



Alzheimer's Disease

FAQ

You've got questions, we've got answers!

According to the [National Institute on Aging](#) and the [Alzheimer's Association](#), below are 10 of the most frequently asked questions regarding Alzheimer's Disease:

Question	Answer
What are the early signs of Alzheimer's Disease?	Initial symptoms differ from person to person. Some of the symptoms of the early stages of Alzheimer's Disease is a noticeable decline in memory (specifically, short-term memory), impaired reasoning or judgment and increased confusion just to name a few.
What is Mild Cognitive Impairment (MCI)?	Some older adults have more memory or thinking problems than others and this is a condition referred to as Mild Cognitive Impairment (MCI). MCI is not the same as Alzheimer's Disease or dementia. People with MCI are still able to take care of themselves and continue with the normal

	<p>activities of daily living whereas someone with Alzheimer's Disease is not able to do these things independently.</p>
<p>If someone has MCI, will they develop Alzheimer's Disease?</p>	<p>No, just because someone has MCI does not mean they will develop Alzheimer's Disease. While some symptoms are similar like misplacing things on a regular basis and increased and regular forgetfulness, MCI is a completely separate condition.</p>
<p>What are the stages of Alzheimer's Disease?</p>	<p>Alzheimer's Disease typically progresses slowly in three stages: early/mild, middle/moderate, late/severe.</p> <p>The early/mild stage is when various symptoms become noticeable (such as difficulties with short-term memory) but the person can still function independently.</p> <p>The middle/moderate stage is typically the longest stage. This is when a person requires a greater level of care due to the dementia symptoms becoming more pronounced as well as damage to the nerve cells in the brain which result in difficulties with expressing thoughts and completing routine tasks.</p> <p>In the late/severe stage, individuals require extensive care as they completely lose the ability to respond to their environment, make sound decisions, have conversations and control movement. It is important to note that this stage becomes the most taxing- both physically and emotionally- on family caregivers.</p>
<p>What causes Alzheimer's Disease?</p>	<p>Genetics play a significant role in Alzheimer's Disease but other health factors such as serious head trauma, cardiovascular disease, high blood pressure, diabetes and high cholesterol can increase the risk of developing Alzheimer's.</p>
<p>Is Alzheimer's Disease hereditary?</p>	<p>While genetic factors appear to increase a person's risk of developing late-onset</p>

	Alzheimer's, just because a family member has Alzheimer's Disease does not mean that you will get it as well.
Is there a cure for Alzheimer's Disease?	<p>Unfortunately, there is no cure that currently exists for Alzheimer's Disease but that is why there are so many fundraising efforts... so that <i>someday</i> we can have a cure!</p> <p>The silver lining is that treatments are available, both drug and non-drug options, which can help with slowing the progression of the disease. Speak to your Primary Care Physician (PCP) for more information on specific treatments.</p>
Is there a way to prevent Alzheimer's Disease?	There is no way to prevent Alzheimer's Disease, however, research suggests that people can reduce their risk by making key lifestyle changes, including participating in regular activity, maintaining good heart health and mental stimulation.
How is Alzheimer's Disease diagnosed?	Unlike some other diseases, there isn't one specific test that can be done to confirm that a person have Alzheimer's Disease. To make a diagnosis, physicians use a combination of an individual's medical history, mental status tests, physical and neurological exams, diagnostic tests and brain imaging.

Help is available if you need it

An Alzheimer's Disease diagnosis can be daunting and it can often feel like you are totally alone but we are here to assure you that you are most certainly **NOT** alone! Here are some resources for you to consider as you move forward:

- The [Alzheimer's Association](#) is a wealth of knowledge and they have countless FREE resources available to the public
- Speak to someone at your local Council on Aging or Senior Center
- Inquire with your local elder services organization such as [Mystic Valley Elder Services](#), [SeniorCare Inc.](#), [AgeSpan](#), [Greater Lynn Senior Services](#) and [Minuteman Senior Services](#) as to what kind of help is available to you/your loved one from the State

- Work with an Elder Law Attorney to ensure there is a solid estate plan that is in effect for you/your loved one for added asset protection and for support in helping you apply for grants and waivers that could help you getting care for a subsidized cost
- Consider joining a [caregiver support group](#) in your area which can help provide you with a solid support system and different perspectives that can help you cope with whatever stage of the disease you are dealing with

As the disease progresses and the individual approaches the middle/moderate as well as late/severe stages, more care is required and this can be extremely difficult for families to manage but it doesn't have to be. Bringing in extra help in the home can be a huge relief as it gives family and primary caregivers peace of mind that qualified individuals are there caring for their loved one in the comfort of their own home. As opposed to some other care options, home care can also be one of the most economical long-term care options. At ABC Home Healthcare Professionals, we have the demonstrated experience and expertise as well as a dedicated team to provide exceptional care in the home. In addition to regular home care services, ABC offers Alzheimer's & Dementia specialized caregiving and we also offer Alzheimer's/Dementia coaching sessions with our licensed RN for friends and family alike.

Call 781-245-1880 today and remember, when it comes to home care, trust the professionals!



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