

## Warning Signs of Alzheimer's and Dementia

- Memory loss that affects job skills
- Difficulty performing familiar tasks
- Problems with language
- Disorientation to time and place
- Poor and/or decreased judgment
- Problems with abstract thinking
- Misplacing things
- Changes in mood or behavior
- Changes in personality
- Loss of initiative

### • Caregiver Tips

- Recognize added stress in your life.
- Realize it is OKAY to ask for help from a friend.
- Accept help when offered.
- Take a day off when you can.
- Do something fun for yourself.
- Share your feelings with someone.
- Remove yourself from the situation when possible.
- Cry– do not be afraid to express your feelings.
- Take care of your own health care needs.
- Join a caregiver support group.
- Remember you are not in this alone.

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## **HOBART POLICE DEPARTMENT**

Public Relations  
*"Partners in Public Safety"*



## **DEMENTIA ALZHIEMERS LOG**

# Senior Dementia & Alzheimer log

## Enrolling

To enroll your loved one in the log follow these simple steps.

- Fill out an application with your loved ones information. Including caretaker, family member, and doctor contacts.
- Attach a recent photo (shoulders up preferable)
- Call in with any major changes or updates.

The application and photo will be kept on file at the police department, and used incase of an emergency. This information can be used to locate, identify, and protect your loved one.

## Getting Help

Where to go for an evaluation:

- Family physician
- Local Hospital
- Geriatricians
- Neurologists

There is no single diagnostic test for Alzheimer's disease, and can involve thorough evaluation and tests to determine as a 'probable' cause of symptoms.



## Communication Techniques

- Identify yourself & address the person by name
- Ask one question at a time
- Allow enough time for the person to respond
- Use nonverbal communication such as pointing or nodding
- Be patient, flexible and reassuring
- Focus on feelings, not facts
- Do not criticize, argue or correct the person
- Speak slowly, directly and clearly
- Use familiar words and cues
- Establish and maintain eye contact
- Smile and be friendly in your approach
- Be consistent and repeat information or questions as needed
- Respond to and validate the persons feelings
- Provide assistance when needed