

More than 5 million people live with Alzheimer's disease.

Many are cared for by family members in the home. But what happens to the ones providing constant, stressful care 24/7?

Overlooked, these family members often provide care at the expense of their own mental and physical wellbeing. Reduce this risk by providing routine, scheduled respite care. Using an agency that has trained and professional caregivers means a family caregiver can focus on some personal time, while being assured a loved one is in capable hands.



Contact

CareWorks Health Services
to learn more, or visit our
website for tips to help in
communication and understanding.



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HCO#304700005



"We give our clients peace of mind, knowing their loved one is receiving the care they need in the place they want most, in their home. With CareWorks, seniors and disabled individuals can live an independent, safe and comfortable life."

— Ann Dang, Founder and President



Communication Tips for Alzheimer's Disease



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Alzheimer's disease gradually diminishes a person's ability to communicate. People with dementia have more difficulty expressing thoughts and emotions, as well as more trouble understanding others.

Here are some tips to help in communication and understanding:

- Learn to create a 'kind voice'—slower, lower, smiling.
- Talk slowly and clearly.
- To orient the person and get his or her attention:
 - Call the person by name.
 - Always approach the person from the front so there are no surprises.
 - Tell the person who you are, even if you are the spouse or child.
- Ask one question at a time.
- Use short, simple words and sentences.
- Avoid using logic and reason.
- Avoid quizzing.
- Avoid asking, "Do you remember when...?"
- Do not take any negative communication personally.
- Be careful not to interrupt.
- Avoid criticizing, correcting and arguing.
- Let the person know you are listening and trying to understand what is being said.
 - Keep good eye contact.
 - Show the person that you care about what is being said.
- Patiently wait for a response as extra time may be required to process your request.
- Repeat information and questions. If the person doesn't respond, wait a moment. Then ask again.
- Focus on the feelings, not the facts.
 - Sometimes the emotions being expressed are more important than what is being said.
- Let the person think about and describe whatever he or she wants.
 - If the person uses the wrong word or cannot find a word, try guessing the right one.
 - If you don't understand what is being said, ask the person to point or gesture.

Tip resources: The Alzheimer's Association (www.alz.org)



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