

### Dementia

**People with dementia, begin to forget things and have problems doing everyday tasks.**



*Talk to your doctor about your memory loss.*



*Try to exercise every day.*



*Create a safe and supportive home.*

#### Here is what you can do to help yourself.

- Get regular checkups and take your medication as prescribed.
- Eat healthy foods and try to exercise every day.
- Rest when you are tired.
- Drink less alcohol.
- Join a support group. The Alzheimer's Association can help.
- Do the activities you like as long as you are able to.
- Have a plan for emergencies or call 911.

**Ask Your Doctor** what medicines may help slow down the dementia.

**Ask Your Doctor** about day programs that keep you active.

**Call Your Doctor** if there are big changes in how you are acting or what you are thinking.

**Contact the Alzheimer's Association Safe Return**

to get an ID bracelet at **1-888-572-8566**.

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#### CAREGIVERS

**Taking care of people with dementia is hard.**

**Here is what you can do:**

- Always address the person by name.
- Create a daily routine by waking up, bathing, dressing, eating and going to bed at the same time each day.
- Use Velcro closures on clothing. They are easier than buttons and zippers.
- Create a safe and supportive home. Limit access to dangerous places.  
Have an even level of light in hallways and rooms. Use night-lights.
- Try to keep the person from falling or getting hurt. Install grab bars and non-skid strips in the bathroom.
- Have a list of emergencies phone numbers.

**Ask The Doctor** what stage the patient is in and what to expect.

**Ask The Doctor** if all tests were done to be sure dementia is not caused by something that can be fixed or reversed.

**Ask The Doctor** about the medical care.

**Ask The Doctor** what medicines to give and how to give medicines.

**Ask The Doctor** about planning for the future, end-of-life decisions and hospice care.

**Call The Doctor** if there are big changes in how the person is acting or thinking.

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For more information, go to [www.MedlinePlus.gov](http://www.MedlinePlus.gov) and search for "Dementia"  
or go to [www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm](http://www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm)

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