

ALZHEIMER'S DISEASE:

A Friendly Guide to Understanding,
Symptoms, and Care





This resource is not intended for professional medical advice, it is for general informational purposes only. Please consult your physician or medical specialist for diagnosis, advice and treatment.

ALZHEIMER'S DISEASE:

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ALZHEIMER'S DISEASE:

KEY FACTS

01

Alzheimer's is the leading cause of dementia, affecting more than 6 million people in the United States.

02

It is one of the top causes of death in older adults, often due to complications.

03

Although Alzheimer's disease has no cure, early detection, and lifestyle adjustments can help improve quality of life.

04

Alzheimer's research continues, with new treatments and potential preventive measures being explored every year.

ALZHEIMER'S DISEASE:

What is it?

Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior. It's the most common cause of dementia, accounting for about 60-80% of all dementia cases.

Alzheimer's gradually damages brain cells, specifically in areas that control memory and cognitive functions, leading to confusion, memory loss, and difficulty performing everyday tasks. It primarily affects older adults but is not a normal part of aging.



Causes and Risk Factors

While scientists haven't pinpointed a single cause, research suggests a combination of factors, such as genetics, lifestyle, and environment, contribute to the disease. Some key factors include:

- **Age:** Most people with Alzheimer's are 65 or older, and risk increases with age.
- **Family History and Genetics:** Having a parent or sibling with Alzheimer's increases your risk, especially if multiple family members have had the disease. Certain genes, like APOE-ε4, have been linked to Alzheimer's.
- **Health and Lifestyle:** Conditions like high blood pressure, heart disease, diabetes, obesity, and smoking are thought to increase risk, as they affect the brain's blood vessels.
- **Brain Health and Injury:** Poor brain health and past head injuries are also associated with a greater risk of Alzheimer's.

ALZHEIMER'S DISEASE:

What are the symptoms?

Alzheimer's usually develops gradually and worsens over time. Early signs can sometimes be mistaken for normal aging.

Common Symptoms:

- **Memory Loss:** One of the earliest and most recognizable symptoms, especially forgetting recent information, events, or names.
- **Difficulty with Problem-Solving:** Tasks that require planning, organizing, or working with numbers may become challenging, such as managing finances or following a recipe.
- **Confusion with Time or Place:** People may lose track of dates, seasons, or where they are and struggle to understand things that aren't happening immediately.
- **Challenges in Everyday Tasks:** Familiar tasks, like driving to a familiar location or playing a favorite game, may become difficult.
- **Trouble with Visual and Spatial Awareness:** Difficulty reading, judging distance, or differentiating between colors, which can cause problems with driving.
- **Misplacing Things and Losing Ability to Retrace Steps:** Common items, like keys or glasses, may be placed in unusual locations.
- **Mood and Personality Changes:** People may become confused, suspicious, depressed, fearful, or anxious. Sudden outbursts, irritability, and social withdrawal are also common.



ALZHEIMER'S DISEASE:

Diagnosis of the condition

Diagnosing Alzheimer's involves multiple assessments and tests by a geriatrician or other specialist and dedicated clinics.



Typical testing methods include:

- **Cognitive Tests:** Short tests that assess memory, attention, language, and problem-solving skills.
- **Medical History and Physical Exam:** Doctors will gather medical history, family history, and details about symptoms.
- **Imaging Tests:** MRI and CT scans help doctors look for brain changes associated with Alzheimer's and rule out other causes of cognitive decline.
- **Laboratory Tests:** Blood tests may help rule out other potential causes of symptoms, like vitamin deficiencies or thyroid issues.

ALZHEIMER'S DISEASE:

Progression of the condition

Alzheimer's disease progresses in stages, each marked by different levels of symptoms and needs.

While there are various staging models used for Alzheimers, and unique factors for every individual, a basic overview may present as follows:

Early Stage (Mild)

People can function independently but may forget words, misplace objects, or struggle with planning.

Middle Stage (Moderate)

Memory loss and confusion worsen, and individuals may need assistance with daily tasks, such as dressing or bathing.

Late Stage (Severe)

Communication becomes difficult, significant memory loss occurs, and people may require round-the-clock care.



ALZHEIMER'S DISEASE:

Is there a cure?

Currently, there is no cure for Alzheimer's disease, but various treatments and lifestyle changes can help manage symptoms and improve quality of life:

- **Medications:** Certain drugs may help manage symptoms temporarily by supporting memory and cognitive function. Common medications include cholinesterase inhibitors (like Donepezil) and NMDA antagonists (like Memantine).
- **Lifestyle Adjustments:** Regular exercise, a balanced diet, and staying socially and mentally active have been shown to benefit brain health and slow progression.
- **Behavioral Therapy:** Therapy can help manage symptoms like anxiety, depression, or aggression that often accompany Alzheimer's.
- **Memory Aids:** Calendars, daily schedules, and reminders can be valuable tools for helping individuals stay organized and on track.
- **Caregiver Support and Education:** Providing education and support to caregivers is essential, as they play a vital role in helping individuals manage the disease.



ALZHEIMER'S DISEASE:

Helpful Resources



Currently, there is no cure for Alzheimer's disease, but various treatments and lifestyle changes can help manage symptoms and improve quality of life:

- **Support Groups:** Local and online support groups allow people with Alzheimer's and their caregivers to share experiences and advice.
- **Professional Care Options:** Home health aides, adult day care, and memory care facilities provide specialized support and care tailored to people with dementia.
- **Caregiver Respite:** Caregiving is demanding; respite care services give caregivers a much-needed break and ensure loved ones continue to receive care.
- **Therapies and Recreational Programs:** Music, art, and reminiscence therapies can be engaging and enjoyable for people with Alzheimer's, often bringing moments of joy and connection.

ALZHEIMER'S DISEASE:

Final Thoughts

Alzheimer's is a challenging condition, but understanding it better can help those affected and their families take proactive steps toward managing the disease and enhancing quality of life. By staying informed, seeking support, and adopting a healthy lifestyle, it's possible to make meaningful improvements for both patients and caregivers.



OUR SERVICES: DEMENTIA SUPPORT SPECIALIST CONSULT

At Remember the Carer we enhance the lives of caregivers and loved ones living with cognitive change.

We provide effective life strategies and simple wellbeing solutions, personally designed for you.

Our Dementia Support Specialist is dedicated to serving you with practical strategies, and simple solutions designed to improve your experience of caregiving, and enhance your wellbeing.

HOW WE CAN HELP:



Unpacking and
Understanding the
Diagnosis.



Practical Behavioral
Strategies



Living Well Strategies



Caring for the Caregiver



Future Planning



Allied Health Referrals
& Community Support

OUR SERVICES: WELLBEING & LIFE STRATEGY COACHING

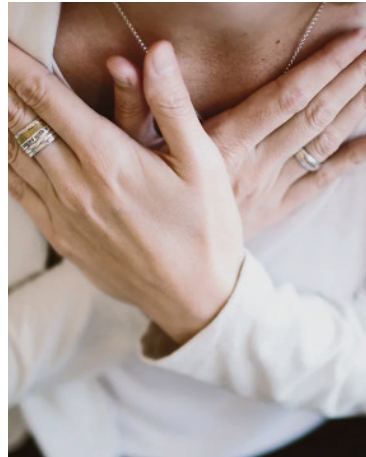
**Whether you simply need someone to listen,
or you're seeking coaching for wellbeing, life strategy
or neuroscience techniques, we're here for you.**

**These private sessions allow us to meet your unique needs,
helping you find clarity and direction
with practical steps forward.**

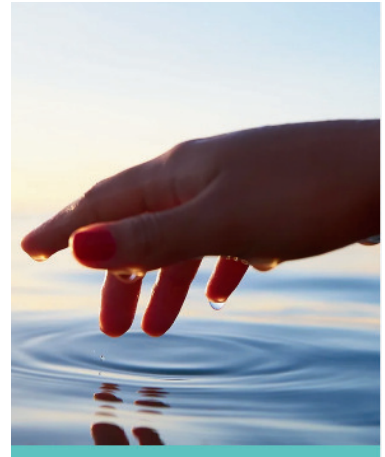
Our wellbeing and life strategy sessions are designed to provide you with a safe and nurturing space to explore your thoughts and feelings, creating a supportive environment where you can express yourself freely, knowing that you're in a judgment-free zone.

During your first appointment with our wellbeing & life Strategy coach, you'll engage in a warm and supportive conversation where your story can be expressed and heard and whatever matters most to you. This includes unpacking the biggest barriers and challenges that you're facing, to explore your goals and dreams no matter how big or small, because vision is key.

Once a clear understanding of your situation, has been established we will explore creative strategies for you to pivot and map out practical steps toward living your best life. You will also receive a comprehensive blueprint and support plan tailored to your unique journey.



Heart & Soul Care:
Reconnecting with your
Unique Being



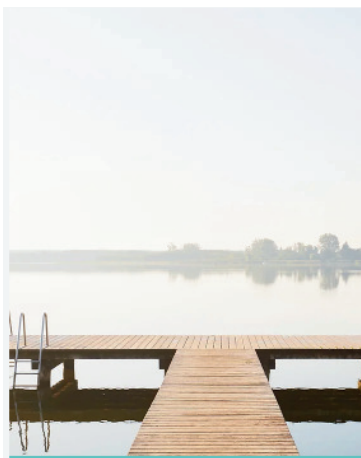
Breakthrough & Recovery:
Strategies for Anxiety, Stress
& Burnout



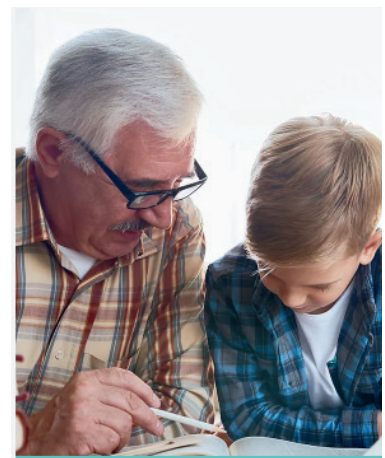
Healthy Boundaries:
Guilt-free living & quality
relationships



Healthy Mindset:
Building Strength,
Confidence & Resilience



Finding Equilibrium:
Reclaiming Rest
and Life Balance



**Memory, Attention
& Learning Strategies**

OUR SERVICES: NEUROSCIENCE COACHING & RESOURCES

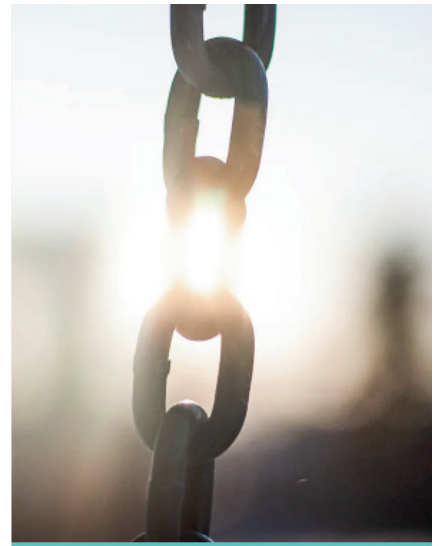
Neuroscience Coaching incorporates evidence-based techniques harnessing the power of neuroplasticity and brain anatomy principles to enhance daily functioning, in many areas of life including the following:



Motivation, Inspiration
& Productivity Strategies



Language & Communication
Strategies



The Neuroscience of
Addiction

OUR SERVICES

SCHEDULE AN APPOINTMENT

MEET THE TEAM



Allied Health Referrals
& Community Support



Empowerment
Programs



Information
Resources



REMEMBER THE CARER

At Remember the Carer we enhance the lives of caregivers
and loved ones living with cognitive change.

We provide effective life strategies and simple wellbeing solutions,
personally designed for you.

Our dedicated Dementia Support Specialist, and our
compassionate team of Certified Dementia Practitioners,
Wellbeing and Neuroscience Coaches are here to serve.



With twenty years of vast experience in dementia care and cognitive change
...you're in great hands.

