



BY EPOCH

MEMORY CARE ASSISTED LIVING

Remarkable people. Exceptional care.

Bridges® by EPOCH Caregiving Tips for Memory Loss

Friends & Family:

Educating Your Support Group

There's no right way to tell your family and friends about your loved one's Alzheimer's disease diagnosis. While you may be nervous of how they might react to the news, being open about your loved one's Alzheimer's is necessary to form a reliable support group for both of you.

- Consider sharing your loved one's diagnosis as a chance to educate your friends and family about Alzheimer's disease. Share articles and websites and explain how the disease will affect your loved one over time.
- Help your family and friends learn how to best interact with your loved one. Start by explaining what they can still do and how much they still understand.

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- Warn them against trying to correct your loved one when he or she makes a mistake or forgets something.
- Remind visitors not to take it personally if your loved one doesn't recognize them, is unkind or becomes angry. Explain that they are acting out of confusion.
- Encourage visitors to speak quietly and calmly and show your loved one respect. Ask them not to speak to your loved one as a child or get too close to their personal space.
- Plan visits around times when your loved one is at their best. Suggest pleasant and engaging activities to do, such as looking through family photo albums, going to reunions or reminiscing about "old times."

Don't forget to tell your friends and family members how they can help you care for your loved one. These connections can be your greatest sources of assistance and support throughout your caregiving journey.

Community Locations:

Andover, MA | Hingham, MA | Mashpee, MA
Nashua, NH | Norwalk, CT | Pembroke, MA
Sudbury, MA | Trumbull, CT
Westford, MA | Westwood, MA

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Source: National Institute on Aging