service that provides anyone with an opportunity to not only take action for yourself but to also make an important contribution for current and future Alzheimer's patients and their families. Clinical trials accelerate progress and provide valuable insight. Without participation, finding a cure is virtually impossible. Learn more at www.alz.org/trialmatch.

Our services are free and made possible through the generous contributions of our supporters.

How you can support the Alzheimer's Association?

- Participate in the Walk to End Alzheimer's or the Longest Day special events
- Designate your workplace giving to the Association
- Plan a Fundraiser
- Attend our Annual Dinner
- Make a Memorial contribution in honor of someone

OFFICE INFORMATION

The Alzheimer's Association Cleveland Area Chapter has three office locations available for drop-in. Information on resources are available and staff members are on-site to answer questions and provide support without an appointment.

Offices are open Monday-Friday 8:30 am - 4:30 pm

Avon: Office
37309 Harvest Drive
Avon, Oh 44011

Beachwood Office
23215 Commerce Park Ste 300
Beachwood, Oh 44122

Mentor Office
8522 East Avenue
Mentor, Oh 44060