

Where to start?

Noticing the signs of Alzheimer's disease and dementia in a loved one can be confusing and alarming. We are here to help guide you through the process of evaluating, planning and caring for them with strength and confidence. We offer support groups and tools to help you manage and navigate your way to understanding how to best help your loved one.

Have you noticed these signs?



What is Alzheimer's disease?

Alzheimer's is a disease that slowly and continuously destroys thinking skills and memory. Eventually, the ability to carry out the simple tasks, that many take for granted daily, is gone. Symptoms usually appear in a person's mid-60s. It is the most common cause of dementia among senior adults, affecting an estimated 5.3 million Americans. Everyone's brain is at risk for Alzheimer's disease.

1 Cannot be prevented, cured or slowed.

It's the only cause of death in the top 10 in America that cannot be prevented, cured or slowed.

2 Women are affected in greater numbers.

Almost two-thirds of Americans with Alzheimer's are women.

3 Deadly disease for those affected.

One in three seniors dies from dementia, which is the sixth leading cause of death in the United States.

4 Diagnosis is important.

Only 45 percent of people with Alzheimer's disease or their caregivers report being told of their diagnosis.

5 Seniors are affected by the minute.

Every 67 seconds, someone in the United States develops the disease.

Know the facts about Alzheimer's & Dementia:

MYTH

Alzheimer's disease is not fatal.

FACT

Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.

MYTH

Only older people can get Alzheimer's.

FACT

Alzheimer's can strike people in their 30s, 40s and 50s. This is called younger-onset Alzheimer's. Of the 5.3 million Americans with Alzheimer's, an estimated 5.1 million people are age 65 and older and approximately 200,000 individuals are under age 65.

MYTH

Treatments are available to stop the progression.

FACT

At this time, there is no treatment to cure, delay, or stop the progression of Alzheimer's disease. FDA-approved drugs temporarily slow worsening of symptoms for about six to 12 months on average for about half of the individuals who take them.

Redirection strategies

Individuals with Alzheimer's can exhibit challenging behaviors, which require redirection: striking out, yelling, grabbing, de-robing, etc. Here are some techniques that can be utilized to get back on track. It is important to understand that these behaviors are not personal and a result of the disease process.



Take a calm and confident approach



Empathize and do not argue



Smile, make eye contact, apply light touch and a relaxed posture



Ask questions



Introduce alternative activities

We're here to help.

We are here to help you navigate the new challenges and changes that arise with transitions through Alzheimer's and dementia stages. Stop by one of our communities, enjoy a lunch and learn about our Memory Care programs today! We have Memory Care specialists to assist you in learning next steps during the upcoming transitions in your loved one's life.