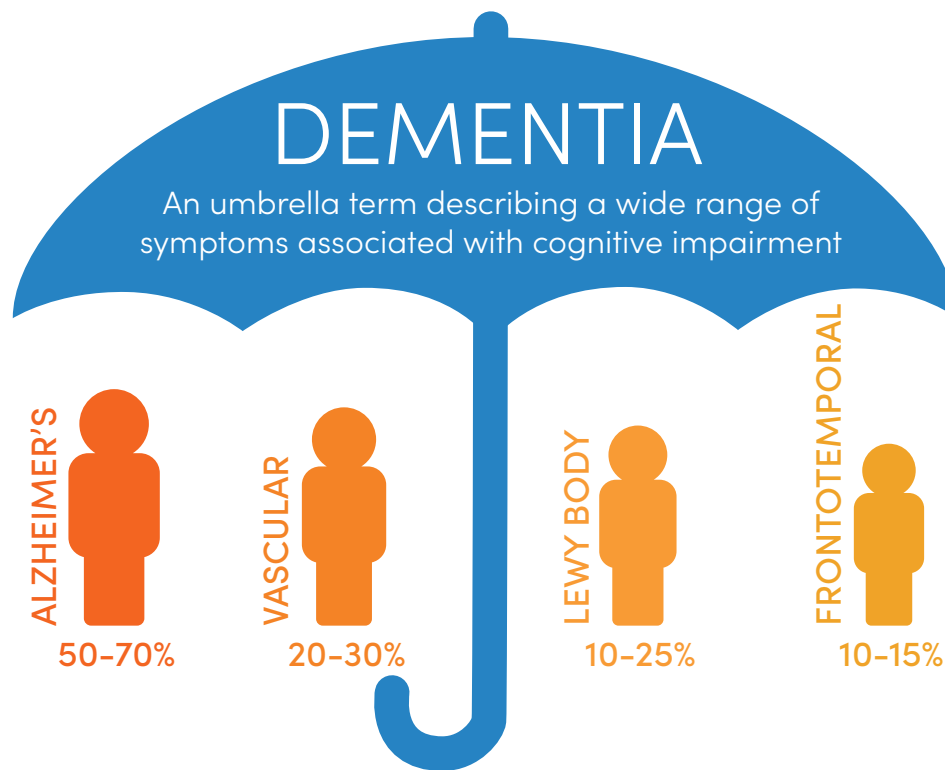


How to Care for a Loved One With Dementia

Dementia is a general term for memory loss caused by physical changes in the brain. There are different types of dementia; to learn more, visit the National Institute on Aging at bit.ly/typesofdementia



Tips for caring for a loved one with dementia:

1. Craft a daily routine to create familiarity throughout the day
2. Use a calm tone of voice when speaking
3. Encourage as much independence as possible and step in only when necessary
4. Plan for family and friends to visit for the time of day when the person is at their best
5. Remember to be patient and use positive body language

How we can help:

24 Hour Home Care's caregivers receive Alzheimer's and Dementia training created specifically by Alzheimer's Greater Los Angeles. These trainings focus on specific areas that can help caregivers be more effective when working with patients with Alzheimer's or dementia including person centered care, using a gentle approach and adapting to challenging situations.

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