

## Ways To Show Your Support of the Alzheimer's Patient and Caregiver

Author: james ellison

At some period in your life, somebody you know may become impacted by Alzheimer's disease. And if it is a close friend or family member, you can display your support of the Alzheimer's patient and the health professional through many ways. Alzheimer's can be a lonely disease, but with your aid and support, it does not have to be. Following are some useful tips on ways you can affect the lives of the health care provider as well as the patient with the disease.

Don't be unsociable or dodge the person in your life with Alzheimer's disease. Go see them and let them know you are thinking about them. Talk with the health care provider and see when is the best times to visit. Oftentimes, Alzheimer's sufferers might be more rested in the mornings or right after an afternoon nap. Wearing them out often worsens the symptoms of the disease. Patience and a friendly ear are a must in your visit. If they are still relatively rational, they may want to ease themselves to a caring friend.

Be ready to tell why you are there to visit, if they do not identify you. Sometimes, you may have to do this a couple times during your stay. Talk using smaller sentences and use body gestures like hand movements to make a point in the conversation. While they may not comprehend some of the words you are presenting, many can still translate body language up to a point. Also allow the Alzheimer's patient a lot of time to answer inquiries or make conversation. Don't feel unsure about motivating them with a word or two if their train of thought seems to drift.

Express joy and think back about past happenings that you may have done together. They may not recall the situation, but they can certainly savor the story. Bring out picture albums and talk about the people and places in the pictures. Share a function whether it is a craft or a walk in the park or snatching an ice cream cone. Most of all, squeezes and smiles can break through the roadblocks that sometimes words cannot.

Backing the caregiver is all so important. Sometimes, coping with somebody who has a sickness can be lonely and they might feel left behind without support. Give them a lifeline and pay close attention to them. Sit down with a drink and let them talk to you. Help them with tasks. If you are at the store, give them a phone call and see if they need anything. Ask if you can assist around the house, whether it be cutting the grass or preparing a meal.

Volunteer to sit with their loved one stricken with Alzheimer's so that they can go do something for themselves. Having solitary time is essential for emotional health and they may need the break. Giving them the time works marvels and they can come back to their role as health care provider with more eagerness. Most significantly, keep in touch, particularly if you don't live near them. A phone call or letter works great and helps the caregiver feel less detached from the world.

About The Author:

Jim's articles are from extensive research on each of his topics. You can learn more of alzheimer's support by visiting: [www.greatalzheimertips.com](http://www.greatalzheimertips.com).

This article is reprinted by permission of the publisher:  
Source: [http://www.articlealley.com/article\\_83698\\_17.html](http://www.articlealley.com/article_83698_17.html)