

At Home with Alzheimer's

Most older adults – including those with a dementia illness – prefer to age in their own homes. However, to provide care at home, it could be necessary to adapt personal care routines. The following information may help you and the one you are caring for manage the changes that could take place, allowing them to remain in the comfort of home.



Bedroom

1. Go with clothing and shoes that are easy to slip on, such as those with Velcro fasteners.
2. Lay out articles of clothing in sequence, arranged in order they are meant to be put on. Group Mom's clothes into outfits. When she can grab one hanger with pants and a shirt, she will feel confident in her selection.
3. Offer a choice, e.g., between a white shirt and a blue shirt, always maintaining personal style.

Kitchen

4. Continue food traditions for as long as possible. For example, make Grandma's pasta sauce and ask her to help, even if it's watching.
5. Create contrast by serving Mom a meal on a colored plate, and keep the table setting simple.
6. Include finger foods on your daily menu such as small sandwiches, and sliced fruits and vegetables.

Bathroom

7. Create a spa-like atmosphere at bath time. Buy Mom's favorite lavender soaps and lotions to help create a pleasing experience.
8. If you are assisting with tooth brushing, ask Dad to stand in front of a mirror while you help from behind, so he can still see what he's doing.
9. If Dad is having trouble in the shower, break the task into simple, manageable steps.

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