



# **DEMENTIA & ALZHEIMER'S**

ARLO Training

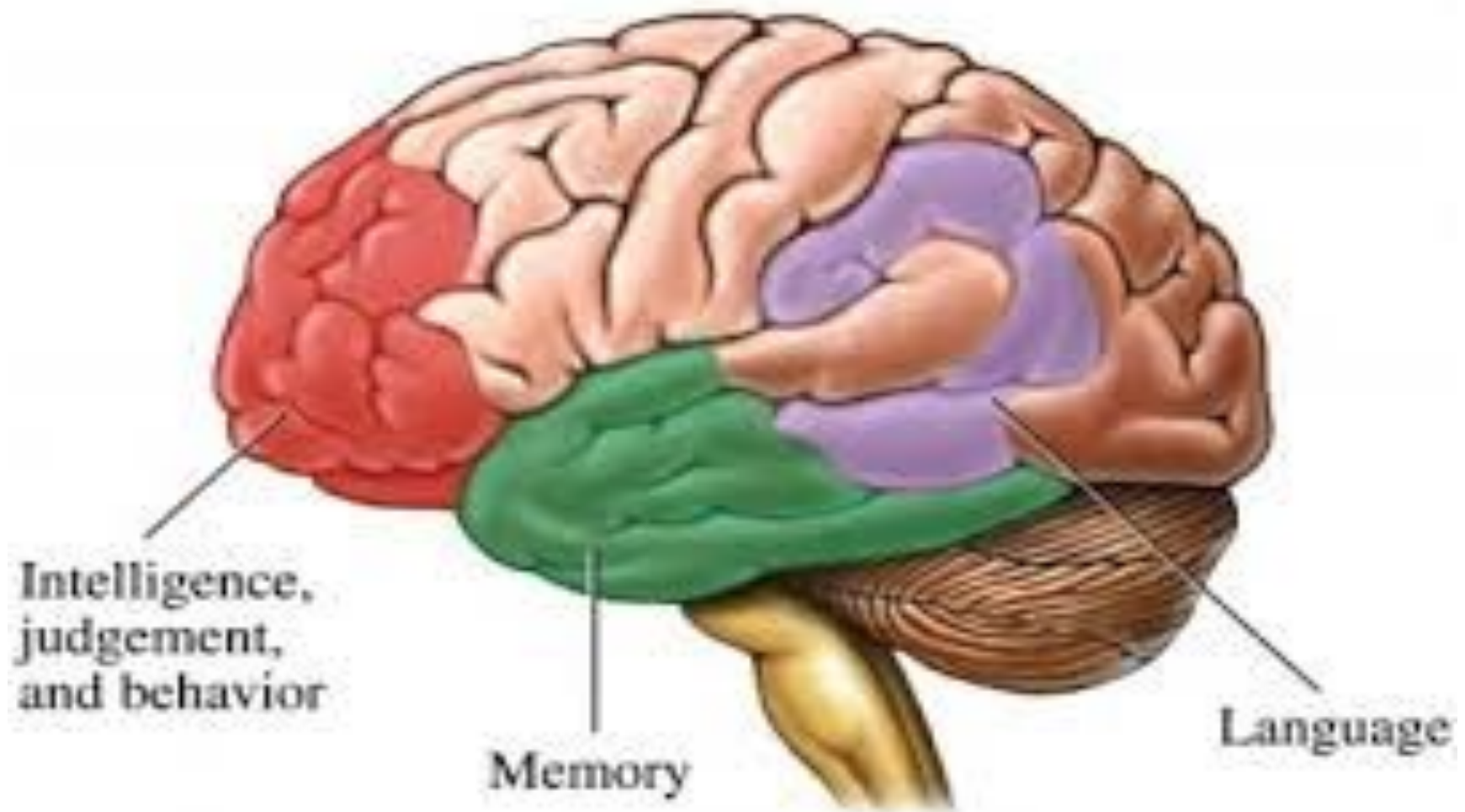


# WHAT IS ALZHEIMER'S

**Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior.** Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

# WHAT IS DEMENTIA ?

- Dementia isn't a specific disease. Instead, dementia describes a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning.
- Dementia indicates problems with at least two brain functions, such as memory loss and impaired judgment or language, and the inability to perform some daily activities such as paying bills or becoming lost while driving.



Intelligence,  
judgement,  
and behavior

Memory

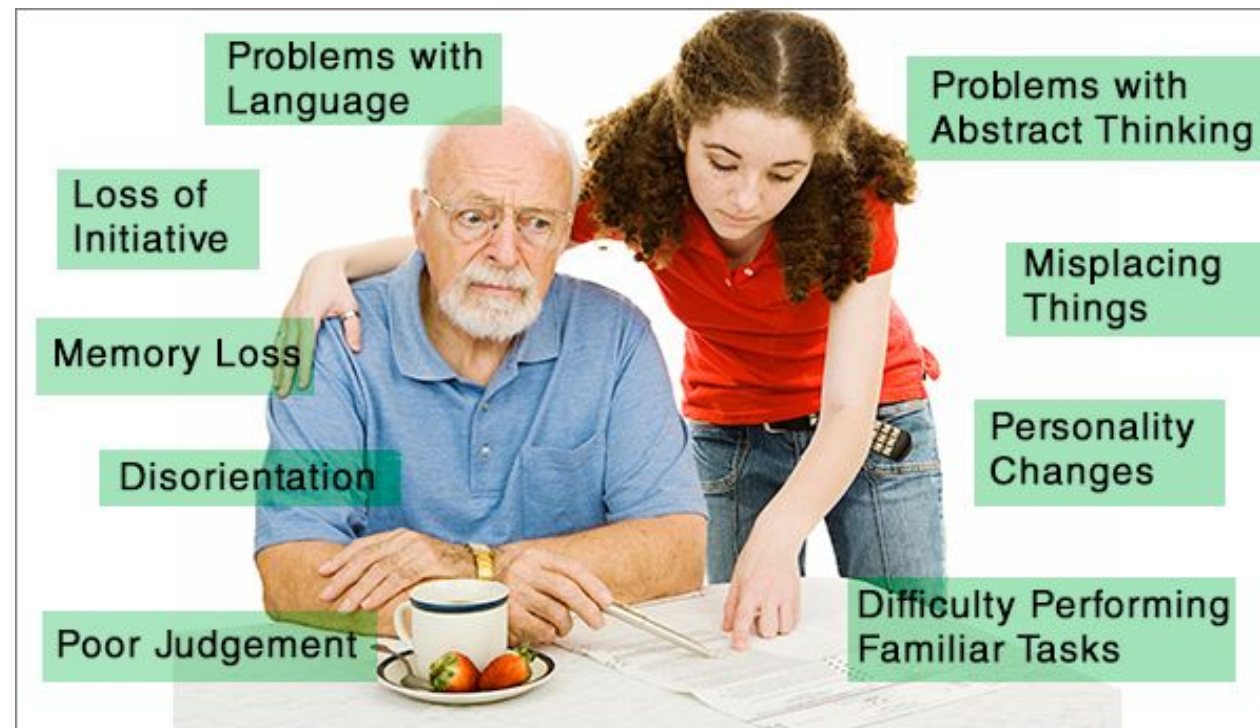
Language

# WHAT IS DEMENTIA?

- Though memory loss generally occurs in dementia, memory loss alone doesn't mean you have dementia. There is a certain extent of memory loss that is a normal part of aging.



# COMMON SIGNS AND SYMPTOMS OF DEMENTIA



Problems with Language

Problems with Abstract Thinking

Loss of Initiative

Misplacing Things

Memory Loss


Personality Changes

Disorientation

Poor Judgement

Difficulty Performing Familiar Tasks

**COMMON SYMPTOMS OF DEMENTIA**  
Learn More about Common Symptoms of Dementia at [LifeStyleOptions.com](http://www.lifestyleoptions.com):  
<http://www.lifestyleoptions.com/resources/caring-for-dementia.aspx>



10 EARLY SIGNS & SYMPTOMS OF

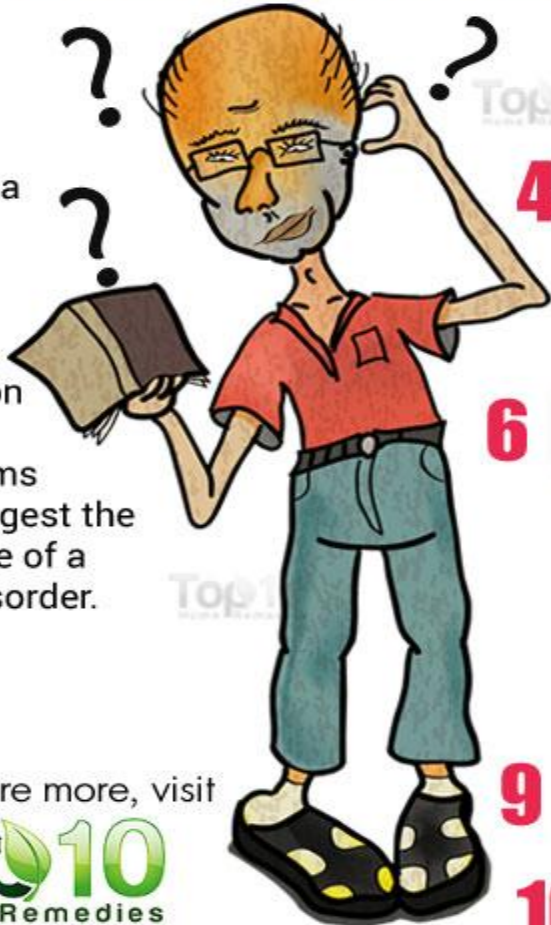
# DEMENTIA

Dementia is not a disease, rather it is a collection of many symptoms that suggest the presence of a brain disorder.

To explore more, visit

**Top10**  
Home Remedies

[www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)



**1** SUBTLE SHORT-TERM MEMORY LOSS

**2** DIFFICULTY COMMUNICATING THOUGHTS

**3** RAPID AGITATION AND MOOD SWINGS

**4** DISREGARD FOR GROOMING AND PERSONAL HYGIENE

**5** DIFFICULTY IDENTIFYING HUMOR

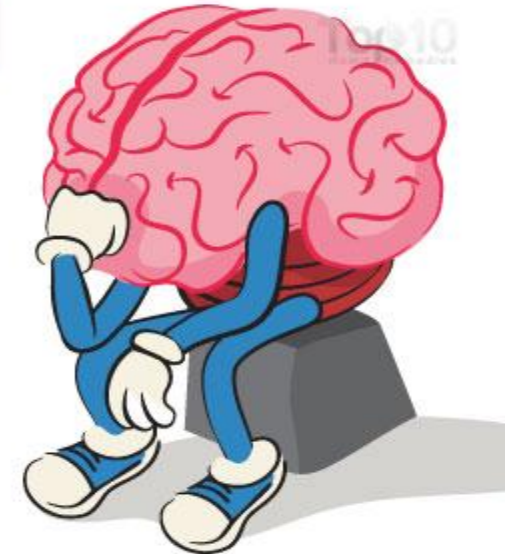
**6** FREQUENT FALLING AND TRIPPING

**7** LAPSE IN JUDGMENT

**8** MISPLACING THINGS

**9** LACK OF INITIATIVE OR APATHY

**10** GETTING CONFUSED OFTEN



## FACTORS THAT INCREASE DEMENTIA RISK







# TIPS FOR COMMUNICATING WITH A PERSON WITH DEMENTIA

- Set a positive mood for interaction.
- Get the person's attention.
- State your message clearly.
- Ask simple, answerable questions
- Listen with your ears, eyes and heart.
- Break down activities into a series of steps.
- When the going gets tough, distract and redirect.
- Respond with affection and reassurance.
- Remember the good old days. Maintain your sense of humor

# THOUGHT OF THE DAY

“Persons living with dementia  
are often capable of  
more than we can imagine.”

Bob DeMarco, Alzheimer's Reading Room.com

# THOUGHT OF THE DAY

“Those with dementia are still people and they still have stories and they still have character and they are all individuals and they are all unique. And they just need to be interacted with on a human level.”

- Carey Mulligan



Let's  
Take a  
Quiz