

The Nine A's of Alzheimer's Care



Start out the year with the some tips that begin with the first letter of the alphabet!

Arguments are useless. In fact, the more you reason, rationalize and argue, the more your loved one will dig his/her heels in. Find ways to always let them be right.

Allow him/her as much freedom as possible. People with dementia resent their loss of autonomy. Try to walk the fine line of keeping them safe and making them happy.

Actions, facial expressions and your tone of voice speak louder than words. What you communicate nonverbally is critical.

Appreciate good moments and good days, without riding an emotional rollercoaster. Learn to cherish the little things.

Appropriate activities help pass time, reduce agitation and reduce boredom. What your loved one says he/she can do and what they actually can do are not the same thing.

Agitation can be reduced when the caregiver stays calm, reassuring and respectful.

Adults are still adults, always treat them with dignity and respect, but remember that your number one goal is to keep them safe.

Adapt because your loved one cannot change. Because they can no longer do all the things they once could, you must adapt.

Assess and reassess often. What is safe and effective for now, may not be so later. Keep watching and evaluating.

Adopted from a *Practical Guide for the Alzheimer's Caregivers*,
Alzheimer's Aid Society of Northern California.

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