

SEPTEMBER IS WORLD ALZHEIMER'S AWARENESS MONTH



According to the Alzheimer's association, 47 million people are living with Alzheimer's worldwide, or a related form of dementia. That number is expected to double by the year 2030.

What is Dementia?

Dementia is a broad term used to describe various diseases affecting the brain. Alzheimer's is the most common, but there are many other forms and causes, including Vascular Dementia and Dementia with Lewy bodies. In general, Dementia is a progressive disease that affects memory,

language and spatial skills, behavior and performance of daily tasks.

What happens after diagnosis?

A diagnosis of any form of dementia can be overwhelming. At Lourdes Senior Community we suggest two possible avenues for any families affected by Dementia.

1. Support Groups: whether you are the one with the diagnosis or the caregiver, support groups are a beneficial resource for questions and concerns. Finding a group with similar experiences also provides encouragement, support and healing.

2. Education: taking time to educate yourself about the diagnosis is one of the most important steps you can take. Be informed. Studying and asking questions is the best way to help yourself or loved one. Patients and caregivers should know about the type of dementia diagnosed, behaviors to expect, and how the disease will affect them physically, emotionally and mentally. Caregivers should also know the best way to handle personal care, as well as how to relate to their loved one as they decline and how to make the most out of the relationship they have at each stage.

Remember that the purpose of this month is to spread awareness and influence about Alzheimer's disease and Dementia. However, it is also an opportunity for those affected (diagnosed, caregiver, friends and family) to come together and support each other. Join an activity in your local community and don't forget to wear purple on September 21, 2018 for World Alzheimer's Day.