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## Topics Include

### Daily Care

[Activities](#)  
[Communication](#)  
[Depression](#)  
[Dressing and Grooming](#)  
[Eating](#)  
[Late-Stage Care](#)  
[Long-Distance Caregiving](#)  
[Personal Care](#)  
[Tracking Symptoms](#)

### Behaviors

[Aggression and Agitation](#)  
[Confusion](#)  
[Hallucinations](#)  
[Repetition](#)  
[Sleeplessness and Sundowning](#)  
[Suspicion](#)  
[Unpredictable Situations](#)  
[Wandering](#)

### Safety Issues

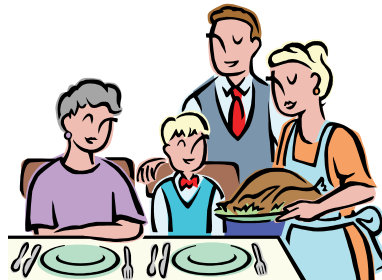
[Home Safety](#)  
[Driving](#)  
[Travel Safety](#)  
[Disaster Preparedness](#)  
[Safe Return](#)

### Coping

[Caregiver Stress and Health](#)  
[Depression and Caregivers](#)  
[Changes in Relationships](#)  
[Grief and Loss](#)  
[Dealing with Holidays](#)  
[Respite Care](#)

### Planning Ahead

[Care Providers](#)  
[Financial Matters](#)  
[Legal Issues](#)



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Web: [calvarynet.net](http://calvarynet.net)



# Calvary Alzheimer/Dementia Caregivers Support Group

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2nd Monday of each month  
at 2:00 p.m. in A221  
and  
2nd Thursday of each month  
at 6:00 p.m. in A221.

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*Let us pamper you!*

*Join us for dessert, coffee,  
tea and lots of encouragement.*

Care provided for your loved one  
upon request. Please call ahead.



*Providing a SAFE place of  
Help, Hope and Healing*

**318-445-5640**  
**calvarynet.net**

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# Caregivers of Dementia Patients

No two people experience Alzheimer's or other forms of dementia disease in the same way. As a result, there's no one approach to care giving. Your responsibilities can range from making financial decisions, managing changes in behavior, to helping a loved one get dressed.

Handling these duties is hard work. By learning care giving skills and sharing with others, you can make sure that your loved one feels supported and is living a full life. You can also ensure that you are taking steps to preserve your own well-being.

This group provides information on Alzheimer care, the disease itself and resources available. Join others who are caring for a loved one and gain understanding, support and encouragement in a loving community.



## What is Alzheimer's Disease or Dementia?

Alzheimer's disease is a progressive brain disorder that gradually destroys a person's memory and ability to learn, reason, make judgments, and communicate and carry out daily activities. As Alzheimer's progresses, individuals may also experience changes in personality and behavior, such as anxiety, suspiciousness or agitation, as well as delusions or hallucinations.

Alzheimer's is the most common form of dementia, a group of conditions that all gradually destroy brain cells and lead to progressive decline in mental function. Vascular dementia, another common form, results from reduced blood flow to the brain's nerve cells. Research has shown that effective care and support can improve quality of life for individuals and their caregivers over the course of the disease from diagnosis to the end of life.

### Daily Care

As dementia progresses, the abilities of a person with dementia will change. As a caregiver, you can adapt a daily routine to support these changes with some creativity, flexibility and problem solving.

### Behavior Changes

Alzheimer's disease and related dementias can cause a person to act in different and unpredictable ways. Some individuals with Alzheimer's become anxious or aggressive. Others repeat certain questions and gestures. Many misinterpret what they see or hear.

These types of reactions can lead to

misunderstanding, frustration and tension, particularly between the person with dementia and the caregiver.

### Safety Issues

A person with Alzheimer's disease or another dementia can live in the comfort of their own home or caregiver's home provided that safety measures are in place.

### Coping

Caring for someone who has any form of dementia can be overwhelming, exhausting and stressful. A family caregiver may feel loss over changes in relationships with a loved one with the disease, other family members and friends. During this time, it is crucial to everyone that caregivers look after their own physical and mental health.

### Planning Ahead

A diagnosis of Alzheimer's disease is a life-changing event. Individuals with dementia and their families may worry about how the disease will impact their lives now and in the future. Planning ahead is one way to deal with these fears.

Legal, financial and care planning should begin early.

This information provided from the Alzheimer's Association web site.

For more information contact the Alzheimer's Association.

24/7 Helpline **1.800.272.3900**

Web site **[www.alz.org](http://www.alz.org)** or **[alz.org/louisiana](http://alz.org/louisiana)**

E-mail **[info@alz.org](mailto:info@alz.org)**