



The Complete Guide to Alzheimer's and Dementia Care

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Overview: Understanding Alzheimer's and Dementia

Alzheimer's disease is one of the most common forms of dementia, which is marked by a decline in mental function. Other types include Lewy body dementia, vascular dementia and Huntington's or Parkinson's disease. Seeking an accurate diagnosis and knowledge about the disease are the first steps to ensuring your loved one gets tailored care.

Becoming a caregiver for a loved one who has dementia: What you need to know

While it can be incredibly overwhelming to become a dementia caregiver for a loved one, wrapping your head around the...[\(Link\)](#)

Understanding the difference between dementia and Alzheimer's: What experts say you need to know

Alzheimer's disease is one cause of dementia, Kaiser explains, but there are actually a number of other common diseases that...[\(Link\)](#)

How is Alzheimer's disease diagnosed? What you need to know

Here's how Alzheimer's disease is diagnosed, how to spot the most common symptoms of Alzheimer's disease early, what to expect...[\(Link\)](#)

12 common Alzheimer's disease myths — and the truth behind them

Here are some of the most common myths and misconceptions experts hear on a regular basis, as well as actual...[\(Link\)](#)

When your spouse has dementia: How to cope following diagnosis, according to experts

Finding out that your spouse or partner has been diagnosed with any type of disease can be a scary and...[\(Link\)](#)

Activities and games for seniors with dementia: 11 expert-approved picks to boost their well-being

Here are 11 activities and games for dementia patients that will boost their well-being while offering you opportunities to bond...[\(Link\)](#)

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Care: Finding the best fit

Once you know which stage of dementia your loved one is in and what their needs are, you can begin to explore what type of care — be that adult day care, home care or assisted living — they'll benefit the most from.

Alzheimer's and dementia care: 6 options that'll work for any family

People with memory impairment need highly-specialized care. Here are six Alzheimer's care options and what you need to know about...[\(Link\)](#)

How to talk through plans with a loved one who's been diagnosed with Alzheimer's or dementia

There are so many decisions that need to be made as your family member progresses through the different stages of...[\(Link\)](#)

Paying for Alzheimer's and dementia care, according to financial advisors

The cost of quality care for an aging loved one can get pricey. If your loved one has dementia or...[\(Link\)](#)

Parkinson's resources for caregivers: Where to go for information and support

Here are some of the best places to find Parkinson's disease information and support as you navigate your needs throughout...[\(Link\)](#)

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Safety: Protecting your loved one

From taking steps to ensuring that their home is hazard-free to being on the lookout for concerning behaviors like wandering and even taking point on their finances, you'll want to take particular preemptive steps to keep your senior loved one safe and well.

Safety checklist: How to dementia-proof every room in your home

Anyone who's cared for a loved one with Alzheimer's disease or other type of dementia knows the worry you can have for their safety...[\(Link\)](#)

Alzheimer's and dementia: The wandering problem

Six in 10 people with Alzheimer's or another form of dementia will wander away from their care settings, according to the Alzheimer's Association. Disorientation begins...[\(Link\)](#)

Caregiving during the mid-to-late stages of Alzheimer's and dementia

The middle stages of Alzheimer's or dementia can be the most challenging time for a caregiver. Your loved one is losing more and more...[\(Link\)](#)

A simple guide to managing finances for people with dementia

Roughly 80% of people suffering from dementia are incapable of managing their money, according to a 2017 study by the...[\(Link\)](#)

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Burnout: Looking out for your health

Caregiving necessitates that you take care of your own health and well-being when providing care for others — especially a loved one who has dementia. For that reason, it's imperative to identify and address your own needs and seek support as needed.

How identifying yourself as a caregiver is the first step to tackling the stress of the job

Labeling your work as an unpaid caregiver is a step toward recognizing — and contending — with the stressors you...[\(Link\)](#)

5 self-care tips for Alzheimer's and dementia caregivers on the brink of burnout

Caregiver burnout is a major concern, and a reason that it is as important to care for yourself as it...[\(Link\)](#)

5 ways to find an Alzheimer's and dementia caregiver support group that suits you

Caregiving for a loved one with Alzheimer's or another kind of dementia can be a fulfilling experience, but it can also be extremely stressful...[\(Link\)](#)

Caring for someone with Alzheimer's: 3 tips for family caregivers

As you take on more responsibility for helping your loved one who has dementia or Alzheimer's, your roles will definitely...[\(Link\)](#)

For support, contact a Senior Care Advisor at Care.com. We are master's level social workers specializing in adult and senior care. Email questions to careplanning@care.com.