

Help with Personal Care

Over time, your loved one will need more and more help with daily tasks. But, at any stage, let your loved one do as much as possible.

Eating and Drinking

- At least once a day, sit down together for a meal. Meals are a nice time to be social. It also lets you keep better track of the amount and type of food that's eaten.
- Make each meal as healthy as possible. Ask the doctor whether food supplements will help.
- Be sure to provide plenty of fluids.

Dressing

- If your loved one dresses himself or herself, don't worry if the clothes don't always match.
- Consider easy-to-close garments made with Velcro, snaps or an elastic waistband
- Choosing what to wear may be too much for a person with Alzheimer's. Try laying out an outfit each day. Lay out clothes in the order that they should be put on.
- When help is needed, try to hand over each item of clothing and tell how to put it on.

Bathing and Grooming

- Your loved one may be sensitive about being reminded to bathe. It may help to treat bathing as an expected activity that happens at a fixed time each day.
- Sometimes showering is easier than getting into a bathtub.
- Prepare the water and other bath items ahead of time.
- Visits to a barbershop or beauty salon may be helpful for hair washing, hair styling, and shaving.



Taking Medications

- Keep track of daily medications. A sectioned pillbox and a checklist may help.
- Don't rely on your loved one's word that medication has been taken. Watch to be sure it is taken on time and in the right amount.
- Store medications in a safe place to prevent too much from being taken by mistake.