



"Lighting the way with better patient care."

**Anova**  
HEALTH CARE SYSTEM

Home Health • Hospice • Palliative • Home Care

## HOSPICE PATIENT AND FAMILY EDUCATION AND TRAINING

### ALZHEIMER'S DISEASE

#### What is Alzheimer's Disease?

Alzheimer's Disease is a progressive neurodegenerative disorder that affects memory, thinking, and behavior. It is the most common cause of dementia, a syndrome characterized by a decline in cognitive function that interferes with daily life. Alzheimer's Disease primarily impacts older adults, gradually impairing their ability to perform routine tasks and communicate effectively.

#### What are the Signs and Symptoms of Alzheimer's Disease?

Individuals with Alzheimer's Disease may exhibit a variety of symptoms, including:

- Forgetfulness, especially of recently learned information
- Difficulty with problem-solving and planning
- Confusion about time, place, and familiar faces
- Challenges with completing familiar tasks
- Language difficulties, including finding the right words
- Misplacing items and inability to retrace steps
- Poor judgment and decision-making
- Withdrawal from social activities
- Mood swings and changes in personality

#### What potential factors can cause Alzheimer's Disease?

The exact cause of Alzheimer's Disease is not fully understood, but it is believed to result from a combination of genetic, environmental, and lifestyle factors. Some potential factors include:

- Age
- Genetic predisposition (family history of Alzheimer's)
- Abnormal protein deposits in the brain (amyloid plaques and tau tangles)
- Brain inflammation
- Cardiovascular risk factors (hypertension, diabetes)
- Head injuries
- Lack of mental stimulation and social engagement

#### What can be done for the person with Alzheimer's Disease?

While there is no cure for Alzheimer's Disease, various strategies can enhance the quality of life for individuals and their families:

- Establish a structured routine to provide a sense of familiarity and predictability.
- Ensure a safe living environment with measures to prevent accidents or wandering.
- Promote cognitive stimulation through activities such as puzzles, games, and reminiscence

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therapy.

- Encourage regular physical activity and a balanced diet to support overall well-being.
- Provide emotional support and maintain open communication with the healthcare team.
- Explore medications that may help manage symptoms, such as memory loss and mood changes.
- Involve the individual in decision-making to the extent possible, respecting their autonomy.
- Support family caregivers through respite care services and community resources.
- Engage in Alzheimer's-specific support groups to share experiences and coping strategies.

**Regular communication with the healthcare team and seeking support from Alzheimer's organizations can help individuals and their families navigate the challenges associated with this progressive condition. Advanced care planning and discussions about long-term care options are also crucial components of managing Alzheimer's Disease effectively.**

