

Caring Day to Day

Caring for a person with Alzheimer's means planning activities and looking after daily personal needs. Having a regular daily schedule can help. Your loved one will feel most secure with a familiar routine.

Plan Daily Activities

People with Alzheimer's disease often become bored and frustrated. They may want to be active, but can't begin something on their own. Plan ahead to help keep your loved one involved. Adult daycare activity programs are a good resource.



Tips That May Help

- **Keep it simple.** If a task is too complex, your loved one may become frustrated. Tasks that involve repetition are good choices. Alter activities as your loved one's abilities change.
- **Do things together.** Let your loved one do as much as possible, but be there to help. Choose activities with many easy tasks, such as baking a cake. Do the tasks that are too hard for your loved one, such as measuring. Let him or her do the rest.
- **Don't withdraw.** Make activities simpler rather than dropping them. Instead of meeting a group of friends, visit with just one. Instead of running three or four errands, stick to one.
- **Stay active.** Regular exercise can help both you and your loved one release pent-up energy. Exercise lessens restlessness and improves sleep. Walking is a great way to exercise together.
- **Avoid noise and crowds.** People with Alzheimer's disease often have trouble coping with large parties or busy restaurants. Your loved one may now prefer quiet even if he or she has always enjoyed excitement and activity.

