

A woman with short, curly hair, wearing a blue sweater, is looking out a window. Her hand is resting against her face, and she has a thoughtful or perhaps sad expression. The background is bright, suggesting sunlight coming through the window.

Alzheimer's Care at Home[®]

A guide for patient's, families & caregivers

Alzheimer's Care at Home
2328 10th Ave N #601, Lake Worth, FL 33461
800-209-4342

www.ElderCareatHome.org

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Welcome

If you or someone you care about has just been diagnosed with Alzheimer's disease or other memory impairment, the very first thing you need to do is take a deep breath... You are probably experiencing a variety of emotions and you probably have a lot of questions. This guide was created to answer some of the most common questions posed by patients, caregivers and family members. We hope you will find comfort knowing that you are not alone and everyday researchers are striving to find a cure.

Helpful Tips for the Newly Diagnosed

A person in the early stages of Alzheimer's disease will notice many changes. It may be getting more difficult to remember things, make decisions, and find your way around. You may be frustrated a good deal of the time, but there will be good days and bad days. Here are some things you can do to make things just a little better:

How can I cope with my memory problems?

- Always keep a book with you to record important information, phone numbers, names, ideas you have, appointments, your address, and directions to your home.
- Place notes around the house when you need to remember things.
- Label cupboards and drawers with words or pictures that describe their contents.
- Place important phone numbers in large print next to the phone.
- If you live alone, ask a friend or family member to call and remind you of important things you need to remember, such as meal times, medication times, and appointments.
- Use a calendar to keep track of time and to remember important dates.
- Keep track of phone messages with an answering machine.

What is the best way to plan the day?

- Find things to do that you enjoy and are able to do safely on your own. It will be easier to accomplish tasks during the times of the day when you feel your best.
- Allow yourself the time to do the things you need to do, and don't feel rushed or let other people rush you.
- If something gets too difficult, take a break.
- Ask for help when you need it.

How do I avoid getting lost?

- Ask someone to go with you when you go out.
- Ask for help if you need it, and explain that you have a memory problem
- Wear an identification bracelet.

A person with curly hair is shown from the chest up, wearing a blue and white striped sweater. They are holding a mobile phone to their ear with their right hand. The background is a soft, out-of-focus light. The text is overlaid on the left side of the image.

What will make communicating easier?

- Always take your time and don't feel rushed
- If you need to, ask the person you're speaking with to repeat what he or she is saying, or to speak slowly if you do not understand.
- Avoid distracting noises and find a quiet place to talk.

Can I continue to drive?

- If you tend to get lost or confused easily, consider alternative modes of transportation
- Drive only in areas that are familiar to you
- The Department of Motor Vehicles will assess your driving skills if you're not sure whether you should drive.
- You should know that at some point, it no longer will be safe for you to drive. Have someone else drive you where you need to go.

How do I take care of myself at home?

- There are local organizations listed in the back of this guide that can help you with such things as shopping, housekeeping, meals and transportation.
- Ask a neighbor you trust to keep a set of your house keys.
- Ask a friend or family member to help you organize your closets and drawers to make it easier for you to find things.
- Keep a list of important emergency numbers by the phone.
- Consider leasing or buying a home emergency notification system.
- Have family, friends or a community service program call or visit daily to assure everything is all right.

How do I manage my responsibilities?

- Ask a family member to check things around the house, such as electrical appliances, mail and perishable food items.
- Arrange for direct deposit of checks, such as your retirement pension or Social Security benefits.
- Ask someone to check your smoke alarms regularly
- Tell your financial advisor when you begin to have difficulty keeping track of your accounts and record keeping.

Medication, Treatments and Communication

The physician plays a central role in managing people with Alzheimer's disease. It is likely that your physician will prescribe medication to help alleviate some of the symptoms you or your loved one may be experiencing. It is very important that all medication is taken in the correct dose, in the correct manner and at the correct time. Some medications may take a few days or even a few weeks before the benefits are seen or felt. Communication is very important. Don't be afraid to ask your doctor any questions you might have. These may include:

- Confirm diagnosis with a Neurologist.
- What are some of the side effects I should look for?
- How long will it take before this particular drug's benefits are seen or felt?
- Are there any clinical trials that I may qualify for?
- What are the goals of this treatment?
- How often should I make appointments to be seen in your office?
- When should I call your office between appointments?
- Should I bring someone with me to my appointments?

It is also important that the patient continues to receive ongoing, regular medical management of general health or other medical conditions. Scheduling regular appointments with the following practitioners is recommended:

- Dental Examination and Care
- Visual Examination and Care
- Auditory Exam
- Physician approved exercise program and nutritional

Planning for the Future

With an early diagnosis, there is a window of opportunity to discuss with your family those things that are most important to you. Although this may be difficult or uncomfortable for some, an open line of communication with those you love will help assure that your wishes are met. It is suggested that you try to hold important discussions early in the day. The following are some points to consider:

- Who would you like to be your surrogate decision maker when the time comes that your capacity may be diminished?
- What are the treatment options that you would or would not like to be performed in the future?
- Do you have a financial advisor that can help you with advanced financial planning?
- Do you have an attorney that has or can assist you in completing advanced directives, living will and other important legal documents that may affect your quality of life?
- Do you have any religious or cultural beliefs that may affect the type of care you wish to receive?

Preservation of Memories

Sometimes people diagnosed with Alzheimer's disease find it helpful and even therapeutic to work on Memory Preservation. This could involve video taping, scrapbooking, journaling or recording important moments in ones life. This has been found be cognitively stimulating for the Alzheimer's patient and therapeutic for family members. Many times the patient is able to document family history and important events that can later be passed down from generation to generation.

As Time Goes By... Things to Expect...

Changes in Behavior:

Changes in behavior are common and to be expected as time goes by. Below are some of the more common behavioral changes that you may expect:

- Difficulty bathing
- Difficulty dressing
- Changes in eating or ability to use utensils.
- Sleep problems
- Hallucinations and delusions
- Wandering
- Rummaging
- Incontinence

Safety Issues:

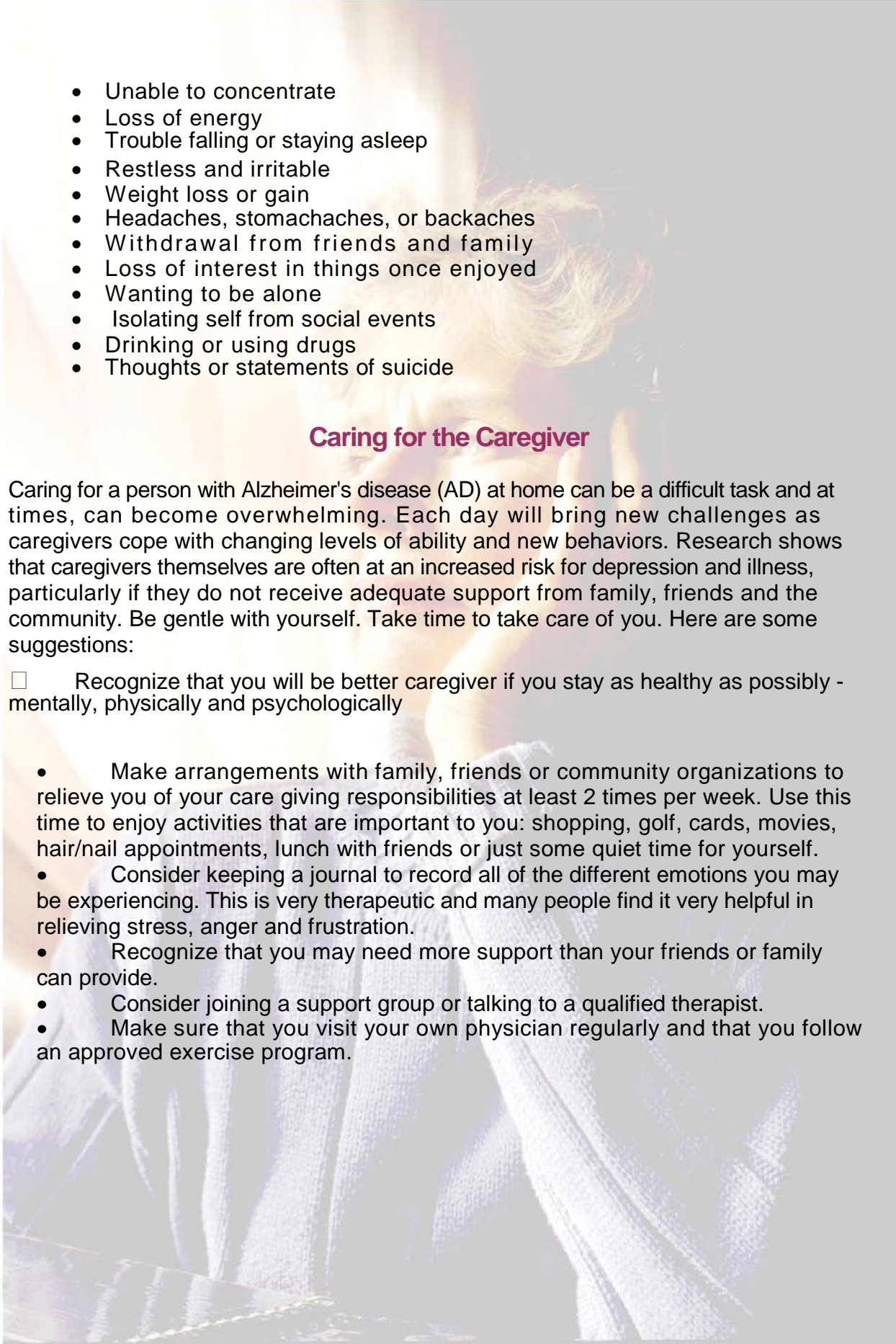
There will come a time when certain steps should be taken to assure not only the safety of the patient, but the safety of the caregiver and community. Some of the safety issues you may need to address include:

- Driving
- Home appliance usage
- Doors and windows
- Cleaning supplies
- Bathroom safety

Depression:

The treatment of depression in a patient that has Alzheimer's disease or their caregiver is extremely important. Please call your doctor if you experience any of the following:

- Sadness or emptiness
- Hopelessness, pessimism or guilt
- Helplessness or worthlessness
- Unable to make decisions

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- Unable to concentrate
 - Loss of energy
 - Trouble falling or staying asleep
 - Restless and irritable
 - Weight loss or gain
 - Headaches, stomachaches, or backaches
 - Withdrawal from friends and family
 - Loss of interest in things once enjoyed
 - Wanting to be alone
 - Isolating self from social events
 - Drinking or using drugs
 - Thoughts or statements of suicide

Caring for the Caregiver

Caring for a person with Alzheimer's disease (AD) at home can be a difficult task and at times, can become overwhelming. Each day will bring new challenges as caregivers cope with changing levels of ability and new behaviors. Research shows that caregivers themselves are often at an increased risk for depression and illness, particularly if they do not receive adequate support from family, friends and the community. Be gentle with yourself. Take time to take care of you. Here are some suggestions:

Recognize that you will be better caregiver if you stay as healthy as possibly - mentally, physically and psychologically

- Make arrangements with family, friends or community organizations to relieve you of your care giving responsibilities at least 2 times per week. Use this time to enjoy activities that are important to you: shopping, golf, cards, movies, hair/nail appointments, lunch with friends or just some quiet time for yourself.
- Consider keeping a journal to record all of the different emotions you may be experiencing. This is very therapeutic and many people find it very helpful in relieving stress, anger and frustration.
- Recognize that you may need more support than your friends or family can provide.
- Consider joining a support group or talking to a qualified therapist.
- Make sure that you visit your own physician regularly and that you follow an approved exercise program.

You are not alone... Community Resources

Crisis Lines

Alzheimer's Association 24 hour Help Line	800-272-3900
Alzheimer's Care at Home 24 Hour Crisis Care Line	800-209-4342
Alzheimer's Community Care	800-394-1771

In Home Respite Care

Palm Beach County:

Alzheimer's Care at Home	800-209-4342
Mae Volen Senior Center	561-395-8920

Broward County:

Alzheimer's Care at Home	800-209-4342
Alzheimer's Family Center	954-971-7155
Southeast Focal Point	954-966-9805
Broward Homebound Program	954-786-2484
Channeling Project	954-484-7900
Elderly & Veteran's Services	954-537-2936

Martin, St. Lucie & Okeechobee Counties:

211	211
Alzheimer's Care at Home	800-209-4342
CARES	772-460-3692
Community Care for the Elderly/Council on Aging	772-336-8608

Adult Day Care Services

Palm Beach County:

Alzheimer's Care Resource Center <i>(individualized, personalized referrals)</i>	800-209-4342
Alzheimer's Community Care <i>(numerous locations)</i>	800-394-1771
Mae Volen Senior Center – Boca Raton	561-395-8920
Adolph & Rose Levis Adult Day Care – Boca Raton	561-558-2510
FAU Memory & Wellness Center – Boca Raton	561-297-0503
Sunrise Medical Adult Day Care	561-547-2220
Parkside Inn – Boynton Beach	561-734-1616
Mae Volen Alzheimer's Day Center – Delray Beach	561-265-3667
New Day Adult Day Care – North Palm Beach	561-844-0012
Schaeffer Adult Day Center/Morse Life – West Palm Beach	561-687-5790

Broward County:

Northeast Alzheimer's Day Care - Deerfield Beach	954-480-4460
McArtor Adult Day Care Center - Fort Lauderdale	954-764-5055
Irma Allen Day Center - Fort Lauderdale	954-714-3500
Victoria Villa Day Center - Fort Lauderdale	954-791-8881
Memorial Adult Day Center - Hallendale	954-457-0505



Southeast Focal Point	954-791-8881
Lauderdale Lakes Alzheimer's Center - Lauderdale Lakes	954-535-2800
Northwest Focal Point – Margate	954-977-6556
Southwest Focal Point- Pembroke Pines	954-450-6888
St. Elizabeth's Day Center - Pompano Beach	954-781-0461
TLC - Pompano Beach	954-917-8099
Kurt & Alice Walter Day Center - Sunrise	954-742-2299
Wilton Manors Adult Day Center - Wilton Manors	954-630-9501

Martin County:

Council on Aging – Stuart	772-283-2242
Alzheimer's Community Care – numerous locations	800-394-1771

St. Lucie County:

Council on Aging – Port St. Lucie	772-336-8608
Council on Aging – Fort Pierce	772-465-5220
Alzheimer's Community Care	800-394-1771

Elder Law Attorney's

Shalloway & Shalloway – West Palm Beach	561-686-6200
The Karp Law Firm – Palm Beach Gardens	561-625-1100
The Karp Law Firm – Boynton Beach	561-752-4550
The Karp Law Firm – Port St. Lucie	772-343-8411
Solkoff Legal – Delray Beach	561-733-4242
Todd Zellen, Esquire – Delray Beach	561-272-9300
Elder Law Associates – Boca Raton	561-750-3850
Elder Law Associates – Weston	954-726-1214
Michael Connors, Esquire – North Palm Beach	561-494-0500

Support Groups

Palm Beach County:

www.CoachingforCaregivers.com

Century Village Clubhouse - Boca Raton	800-209-4342 561-451-1200
Adolph & Rose Levy Adult Day Center - Boca Raton	561-558-2510
Alzheimer's Community Care (<i>numerous locations</i>)	561-683-2700
Mae Volen Senior Center - Boca Raton	561-395-8920
Sunrise Community - Boynton Beach	561-547-2220
Barrington Terrace - Boynton Beach	561-369-7919
Morse Adult Day Center - Boynton Beach	561-509-0111
Mae Volen Alzheimer's Day Center - Delray Beach	561-265-3667
Arden Courts - Delray Beach	561-498-5552
Homewood Residence	561-498-0134
Center for Group Counseling	561-483-5300
Weinberg Center - Delray Beach	561-852-3333
The Cottages - Greenacres	561-434-0434
New Day Adult Day Center - North Palm Beach	561-844-0012
Tequesta Terrace - Tequesta	561-207-6500
Alzheimer's Care Resource Center - West Palm Beach	561-471-3122
Memory Disorder Center at St. Mary's - West Palm Beach	561-882-6363
Schaffer Adult Day Center - West Palm Beach	561-687-5790
Memory & Wellness Center at Florida Atlantic University	561-297-0502

Broward County:

www.CoachingforCaregivers.com

Homewood Residence - Coconut Creek	800-209-4342 954-971-7155
Alzheimer's Family Center - Margate	954-971-7155
Meyer Hoff Senior Center - Hollywood	954-966-9805
Lauderdale Lakes Alzheimer's Care Center	954-535-2802
Heartland of Lauderhill	954-485-8873
Northwest Focal Point - Margate	954-973-0300
Alzheimer's Family Center - Margate	954-971-7155
Southwest Focal Point - Pembroke Pines	954-450-6888
John Knox Village - Pompano Beach	954-783-4001
North Broward Medical Center – Pompano Beach	954-786-7392
Daniel Cantor Center – Sunrise	954-742-2299
Sunrise Health Center & Rehab Center – Sunrise	954-577-3600
Wilton Manors Day Center - Wilton Manors	954-630-9501

Martin County:

Treasure Coast Hospice House
Alzheimer's Community Care

772-403-4500
800-394-1771

Okeechobee County:

Caregiver Support Group at Hospice of Okeechobee

863-467-2321

St. Lucie County:

Alzheimer's Association

800-861-7826

Books, Cognitive Stimulation Products, Memory Preservation

The Alzheimer's Store

www.Alzstore.com

Alzheimer's Care Resource Center

www.ElderCareResourceCenter.com

www.AlzheimersCareResourceCenter.com

800-209-4342

Coaching for Caregivers
800-209-4342

<http://www.CoachingforCaregivers.com>

Lifeline
800-543-3546

www.Lifelinesystems.com

Alzheimer's Association Safe Return Program
888-572-8566

www.alz.org

Driver Assessment Program

Memory & Wellness Center at Florida Atlantic University
North Broward Memory Disorder Center
Pinecrest Rehabilitation Center

561-297-0502
954-786-7392
561-637-5690
561-495-9266

Geriatric Care Managers

Palm Beach County:

Alpert Jewish Family Services	561-684-1991
Area Agency on Aging Palm Beach/Treasure Coast	561-684-5885
Catholic Charities Division of Elder Affairs	561-842-2406
ElderCare at Home & Alzheimer's Care Resource Center	800-209-4342
Mae Volen Senior Center	561-736-3820
Just Checking	561-209-6174

Martin, Okeechobee & St. Lucie Counties

ElderCare at Home & Alzheimer's Care Resource Center	800-209-4342
Fred & Gladys Alpert Jewish Family Services	561-684-1991
LMJ Consulting	772-528-1082
Veteran's Services	772-288-5448
	863-763-8124

Alzheimer's Disease Neurological Evaluation Centers

Brain Matters – Delray Beach – FREE MEMORY SCREENINGS	561-374-8461
Dr. David Ross – Plantation	954-587-4300
Memory & Wellness Center @ FAU – Boca Raton	561-297-0502
Memorial Memory Disorder Center – Pembroke Pines	954-963-8023
N. Broward Memory Disorder Center – Deerfield Beach	954-786-7392
Memory Disorder Center at St. Mary's – West Palm Beach	561-882-6363

In-Home Assessments, Evaluations & Support

Alzheimer's Care Resource Center	800-209-4342
Coaching for Caregivers	561-585-0400

NOTES:



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