



DEMENTIA – ALZHEIMER'S TIPS

Dementia is an umbrella term for a group of cognitive disorders that lead to a decline in memory, thinking, and reasoning skills, severely impacting daily life.

Alzheimer's disease is the most common form of dementia, accounting for 60-80% of cases. It is a progressive neurological disorder where brain cells degenerate and die, leading to memory loss, confusion, impaired judgment, and personality changes. The exact cause of Alzheimer's is unknown. Age is the primary risk factor, though genetics, lifestyle, and environmental factors also contribute. There is no cure, but treatments focus on managing symptoms and slowing disease progression. Early diagnosis and supportive care are crucial for improving quality of life for those affected.

Identification

Identifying dementia early is crucial for effective management. Here are some tips for recognizing potential signs:

1. **Memory Loss:** Frequent forgetfulness, especially of recent events, names, or important dates, is a common early sign.
2. **Difficulty with Familiar Tasks:** Struggling to complete everyday tasks, such as cooking, driving, or managing finances.
3. **Language Problems:** Trouble finding the right words, following conversations, or repeating themselves in discussions.
4. **Disorientation:** Confusion about time, place, or familiar environments, getting lost in familiar locations.
5. **Poor Judgment:** Making unusual decisions, like giving away large sums of money or neglecting personal hygiene.
6. **Mood and Personality Changes:** Unexplained shifts in mood, withdrawal from social activities, or increased anxiety, depression, or paranoia.
7. **Difficulty in Planning or Solving Problems:** Trouble with concentration, managing complex tasks, or following a plan.

If you notice these signs in yourself or others, consulting a healthcare professional for further evaluation is warranted.

Assistance

In Fairfield Glade there is a program called **Silver Alert**. It is managed by the Fairfield Glade Police Department and Fairfield Glade Resident Services. This program allows for the identification of a resident with dementia/Alzheimer's in the event that the resident wanders from his/her home. You can register for this program and get more detailed information at the FGPD or the FGRS office.