



Caregiving Tips

A few answers to frequently asked questions about caregiving

- Where do I start? Start thinking about who can help with caregiving tasks, and your local services and community resources.
- How do I help an older adult plan for the future? You can help your loved one plan by preparing important documents, such as advanced directives, and storing them safely.
- How can I find caregiving resources in my area? You can get more information from your local Area Agency on Aging, local and state offices on aging or social services, or local senior centers.

Behavioral Symptoms of Dementia

(See more in the document attached)

Examples:

- Anxiety and Agitation
- Anger and Aggression
- Suspicion and Delusions
- Wandering



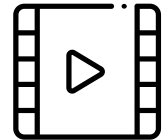
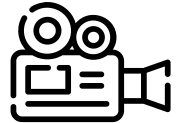
What can I do?

- Approach the person calmly, quietly & with respect.
- Join the person in their reality.
- Avoid correcting the person

Resource Spotlight

Conversations with Caregivers from UCSF Memory and Aging Center. A series of short videos that offers practical advice from real family caregivers who care for persons with dementia.

1. Series Introduction
2. Acceptance
3. Activities
4. Introduction to Support Groups
5. Support Groups In Action
6. Balancing Safety & Independence
7. Meals
8. Playing Along
9. Patience & Preparation
10. Helping with Dental Hygiene



New Research on Drugs for Dementia

The FDA has approved medications that fall into two categories: drugs that change disease progression in people living with early Alzheimer's disease, and drugs that may temporarily mitigate some symptoms of Alzheimer's dementia.

When considering any treatment, it is important to have a conversation with a health care professional to determine whether it is appropriate. A clinician who is experienced in using these types of medications should monitor people who are taking them and ensure that the recommended guidelines are strictly observed.

See [Alz.org](https://www.alz.org) for more details.

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