



Tips for those living alone with Alzheimer's

The following tips will help you handle day-to-day challenges, maximize your independence and live a meaningful life.

If You Notice Cognitive Impairment, See a Doctor:

Communicating your symptoms to a doctor is critically important because there are other causes for cognitive impairment aside from dementia or Alzheimer's disease. Doctors may conduct tests before making a dementia or Alzheimer's diagnosis.

Get Educated

Know what to expect so that you are prepared for changes in your abilities. The Alzheimer's Association in Ohio provides around-the-clock support for individuals dealing with Alzheimer's disease and other dementias. Go to alz.org and click on "Help & Support" and "I Have Alzheimer's" for information. Call the Alzheimer's Association's 24/7 Helpline at 800.272.3900 to connect with your local Alzheimer's Association office.

Share Your Diagnosis with Those You Love

As the disease progresses, you will need the support of those who know and understand you. Concealing or denying your diagnosis will limit your ability to cope with the challenges ahead.

Maintain a Schedule or Routine

A daily routine can help you remember and manage tasks. Make a daily plan to keep track of the tasks you want to accomplish each day. Having a schedule can reduce the time you spend figuring out what needs to be done and when. A schedule also makes you more successful in accomplishing your goals and limiting mistakes.

Manage your Medications

Here are some suggestions: Set up a pill box each night for next-day use; set the alarm on your cell phone or schedule dosing around meal times; place a sticky note on a particular medication saying, "Do not take me" as a reminder it has already been taken.

Manage Fatigue

Many times, with dementia, a person is unable to focus later in the day. One coping strategy is to work on tasks that require mental alertness during the early morning hours.

Consider Enrolling in a 24/7 Wandering Support Service

A MedicAlert membership plan with Wandering Support helps first responders and families reconnect with individuals living with dementia who experience a medical emergency or have wandered. Go to alz.org for more information.