



## ***ALZHEIMER / DEMENTIA TIPS***

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Over 5 million people of all ages currently have Alzheimer's disease. It is estimated by 2050 that 11-16 million Americans will have Alzheimer's disease. Chances are you may come into contact with someone who is affected by this terrible disease. Here are some tips in case you make contact with someone who may be suffering from Alzheimer's and the warning signs of someone who may be affected by this disease.

### **PERSONAL INTERACTION TIPS:**

1. Speak in a calm, friendly tone. Do not raise your voice or argue.
2. Approach from the front and, if possible remove your hat and/or sunglasses to maintain eye contact.
3. Avoid touching the person without asking or explaining why you need to touch them.
4. Be prepared for sudden mood or demeanor changes.
5. Ask one simple question at a time and allow extra response time.
6. Check for a tracking device or Medical Alert bracelet.
7. Call 911 immediately and explain to the 911 operator that you may have come into contact with someone who has Dementia or Alzheimer's disease.

### **WARNING SIGNS:**

1. Erratic driving with slow or poor traffic decisions.
2. Intoxicated-like behavior such as incorrect words, delusional thoughts, and poor eye contact.
3. Lost or disoriented behaviors
4. Defensive or agitated behavior.
5. Vague answers that don't match the question.
6. Destination location or route that does not make sense or does not exist anymore.
7. Shuffle or reduced gait movement.
8. Difficulty determining date, time, or year.

***"KEEP SAFE BY BEING PREPARED"***