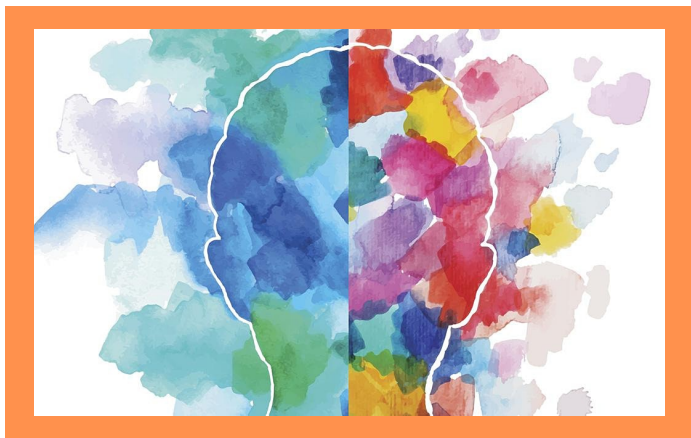


Understanding Dementia

The word dementia is sometimes seen as a diagnosis on its own but is an overall term for diseases and conditions characterized by a decline in memory, communication, learning, remembering, and problem solving. These changes may occur quickly or very slowly over time. The progression and outcome vary, but are largely determined by the type of dementia and which area of the brain is affected.

Experiencing symptoms doesn't have to mean the end of daily life. Certain types of dementia can be slowed and some causes even reversed if caught in time. The first step is to understand what distinguishes normal memory loss from dementia symptoms, and how to identify the different types of dementia. Whatever your diagnosis, though, there can be plenty of things you can do to help manage symptoms and continue to enjoy a full and rewarding life for as long as possible.



Developing Dementia Dexterity Classes help give Caregivers resources and help they need.



Certain types of dementia can be slowed if caught in time

*"I learned to communicate better and create a positive family environment,"
class attendee Ann James.*

If you or someone you know are caring for someone with Alzheimer's, Dementia, Lewy Bodies, or memory loss, call us for information, resources, and for information on how to attend our Developing Dementia Dexterity class.

This class is a three-session online class, via Zoom, for family members who are caring for a person with a dementia-related illnesses, such as Alzheimer's or Lewy Body Disease. The program has been proven to reduce caregiver stress by providing caregivers with useful tools. This is not a support group, but an opportunity to learn new information and strategies that will make the job of caregiving easier and more rewarding. There is no cost to attend this training. For more information about this class call Faith Dowd at (269) 982-7746 faithdowd@areaagencyonaging.org.

For more resources call our Information and Access line at (800) 654-2810.