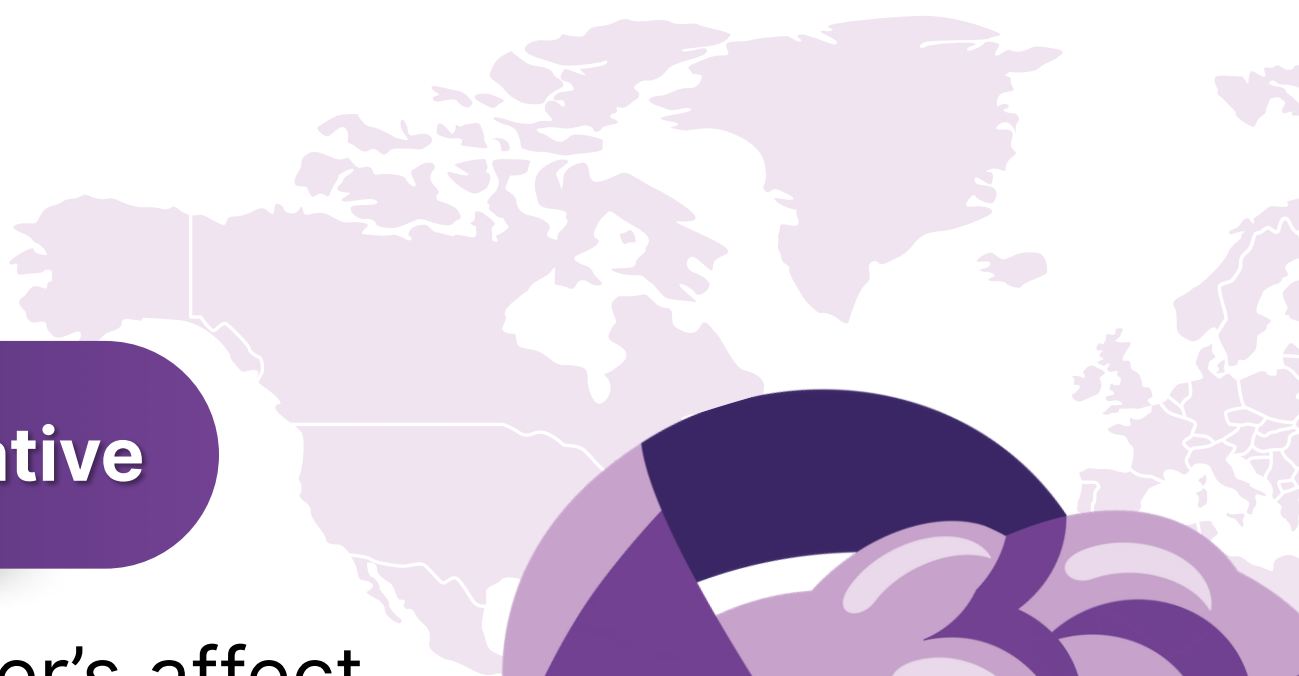
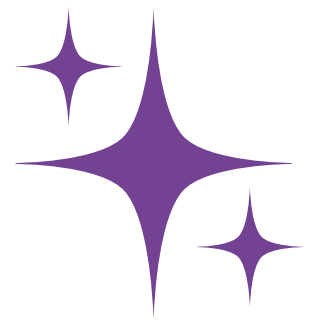


Supporting a loved One

The Memory Initiative

Dementia & Alzheimer's affect millions of families worldwide. While memory loss can create challenges, understanding & compassion can make a meaningful difference.

Written by Megan Hu



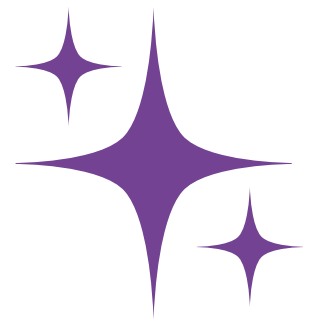
1.Be patient



- Individuals living with dementia may experience arrays of emotions such as frustration, sadness, happiness and loneliness
- Yet, it is important to remain patient and understanding during these times.
- Instead of correcting every mistake, offer reassurance & REMAIN CALM!
- Patience reduces frustration & creates a more supportive environment



2. Communicate clear & slow



Remember:

- Use simple language
- Speak slowly & clearly
- Allow extra time for responses
- Listen with empathy & patience

Sometimes, speaking at even a regular speed can cause confusion and frustration among those with Alzheimer's

Small adjustments can make communication easier and more meaningful! ❤️



3.Familiar routines



- When taking care of someone who is struggling with Alzheimer's & Dementia, it is important to maintain familiar routines
- Consistent schedules help individuals feel more comfortable & secure
- Even simple routines like regular meal times, daily walks, and familiar activities can reduce anxiety and confusion

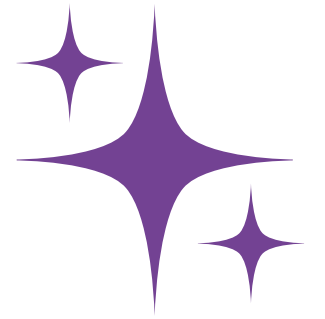


4. Encourage Independence

- Support your loved one in activities they can still safely enjoy from their youth
- Whether it's gardening, listening to their favorite music or looking through photos, independence helps persevere confidence and dignity
- Having Alzheimer's and dementia doesn't mean they have to stop what they love doing!



5. Take care of yourself



Caregiving can be both physically & emotionally demanding

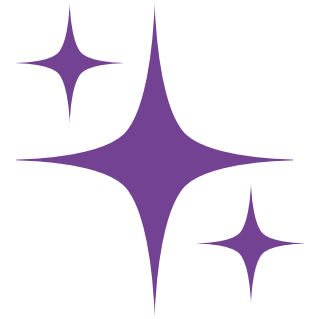
Remember to:

- Ask for help when needed
- Connect with support groups
- Prioritize your own well-being

You cannot pour from an empty cup, take rest if you need it



If you need any help...



Here are some resources to help your caregiving journey:

- Visit the [UCLA Health Training videos](#)
- Visit [Alliance for Aging Research videos](#) on caring for a loved one with Alzheimer's

The Memory Initiative will constantly change its articles. Whether you are a caregiver looking for support or an individual with Alzheimer's, keep a look out for new articles, blogs & educational resources!



Be the Change for Those You Love



Protect Memory. Preserve Dignity