

Fast Facts

Alzheimer's affects as many as 5 million Americans, this number is expected to triple by 2060 to 14 million

Source: Centers for Disease Control and Prevention (CDC)

The number of people living with Alzheimer's doubles every 5 years beyond age 65

The symptoms of Alzheimer's usually appear after age 60 and the risk increases with age

A few of the services we offer include:

- Light Housekeeping
- Meal Preparation
- Transportation
- Doctor Appointments
- Overnight Stays (24-hour care)
- Personal Grooming and Dressing
- Mobility Assistance
- Dementia / Alzheimer's Care
- Memory Loss Support
- Relief of Family Caregiver
- Companionship
- Daily Living Assistance



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Alzheimer's and other Dementia



Call us at: **312.526.3666**

What is Alzheimer's?

Alzheimer's is a brain disease caused by abnormal clumps called plaques and tangles as well as the death of neurons. Neurons, which are vital connections between nerve cells in the brain, begin to cause widespread damage as they die. As the National Institute on Aging (NIA) describes, this damage initially takes place in the hippocampus, the part of the brain essential in forming memories. As more neurons die, more parts of the brain are affected. This damage causes brain tissue to shrink.



3 Stages of Alzheimer's:

1 STAGE

- Problems coming up with the right word or name
- Trouble remembering names when introduced to new people
- Challenges performing tasks in social or work settings
- Forgetting material that one has just read
- Losing or misplacing a valuable object
- Increasing trouble with planning or organizing

2 STAGE

- Forgetfulness of events or about one's own personal history
- Feeling moody or withdrawn
- Being unable to recall their own address or telephone number
- Confusion about where they are or what day it is
- The need for help choosing proper clothing for the season or occasion
- Changes in sleep patterns
- An increased risk of wandering and becoming lost
- Personality and behavioral changes

3 STAGE

- Need for round-the-clock assistance with daily activities and personal care
- Loss of awareness of recent experiences and surroundings
- Changes in physical abilities like the ability to walk, sit, or swallow
- Increasing difficulty communicating
- Vulnerability to infections, especially pneumonia

Living with Alzheimer's or Dementia

When living with Alzheimer's or dementia, everyday things that seem simple and routine, like cooking or remembering to take medication, could cause bigger health concerns if they are neglected. The right caregiver can work side-by-side with seniors on these day-to-day tasks. A support system that can track the progression of memory loss or other symptoms of Alzheimer's and dementia is vital.

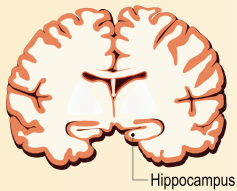
Emotional support is important as well. Having a friend to count on always feels good. So does the ability to get out and about, whether it's a casual stroll or running errands.

Seniors Helping Seniors® in-home care services can be a valuable component of one's support network when dealing with Alzheimer's or dementia. Our team members understand the impact of memory impairment and are trained in providing compassionate in-home care.

Maintaining independence is an achievable goal with quality in-home care.

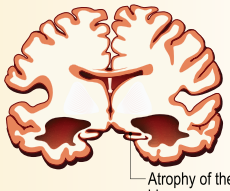
We're here to show you **The Power of Love®**. Contact **Seniors Helping Seniors®** in-home services today.

Healthy



Hippocampus

Alzheimer's Disease



Atrophy of the hippocampus

What is Dementia?

Dementia is not a disease, but rather the word for a group of symptoms. According to the NIA, it is the loss of cognitive functioning – thinking, remembering, and reasoning – and behavioral abilities to such an extent that it interferes with a person's daily life and activities. Dementia can be caused by Alzheimer's and can be accompanied by another disorder.