

## 10 signs of Alzheimer's

### 1 Memory loss that disrupts daily life

Forgetting recent events or important dates, repeating the same questions, needing help with once-simple tasks.

### 2 Difficulty with problem-solving or planning

Unable to develop or follow a plan, work with numbers, remember a familiar recipe, organise bills, concentrate.

### 3 Difficulty completing daily tasks

Trouble with driving to familiar places, managing a budget, or remembering the rules of a favourite game.

### 4 Confusion with time/place

Losing track of dates, seasons, the passage of time; may forget where they are or how they got there.

### 5 Trouble with images/spatial relationships

Difficulty reading, judging distance, determining colour or contrast, or discerning mirror reflections.

### 6 Difficulty reading or writing

Difficulty in conversation, i.e. stopping mid-conversation, repeating things, struggling for words, misnaming.

### 7 Misplacing items; unable to retrace steps

Putting things in unusual places, losing possessions, or accusing others of stealing.

### 8 Decreased judgment

Losing good judgement or decision-making skills, often regarding money. Less attention to grooming, dressing and cleanliness.

### 9 Withdrawal from socialising

Becoming removed from hobbies, social activities, work projects, sports. May avoid social situations and visitors.

### 10 Changes in mood and personality

Alzheimer's sufferers may become confused, suspicious, depressed, fearful, anxious or easily upset.

## Action on Alzheimer's & Dementia

Action on Alzheimer's & Dementia was approved in 2012 as a new charity in Bermuda (Charity no. 929).

### Board members

Elizabeth Stewart  
*President & Founder*

Grainne Richmond  
*Vice President*

Melissa Logie  
*Treasurer*

Laura West-Burt  
*Secretary*

Joanna Heaney  
*Director*

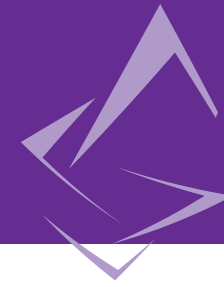
Diane Moore  
*Director*

For more information, please contact us at  
707-0600 or alzbermuda@yahoo.com

SUPPORT • EDUCATE • ADVOCATE

 Action on Alzheimer's & Dementia

[www.alzbermuda.com](http://www.alzbermuda.com)



 Action on Alzheimer's & Dementia

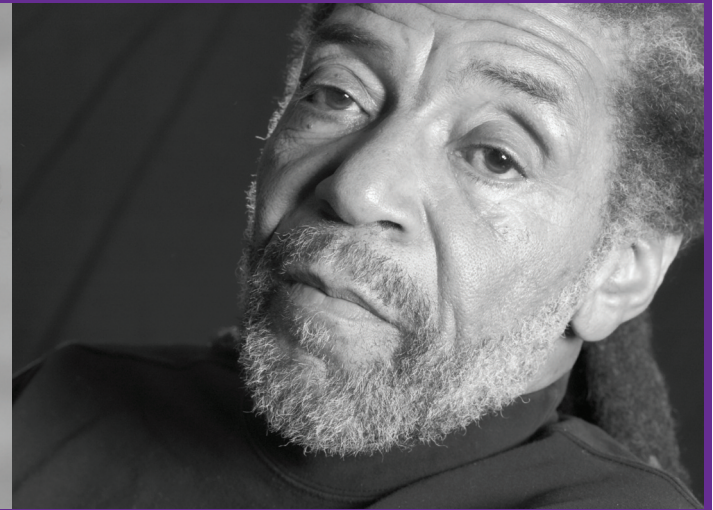


[www.alzbermuda.com](http://www.alzbermuda.com)

707-0600

[alzbermuda@yahoo.com](mailto:alzbermuda@yahoo.com)





## Providing education and support

### Our goals

- ▲ *Increase awareness in the community about Alzheimer's disease and other dementias, and advocate for all people living with dementia*
- ▲ *Support dementia-specific training for all stakeholders, including families, care workers, schools, churches, companies, healthcare specialists, such as GPs, dentists, etc.*
- ▲ *Provide resources and emotional support to families and people with dementia, including monthly support-group meetings*
- ▲ *Provide access to FREE occupational therapy services, including cognitive, functional and safety assessments*
- ▲ *Provide a range of activities for people living with dementia and their care partners, including music, movement, art/crafts, competitive games, and animal therapy*

### About dementia and Alzheimer's disease

Dementia is the umbrella term used to describe symptoms that result from an underlying disease. The most common is Alzheimer's disease, but there are numerous others, including vascular dementia, frontotemporal dementia and Lewy body dementia. Alzheimer's disease is a progressive illness that destroys areas of the brain, causing memory loss, confusion, and eventual loss of speech, understanding and movement. There is no cure for Alzheimer's disease, but some drugs may help alleviate symptoms.

- Every four seconds, someone is diagnosed with dementia
- In Latin America and the Caribbean, 4.7-million people have dementia—projected to rise to 18 million by 2050
- An estimated 1,000-plus people live with dementia in Bermuda
- About four percent of people over age 65 years develop vascular dementia and 13 percent have Alzheimer's disease. After age 65, the odds of developing Alzheimer's double every five years, reaching 50 percent by age 85.

### The cost of caregiving

- More than seven in 10 people with Alzheimer's disease live at home, where family and friends provide almost 75 percent of their care
- A typical Alzheimer's caregiver is a married, employed woman, 46 years old, with no children in the home. The percentage of family or informal caregivers who are women ranges from 59 to 75 percent. Female caregivers may spend 50 percent more time providing care than male caregivers
- About 23 percent of Alzheimer's caregivers provide "constant care" (40-plus hours per week)
- One in five Alzheimer's caregivers is in fair to poor health, and 18 percent report caregiving has made their health worse
- Two-thirds of working caregivers have missed work because of caregiving responsibilities
- Two-thirds of caregivers have made sacrifices to provide care: time with family and friends (55 percent); social activities, hobbies and vacations (49 percent); exercise (30 percent)
- Burn-out symptoms for caregivers include higher levels of hostility, impatience and irritability with others. Two in three caregivers experience strain on marriages, friendships and jobs.