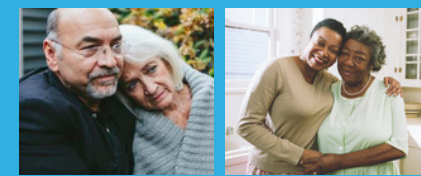


# Dementia Resource Guide for Family Caregivers

A resource for those caring for an individual who is experiencing cognitive changes.



## Alzheimer's Disease Continuum



Early Warning Signs	Behavior person might be experiencing		What can I do?	Online Resources
Cognitive Changes Outside of Normal Aging that causes slow decline in memory, thinking and reasoning skills.	<ul style="list-style-type: none"> <li>Memory loss that disrupts daily life</li> <li>Challenges in planning or solving problems</li> <li>Difficulty completing familiar tasks</li> <li>Confusion with time or place</li> <li>Trouble understanding visual images and spatial relationships</li> </ul>	<ul style="list-style-type: none"> <li>New problems with words in speaking or writing</li> <li>Misplacing things and losing the ability to retrace steps</li> <li>Decreased or poor judgment</li> <li>Withdrawal from work or social activities</li> <li>Changes in mood and personality</li> </ul>	<ul style="list-style-type: none"> <li>Don't ignore the warning signs</li> <li>Schedule an appointment with your primary care provider</li> <li>Bring along trusted family member/friend</li> <li>Be prepared for a referral for additional testing/services</li> </ul>	<p>Know the 10 Warning Signs of Alzheimer's and how they differ from normal aging.</p> <ul style="list-style-type: none"> <li><a href="http://www.alz.org/10signs">www.alz.org/10signs</a></li> </ul>
Progression/Stages	What to Expect/Symptoms	Behavior person might be experiencing	What can I do?	Online Resources
<b>Preclinical Alzheimer's disease (AD)</b>	<ul style="list-style-type: none"> <li>No symptoms but possible biological changes in the brain</li> </ul>	May have measurable brain changes that indicate the earliest signs of AD, but they have not yet developed symptoms.	<a href="#">10 Ways to love your brain</a>	<a href="http://www.alz.org/alzheimers-dementia/what-is-alzheimers/brain_tour">www.alz.org/alzheimers-dementia/what-is-alzheimers/brain_tour</a>
<b>Mild Neurocognitive Disorder- Mild Cognitive/Vascular Impairment (MCI)</b> (Due to probable Alzheimer's or another dementia)	<ul style="list-style-type: none"> <li>Slightly noticeable decline in cognitive abilities by the person and/or close family and friends.</li> <li>Changes could be confused with normal aging.</li> </ul>	<ul style="list-style-type: none"> <li>Decreased size of vocabulary</li> <li>Lack of ability to find the right word (s)</li> <li>Slower speed of processing information</li> <li>Difficulty maintaining a train of thought</li> <li>Difficulty remembering names, dates and other new information</li> </ul>	<ul style="list-style-type: none"> <li>Contact your primary care physician</li> <li>Contact the Alzheimer's Association</li> <li>Meet with an attorney to address legal and financial decisions</li> </ul>	<p>A person with MCI is at an increased risk of developing Alzheimer's or another form of dementia.</p> <p>Early detection is key.</p> <ul style="list-style-type: none"> <li><a href="http://www.alz.org/mci">www.alz.org/mci</a></li> <li><a href="http://www.alz.org/wi/helping-you/care-consultation">www.alz.org/wi/helping-you/care-consultation</a></li> </ul>

For more information about the various stages of dementia and local resources:  
**Alzheimer's Association**  
[www.alz.org/wi](http://www.alz.org/wi)  
 24/7 Helpline 800.272.3900

**ADRC of Waukesha County**  
[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)  
 262.548.7848



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Progression/Stages	What to Expect/Symptoms	Behavior person might be experiencing	What can I do?	Online Resources
<b>Early-Stage Dementia (mild)</b>	<p>Person may still be functioning independently. They might still drive, take part in social activities, volunteer and even work.</p> <p>May experience a range of emotions such as denial, fear, confusion, stress/anxiety, anger/frustration, grief/depression.</p>	<p>Common difficulties:</p> <ul style="list-style-type: none"> <li>• Keeping appointments</li> <li>• Remembering words/names</li> <li>• Recalling familiar people or places</li> <li>• Managing money, planning and organizing</li> <li>• Keeping track of medications</li> <li>• Visual spatial changes</li> </ul>	<ul style="list-style-type: none"> <li>• Help plan for the future</li> <li>• Assess driving and other safety concerns</li> <li>• Assist in healthy living and active lifestyle</li> <li>• Learn about community resources available to keep individuals engaged</li> </ul>	<p>Care partners often start to feel more emotional ups and downs, feeling overwhelmed or anxious about the future.</p> <ul style="list-style-type: none"> <li>• <a href="http://www.alz.org/help-support/caregiving/stages-behaviors/early-stage">www.alz.org/help-support/caregiving/stages-behaviors/early-stage</a></li> </ul> <p>Free online education:</p> <ul style="list-style-type: none"> <li>• <a href="http://www.alz.org/education">www.alz.org/education</a> or 800.272.3900</li> </ul>
<b>Middle-Stage Dementia (moderate)</b>	<p>Damage to the brain can make it difficult to express thoughts and perform routine tasks.</p> <p>Increasing episodes of confusion which may lead to anxiety and other behavioral and psychological changes.</p>	<ul style="list-style-type: none"> <li>• Communication changes: Jumbled words, trouble dressing</li> <li>• Behavioral changes: Unexpected anger or frustration</li> <li>• Personal hygiene issues</li> <li>• May need help with transportation</li> </ul>	<ul style="list-style-type: none"> <li>• Be flexible and patient.</li> <li>• Establish daily routines.</li> <li>• Consider joining an in-person or virtual support group.</li> <li>• Consider creating a behavioral health plan.</li> <li>• Connect with a Dementia Care Specialist through the ADRC.</li> </ul>	<p>This stage is typically the longest; can last for many years. As it progresses, the person will require a greater level of care.</p> <ul style="list-style-type: none"> <li>• <a href="http://www.alz.org/help-support/caregiving/stages-behaviors/middle-stage">www.alz.org/help-support/caregiving/stages-behaviors/middle-stage</a></li> <li>• <a href="http://www.alz.org/help-support/caregiving/caregiver-health">www.alz.org/help-support/caregiving/caregiver-health</a></li> </ul>
<b>Late-Stage Dementia (severe)</b>	<p>As the disease progresses, intensive around-the-clock care is usually required. May need alternative placement.</p>	<ul style="list-style-type: none"> <li>• Difficulty eating/swallowing</li> <li>• Difficulty walking</li> <li>• Requires help with all activities of daily living</li> <li>• Vulnerable to infections; especially pneumonia</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on preserving quality of life and dignity.</li> <li>• Take care of yourself, accept help from others.</li> </ul>	<p>This stage may last weeks or years.</p> <ul style="list-style-type: none"> <li>• <a href="http://www.alz.org/careoptions">www.alz.org/careoptions</a></li> <li>• <a href="http://www.alz.org/help-support/caregiving/stages-behaviors/late-stage">www.alz.org/help-support/caregiving/stages-behaviors/late-stage</a></li> </ul>

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