



Quick Reference Guide

for

Managing Alzheimer's and Dementia



At a Glance

Alzheimer's and other dementias progress gradually, affecting memory, communication, and behavior over time. Understanding the type and stage of dementia, along with a few key caregiving techniques, makes day-to-day care meaningfully easier for both of you.

Daily Priorities

- Keep a consistent daily routine for meals, hygiene, and medication
- Use short, simple sentences and allow extra time for responses
- Offer choices rather than open-ended questions to preserve a sense of control
- Watch for signs of hunger, pain, or overstimulation before they escalate
- Schedule demanding tasks earlier in the day, ahead of sundowning

Watch For

- Repeated memory problems beyond normal aging (asking the same question, losing track of a familiar task)
- New or worsening confusion, agitation, or restlessness in the late afternoon or evening
- Signs of frustration that may precede aggressive behavior
- Wandering or attempts to leave the home
- Reduced appetite or unintentional weight loss

Avoid

- Correcting factual errors directly; redirect gently instead
- Rushing responses or filling every silence
- Arguing or reasoning during an agitated moment
- Sudden loud noises or overstimulating environments, especially in the evening
- Assuming refusal (to bathe, eat, etc.) is stubbornness rather than confusion or discomfort

Call the Doctor If

- Memory or cognitive symptoms worsen suddenly rather than gradually
- New aggression, hallucinations, or significant behavior change appears
- Unexplained weight loss or signs of malnutrition develop
- A fall, injury, or wandering incident occurs
- You're considering additional specialists or a care plan review

Note** The information contained in this document is intended to support, and not replace, the advice given to you or your caregiver by your healthcare providers.