

Some Typical Signs of Dementia or Alzheimer's Disease

1. Memory Loss
2. Difficulty Performing Familiar Tasks- Forgetting to finish cooking or cleaning
3. Problems with Language- Trouble finding the right word, sentences become incomprehensible
4. Disorientation for Time and Place- Forget how to get home or not know the day of the week
5. Poor or Impaired Judgment- Dress inappropriately
6. Problems with Abstract Thinking- Not remember how to balance a checkbook
7. Misplacing Things- Putting keys in the refrigerator
8. Changes in Personality
9. Changes in Mood and Behavior- Rapid mood swings
10. Lack of Initiative- Loss of motivation for enjoyable interests



Georgemiller, Whyte and Associates is a team of experienced dedicated psychologists that can assist with meeting the many challenging needs that face an individual from childhood through their senior years.

Georgemiller, Whyte and Associates is there whenever an emotional need arises.

Our philosophy is to provide emotional support to individuals, couples and families in a confidential professional setting.



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A Guide for Caregivers & Families with Loved Ones with Dementia

*Some helpful resources for
advice and support*





What Should I Do to Help my Loved One?

Caring for individuals with dementia is often challenging. The responsibility of taking care of their basic needs, along with dealing with their declining memory and skills, requires emotional and physical strength from caretakers and family members.

The questions that arise with this role are “What can I do?” and “What is there to help me understand what I can give to love and support them?” Below are information and resources that can help answer those questions, provide support and connect with others during this difficult time.

Resources Online

The first step towards being a good and committed caregiver is learning about the disease itself. Knowing about what is happening and what might happen allows you to be better at managing and caring for your loved one.

HERE IS SOME INFORMATION:

Helpguide- A Trusted Non-Profit Organization to Resolve Health Challenges

http://www.helpguide.org/elder/alzheimers_disease_dementia_support_caregiver.htm

Alzheimer's Disease Education and Referral Center

1-800-438-4380

www.nia.nih.gov/alzheimers

National Institute of Neurological Disorders and Strokes (NINDS)

<http://www.ninds.nih.gov/disorders/dementias/dementia.htm>

Medicare Basics for Caregivers

<http://nihseniorhealth.gov/medicare/toc.html>

APA's Caregiver Briefcase

<http://www.apa.org/pi/about/publications/caregivers/index.aspx>

HERE ARE SOME VIDEOS:

The Alzheimer's Project (HBO Documentary)

http://alz.org/news_and_events_16202.asp

Dementia Care Central

<http://www.dementiacarecentral.com/videos>

Another way to be a supportive caregiver is to take care of yourself. Consider becoming involved with professional or peer-led support groups that focus on the exchange of feelings, ideas, problems/successes (Sorensen et al, 2002, p. 357)

SUPPORT GROUP INFORMATION:

Alzheimer's Support Group

http://www.alz.org/gmc/in_my_community_support.asp

Lewy Body Dementia Association, Inc.

<http://www.lbda.org/category/4185/local-support-groups.htm>

National Institute of Health Support Groups

<http://www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm>