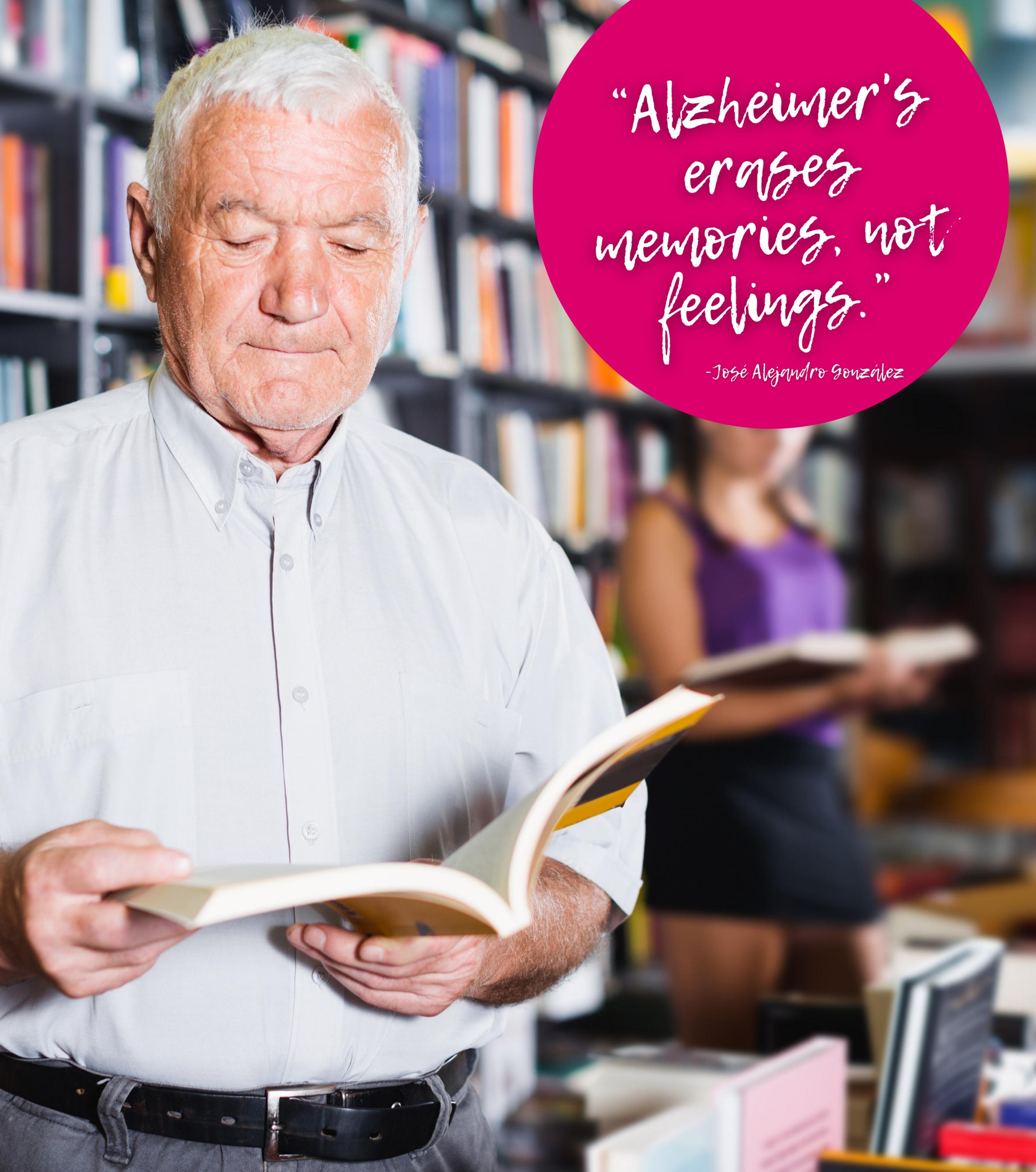




INFOGRAPHS
«COVID AND
DEMENTIA
SERIES»



*"Alzheimer's
erases
memories, not
feelings."*

-José Alejandro González

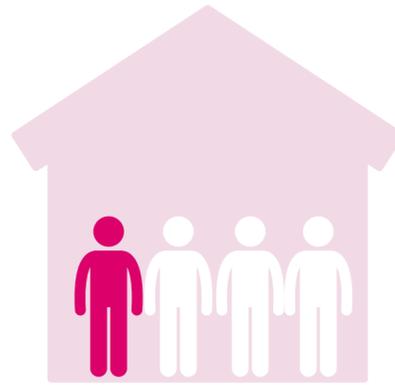
World Alzheimer's Day



WHAT YOU NEED TO KNOW

Alzheimer is the most common cause of dementia worldwide.

60%-80% of the cases



According to the CEAFA (Spanish Alzheimer's Confederation), one out of every four Spanish homes is affected by a family member with Alzheimer, which is equivalent to 1.2 million people.

10 SIGNS OF EARLY DETECTION

1 The memory begins to fail

Things that have just been learned and important events are forgotten.

2 Planning or problem solving

become a real headache.

3 Daily routines are increasingly difficult

both at home and at work. It can be difficult to remember, for example, the way to one's home.

4 They get angry very easily.

They become suspicious, anxious and jealous.

5 They confuse the pace of the time

They forget dates, where they are and how they got there.

6 They become more and more withdrawn.

They are increasingly passive in their work and social life.

7 They start having reading trouble,,

calculating distances, distinguishing colours or understanding visual images.

8 They behave out of turn

9 They don't remember what they've done before

They leave things anywhere and then are unable to find them.

10 They forget names or names of everyday objects

They find it difficult to join in a conversation, because they cannot find the concrete words. They start to repeat things a lot.



10 RECOMMENDATIONS IF YOU TAKE CARE OF A PERSON WITH DEMENTIA AND CANNOT LEAVE THE HOUSE

by Pura Diaz-Veiga, Álvaro García and Cristina Buiza



Keep the routines

the usual schedule, activities and breaks from day to day.

Even if you can't go outside, it's important to keep your body going

Walk inside, stretch gently, move even a few steps.



Encourage to participate

in whatever is possible and meaningful for them. It may feel good to get involved in things like clapping on the balcony, bingos or other community actions.

Take care of medication and food

Don't forget to include something special on the menu from time to time.



Music is always a good ally

You can take advantage of it to remember songs that you like or, if possible, to dance. It will serve as a good physical exercise and will help to maintain the mood.

Taking the air together through the window,

or on the balcony is healthy and helps to maintain contact with the outside world.



If the person you care for asks questions or shows concern,

respond with simple, reassuring and practical messages.

Try to keep the atmosphere at home quiet

Watch a film on TV or YouTube, listen to entertainment programmes on the radio, communicate with people you know on the tablet... will help you enjoy a good time.



Remember that humor and the expression of affection

are good allies for a good day-to-day life.

Take care of yourself

Talk to friends, share with other caregivers, set aside some time for yourself and ask for help if you need it. Your well-being guarantees that of the person you care for.

LIVING AT HOME WITH A PERSON WITH DEMENTIA. WHAT DO I DO IF...

THE PERSON HAS AGGRESSIVE BEHAVIOR

by Cristina Buiza y Pura Diaz-Veiga

Try to prevent them*



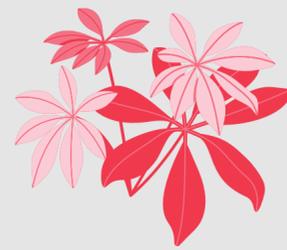
Encourage the practice of everyday activities,

facilitating and valuing the performance of what the person likes and motivates.



Maintain daily routines.

If changes are unavoidable, try to introduce them progressively.



Pay attention to the environment.

Keep dangerous objects and medication under control. Try to have a pleasant temperature, and quiet environment.



Distract her by telling her something in a calm tone

or offer him something to keep his hands busy (food, a newspaper, letters,...), especially when the person starts to get upset.

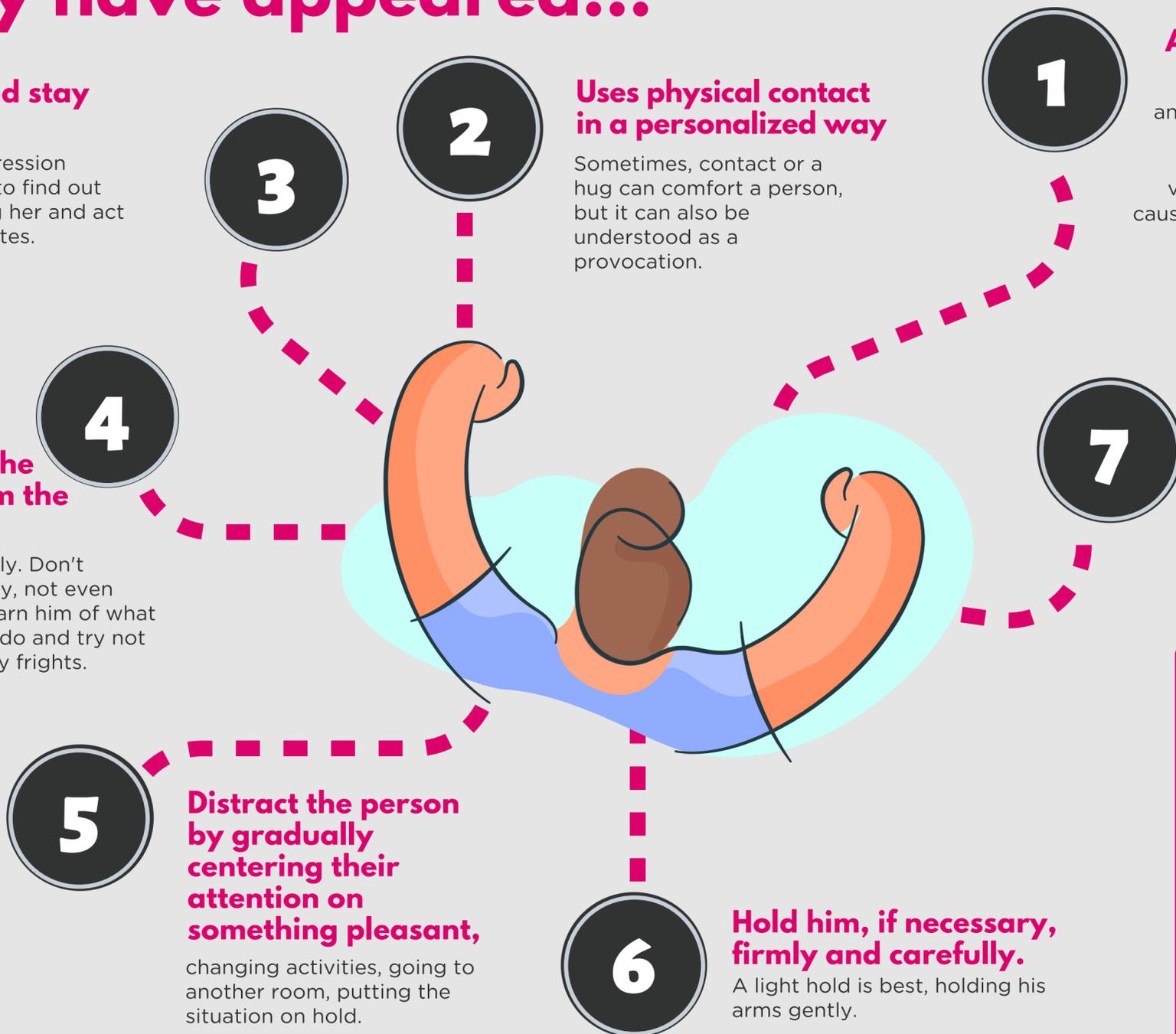
If they have appeared...

Breathe and stay calm

Don't take aggression personally, try to find out what's irritating her and act before it escalates.

Approach the person from the front,

slowly and calmly. Don't approach quickly, not even from behind. Warn him of what you're going to do and try not to cause him any frights.



1 Ask the person what's wrong with him

and if you can help him, in a soft voice and without making any sudden gestures. Raising your voice or arguing almost always causes an escalation of aggressive behavior.

7 Don't hesitate to ask for help if you need it

Have emergency phone numbers or other resources available in case you cannot control the situation yourself. Don't forget, asking for help in these cases is not a sign of weakness, but of strength..

(* In some cases it can help to get out on the street. Ask your family doctor for a document that justifies the need to go out.

Recommendations based on the publication:

"Consejos y orientaciones no farmacológicas para pacientes con deterioro cognitivo en el domicilio y unidades psicogeríatras"

Arriola, E., Alaba J., Buiza, C., González M.F. y Zulaica, A.

LIVING AT HOME WITH A PERSON WITH DEMENTIA. WHAT DO I DO IF...

HAS MANIFESTATIONS OF AGITATION

by Cristina Buiza y Pura Diaz-Veiga

Try to prevent them*

Favours a peaceful environment



Avoid, as far as possible, sudden noises; shortage or sudden changes of light; excessive stimulation (TV or music in the background without stopping, talking at the same time,...).



Some soft music (some people find headphones very effective). If you are a believer, listening to the rosary or a mass can help to relax you.



Invite her to participate in meaningful and enjoyable activities

such as caring for animals or plants, sorting objects, washing and folding clothes, housework, playing cards.



Maintain daily routines

and changes life and the daily environment as little as possible, ensuring that the person's significant objects are in view.



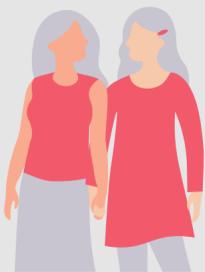
Encourage her and help her move

A walk around the house or some exercise.

Avoid exciting drinks



If they have appeared...



Encourages the person to express herself

about his feelings and the causes of what's wrong with her.



Show a loving and conciliatory attitude

Express yourself clearly, simply and calmly. Walk and breathe deeply with her.



Ask for help and consult a doctor

if the agitation is sudden and for no apparent reason. There could be some medical or pharmacological cause.

Don't forget, asking for help in these cases is not a sign of weakness, but of strength



Press very lightly on the part of the body that is agitated

and encourages the person, with kindness, to cease movement, reducing contact progressively until agitation ceases.



"Calm" the environment in which the person is

Eliminate the direct and strong lights, noises, amount of people present...



Entertain her, when she calms down

Take her thoughts to topics that are stress-free and comforting to help create a pleasant state.

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LIVING AT HOME WITH A PERSON WITH DEMENTIA. WHAT DO I DO IF...

HAS HALLUCINATIONS

by Cristina Buiza and Pura Diaz-Veiga



Promotes a quiet environment

Avoid sudden noises; sudden shortage or change of light; excessive stimulation (radio and television can be entertaining for some people, but can also cause the person to think they are hearing voices...).

Some soft music may be helpful.

Try to prevent them*



Keep the house well lit

and covers the mirrors if the person doesn't recognize his image and thinks it's other people.



Ventilate all rooms well

Use fragrances and aromas that the person is used to. Sudden changes in odors can also trigger these episodes.

Avoid exciting drinks



Try not to make any drastic changes in the decoration or furniture

It may generate more confusion in the person. Identify which objects are relevant to them and keep them in their sight so that they do not become distressed if they do not see them.

If they have appeared...



Calm her down and give her confidence

when she is upset or frightened by the disturbance she is experiencing.

Try to react calmly

so it's easier for her to feel safe and comfortable. Sometimes holding her hand and hugging her can be reassuring.

Make sure he can see or hear you

When you address her, stand close and facing her, before you start a conversation.

1

Go with her

It is not necessary to act if what the person perceives does not cause suffering or there is a risk.



7

6

5

Answer in a neutral way without compromising

When you know what he says, sees or hears is false, avoid arguing. For her it's real.

Don't doubt to ask for help if you need it

Consultation with the doctor to evaluate organic or pharmacological causes.

Don't forget, asking for help in these cases is not a sign of weakness, but of strength

Move to another area of the house with her and offer her some rewarding and meaningful activity

A good starting point can be to start a conversation about real, everyday issues.

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Arriola, E., Alaba J., Buiza, C., González M.F. y Zulaica, A.

LIVING AT HOME WITH A PERSON WITH DEMENTIA. WHAT DO I DO IF...

HAS DELUSIONS

by Cristina Buiza y Pura Diaz-Veiga

Try to prevent them*

Ensure that the person is in a familiar and familiar environment

Make sure he sees or hears you when you talk to him by standing close and facing him. Speak clearly and softly.

Include her in your conversations so she does not think you are talking or plotting against her, etc.

Don't be hesitate to ask for help if you need it

Remember, asking for help in these cases is not a sign of weakness, but of strength.

If they have appeared...

Put yourself in their shoes,

realizing that the person is scared because of thoughts that make them suffer.

Stay calm to convey peace of mind and security,

and reduce his discomfort with that unsettling thought.

Attend to what the person is feeling

Avoid making her see reason, for her what she thinks is reality.

Speak to her in a soft tone,

even if she does not understand, hold her hand, listen to her so that she feels that she is cared for and protected.

Don't belittle what she says, or ridicule her for it

Listen to her. It's very important for the person to feel that you support them.

In the face of beliefs such as: "I have to go home and take care of my children or prepare food for them".

- Try to talk about the issue that concerns you, but from another perspective: "tell me something about the children, what you're going to prepare to eat..."
- Don't remind her that her children are currently 60 (or whatever age they are).
- When she insists on going home or to work, it is best to pay attention to her, staying by her side to avoid putting herself in danger.

In the face of the belief of theft:

- Offer to help her find the object she thinks has been stolen, not by following the theme of the theft, but by focusing on helping her find it.
- You can put some money in her wallet or a photocopy of the documentation. That might make her feel better.
- Give her a key to lock her room or her closet if that will reassure her.
- Tell her we'll keep an eye out and watch for anyone to come in.

Gradually introduce topics that you know he will like.

Talk to him about his hobbies (sport, reading...), his favourite music, the food he likes best,...

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Arriola, E., Alaba J., Buiza, C., González M.F. y Zulaica, A.

LIVING AT HOME WITH A PERSON WITH DEMENTIA. WHAT DO I DO IF...

HAS CONSTANT WANDERING

by Cristina Buiza y Pura Diaz-Veiga

Try to prevent them*

Favor a pleasant physical environment. Adequate lighting, familiar and reassuring objects, calm atmosphere.

Preserve the routines and customs avoiding, as much as possible, big alterations.

8 Ask for help if you need it

Remember, in these cases it is not a sign of weakness, but of strength.



7

Favor orientation and a comfortable tour of the house. For this purpose:

- Use orientation signs: indicator panels, places and objects that are especially well known, such as personal and significant adornments.
- Arrange objects in their usual places.
- Assure an easy and safe passage through corridors and rooms. If necessary, reorganize the location of furniture that may interrupt the passage
- Open the doors so that if the person is looking for a specific space it is easier to identify it from the corridor.
- If there are clear glass doors in the house, place a sticker at eye level to help the person know whether the door is open or closed.



6

If they have appeared...

1 Put yourself in her shoes

Wandering can be a manifestation of some unmet need (going to the bathroom, being hungry, thirsty, tired, afraid, insecure, lack of exercise, bored, in pain...).



2 Encourages contact with the outdoors

Take advantage of the moments available to you to go for a walk in the street.

3 Accompany her to the bathroom, kitchen or invite her to a comfortable place

If she manipulates the knobs or seems to be looking at where to go, she may be wanting to do something she can't express. Try to find out what it is.



3

Orient the wandering to safe areas

If there is no risk, allow the person to walk quietly, even from one side of the corridor to the other.



4

4 Stay calm and don't be overwhelmed if the person follows you around the house

It may be due to lack of stimulation, curiosity or, in cases of advanced dementia, a reflex action.

5

5 Reassure her if she shows a sense of urgency

and try suggesting another activity. For example, if she says she has to go make the kids' lunch, you can say, "Don't worry, the food is ready. I'll take care of it. Come over to the couch while it's being done."



(*) In some cases it can help to get out on the street. Ask your family doctor for a document that justifies the need to go out.

Recommendations based on the following publications:

"Consejos y orientaciones no farmacológicas para pacientes con deterioro cognitivo en el domicilio y unidades psicogerítricas"

Arriola, E., Alaba J., Buiza, C., González M.F. y Zulaica, A.

"Guía para una vivienda amigable con las demencias"

García, A., Del Barrio, E., Diaz-Veiga, P.

LIVING AT HOME WITH A PERSON WITH DEMENTIA. WHAT DO I DO IF... SHOWS INAPPROPRIATE SEXUAL MANIFESTATIONS

by Cristina Buiza y Pura Diaz-Veiga

Try to prevent them*

Favor a pleasant and quiet environment. Certain content offered by television can over-stimulate the person.

Help to create, if that is what the person wishes, spaces and times for intimacy.

Ask for help as soon as you feel you need it

Remember, in these cases it is not a sign of weakness, but of strength.



6

5

What do I do if the person...

... gets into my bed

Redirect him to his room. This behavior may stem from a search for non-sexual intimacy or simply from disorientation.

... appears naked

Cover him up with a robe and take him somewhere private without giving him any importance. His behavior may be because he is hot or needs to go to the bathroom. Or he just needs activity and that's what's available to him at that time.

... masturbates in public

Try to stay calm and lead her to a private place without giving her too much importance. Don't scold her, don't embarrass her.

... makes touches to other people

Explain directly to her that such behavior is not appropriate with that person or place. Firmly, but without getting into arguments or confrontations.

... flirts by making offensive comments and/or inappropriate gestures

This behavior may be linked to old social roles. Remind the person, in a kind and practical way, that this behaviour is not acceptable, giving them opportunities to re-experience their social role in other aspects.

If they have appeared...

Put yourself in her shoes

Try to understand and minimize these situations. Rule out causes like irritations, infections... That the person is undressing may respond to being hot, wanting to go to the bathroom or feeling some discomfort, for example.

1

2

Keep calm

Reacting naturally promotes the person's peace of mind. Remember that this behavior is a manifestation of the disease.

3

Offer conversation

Sometimes sexual behavior reflects a need for interaction with another person. Lead that need into a conversation or other shared activity.

4

Redirect sexual expression

into activities that help the person focus on something else. For example, get some physical exercise. Sometimes simple distractions, such as offering some water or juice, can also help.

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Arriola, E., Alaba J., Buiza, C., González M.F. y Zulaica, A.

"Desinhibición sexual. Pautas de abordaje"

Gracia P. (<https://demencia24h.wordpress.com/>)

LIVING AT HOME WITH A PERSON WITH DEMENTIA. WHAT DO I DO IF...

THE PERSON IS APATHETIC AND UNWILLING

by Álvaro García Soler

Keep the person involved with the environment

Generate opportunities to interact with the surrounding environment.

Their interest can be aroused by having those objects in sight and at hand that invite some kind of meaningful activity for the person.

Stimulate, motivate and participate

Offers options for action, the simpler you make them, the better. "I'll bring you the paper," "Would you like to make some juice?" Don't leave the activity in the person's hand if you can share it.

Incorporate the practice of day-to-day activities,

try not to do them for the person, and progressively introduces options for new activities or activities that were already being done, but were left behind. Making the bed, hanging out the clothes, sweeping the kitchen, watering the plants...

Converse with the person

Talk to the person as an equal, with patience and time to listen to what they say and without criticizing them if they do not participate.

Give him challenges

adapted to the person's level, neither too simple that infantilize or bore them, nor too complicated that can frustrate them.

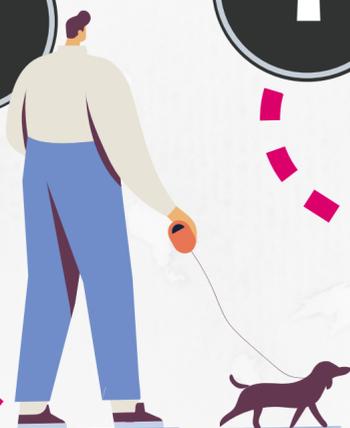


And if the person has been like this for a while...

2

Try out options

and try to give her new things, he might surprise you by doing things she's never been interested in before.



1

Ask and listen to what he says

If she can't speak, her expression and her body can say a lot without words.



8

Keep in mind that it's all about sharing

Providing stimulus to leave the person alone does not compensate. The activity has more value if it is done in company.



7

Incorporate the person into social situations

Visits, family and friends. It's good to be included, even if you don't participate.



3

Take advantage of mistakes

Offer activities and if they do not work or are not well received, try again in another quieter situation, or with the more active person.



6

Value positively your actions,

not just yours. If the person does not react to the offer, then only the attention you give and the attention the person gives you is valuable in itself. Sometimes attention precedes action.



5

Take your time,

slowly and calmly. It may be a matter of time and ease before the person participates or interacts with something.

4

Use physical contact

Closeness and tact, if desired and welcomed, are a way of communicating.

MATIA
FUNDAZIOA