You may not know me, but I know you!

Developed by: Marie A Capobianco MA, CAGS, LCMHC
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WHAT IS ALZHEIMER’S?

- Lets start with the brain
THE BRAIN CONTROLS OUR WHOLE BODY
The brain communicates with our body through neurons.

- Brain sends a message to Neurons. Neurons make connections that send signals through our body that communicate to each other.
THE SIGNALS GET TO WHERE THEY NEED TO BE AND OUR BODY RESPONDS

- By eating
THE BRAIN TELLS US TO RUN WHEN WE SEE A SKUNK
It helps information move from one place to another in our body.
THE BRAIN ALSO STORES INFORMATION

- We call that memory
WHAT IS MEMORY?

What is this
When we see a dog or a horse and know what it is that information comes from memory. When we see it is raining we get an umbrella, that information comes from your memory.
ALL OF THAT INFORMATION COMES FROM OUR MEMORY IN OUR BRAIN
Alzheimer's is a disease of the brain. So it effects everything we just discussed.
One of the symptoms of Alzheimer's is dementia.

- As the disease progresses certain parts of the brain change and become sick so they do not work anymore.
The brain becomes weaker and can not do all the work it used to.
SO HOW DOES THIS AFFECT OUR FRIEND, FAMILY MEMBER LOVED ONE.

- It takes away memories.
- It takes away skills and abilities.
It means that those neurons can’t meet or connect. So signals can not get to where they need to go. Just as this truck can not cross the bridge.
WHAT ARE SOME OF THE THINGS YOU HAVE SEEN HAPPEN TO A FRIEND OR LOVED ONE?
SOME THINGS THAT MAY HAPPEN:

- They may forget your name
- There are good days and bad days
- They may scream, cry or get angry
- They may hit you or become angry easy
- They may see things that are not there
- They may become afraid
- They may get lost in their own home or when they go for a walk
- They may forget how to drive
HOW MANY OF US HAVE DONE THIS? FOR SOMEONE WITH ALZHEIMERS IT HAPPENS ALL THE TIME

What did I come in here for?
WHAT CAN I DO TO HELP?

- When you approach someone, never approach from behind
- Identify yourself
- Listen to what they are saying
- Give eye contact
HOW DO I HAVE A CONVERSATION?

- Use short simple sentences
- Speak slowly, gently and calmly
- Allow time
- The person may tell you the same story over and over
- Smile
DO NOT ARGUE

- Even if you do not agree with the person, never argue.
- If you become angry or frustrated, walk away.
WHAT CAN I DO?

- Share your gifts and talents
  - Bake cookies
  - Go for a walk
  - Plant a garden inside or outside
  - Read to the individual
  - Watch TV from their era
  - Listen to music or sing, again from their time.

  - May need to do some research to find out what music and TV shows were popular when the individual was growing up, but also what did they enjoy.
A memory box are pictures and items familiar to the individual.

A box of their favorite things, places and people.
PICTURES AND MEMORIES

- These items can bring comfort when someone is confused.
- Does not have to be anything large or fancy.
- Sometimes less is better
WHAT KIND OF PICTURES?

- Bring pictures from home
- Favorite family pictures
- Older photos of family and friends
PICTURES OF MEMORY BOXES CREATED FROM FOLKS WHO HEARD THIS PRESENTATION
HOW DO I TAKE CARE OF MYSELF?

- Talk to someone
- Exercise
- Go for a walk
- Listen to music
- Do whatever helps you relax
- If you become angry or frustrated, leave for a bit, give yourself time.
  - It is ok to feel angry and frustrated sometimes
EAT HEALTHY

COLORFUL EQUALS HEALTHY
HEALTHY EQUALS HAPPY

HEALTHY EATING
EXERCISE
QUESTIONS?

Come on, ask questions. This is so awkward.

THAT IS AN EXCELLENT QUESTION
QUESTIONS?