

# *'Problem Behaviors'*

Are often symptoms of unmet needs



# *Challenge for Caregivers*

- Accept that the person with AD can not change their behavior
- The caregiver will need to change their approach to problem –
- Caregivers have the ability to change their behavior

Creating  
Moments  
of  
JOY

Jolene Brackey



# *Caregiver Tools*

- Live their truth - Live in their reality
  - You will never win an argument with someone with Alzheimer's disease
- Do not correct - Does anyone like to be corrected?
- They are right - You are wrong
- Keep your sense of humor

# *Middle AD*

- Caregivers are learning how to manage difficult behavior
  - Repeating the same story over and over
  - Refusing to bathe
  - Wearing the same clothes day after day
  - Accusing the caregiver of stealing
  - Refusing to take medication

But, My Wife is not that Impaired!



# *Techniques*

- Reassurance
- Distraction
- Structure
- Mirroring Behavior
- Avoid Confrontation
- Acknowledge feelings

# *Medication*

- Use behavioral interventions first
- Talk with your physician about medication
  - Usually best to start at a low dose
  - Gradually increase as recommended by physician
  - Be alert for side effects of the new medication

# *Late Stage AD*

- Requires help with all daily functioning
- May begin to have problems with swallowing
- Incontinent of bladder and bowel
- Falls often become a problem
- Increased risk of infections
- No longer consistently recognizes spouse

# *Late AD*

- Clarify aggressiveness of care
  - CPR
  - Artificial feeding/hydration tubes
  - Antibiotics
- Learn about hospice
  - Assistance with preparing for death
- Make funeral arrangements

# *Throughout the Disease Process*

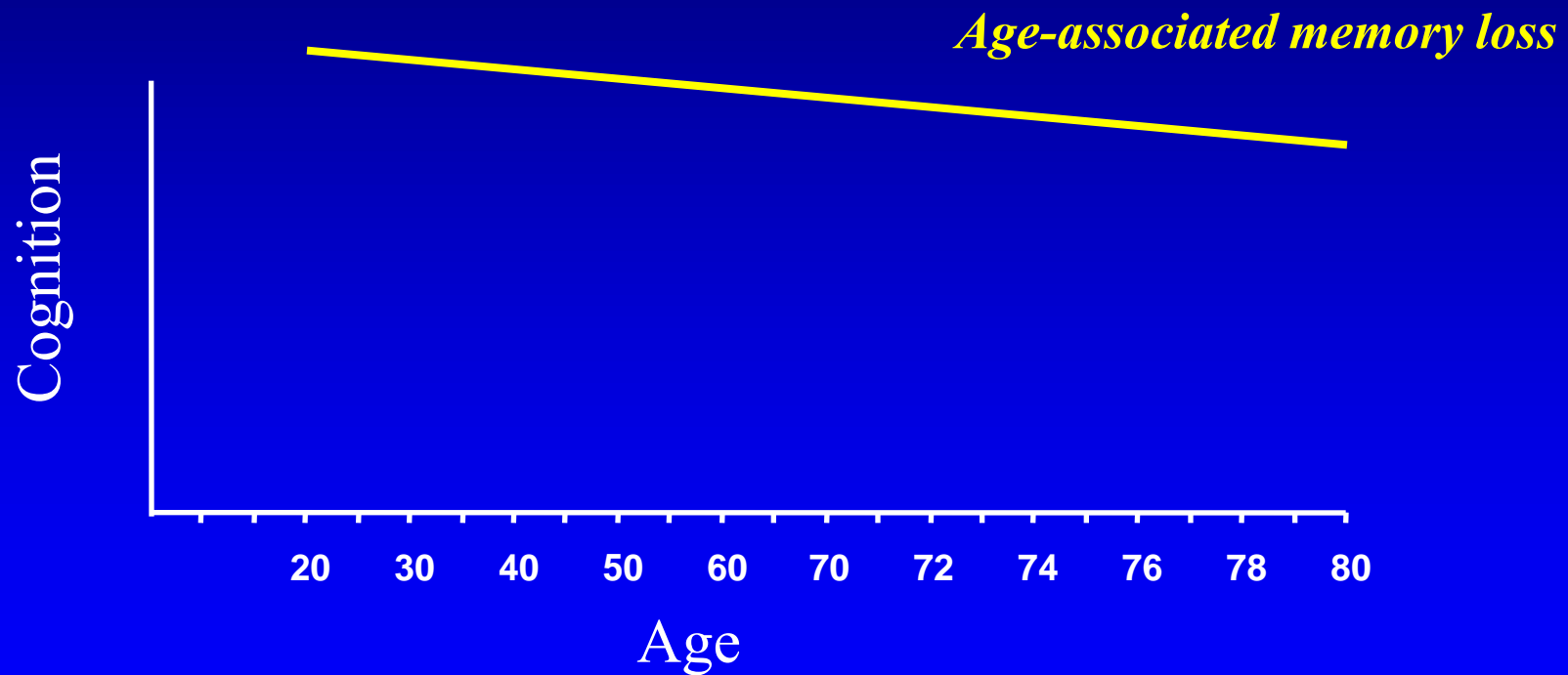
- Caregiver's need to:
  - Take care of their own health
  - Continue with some of their own activities
  - Cry as often as needed
  - Laugh at what is absurd - laughter is healing
  - Seek help before they feel hopeless

# *Research*

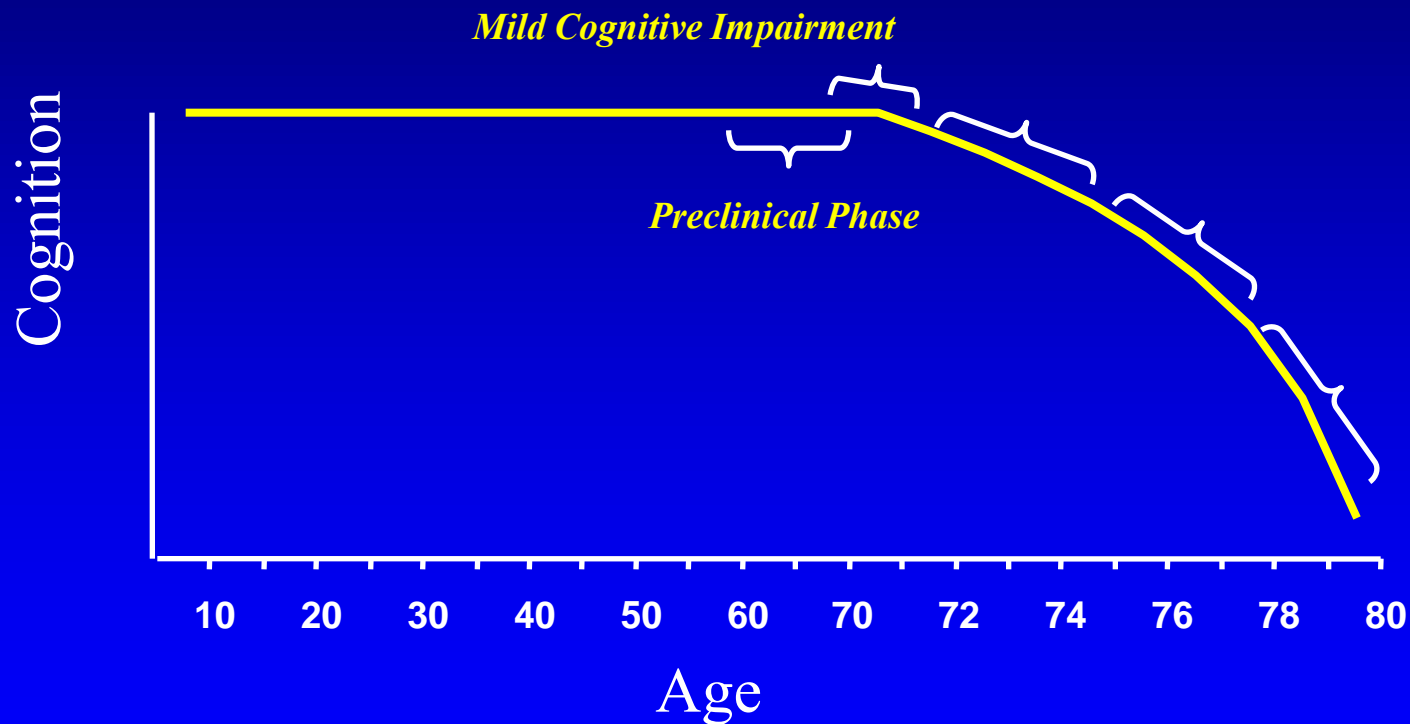
## Finding the Earliest Signs of Memory Loss



# *Memory in Normal Aging*



# *Mild Cognitive Impairment (MCI)*



# *Mild Cognitive Impairment*

- Characterized by mild short term memory problems
- Independent in all functional areas
- All other cognitive domains are normal
- Can be a transitional state between normal aging and dementia

# *Encourage Research*

- Emory Alzheimer's Disease Research Center has several MCI studies
  - Memory Rehabilitation Intervention in MCI
  - Cognitive Rehabilitation in MCI
- Call 404-728-6950 for more information about Emory Alzheimer's Disease Research Center studies that are recruiting volunteers.



Memory Training in  
Mild Cognitive  
Impairment (MCI)



A Brain Wellness Research  
Study for Persons with Mild  
Cognitive Impairment



*404-728-6544*



[www.nia.nih.gov/Alzheimers](http://www.nia.nih.gov/Alzheimers)

