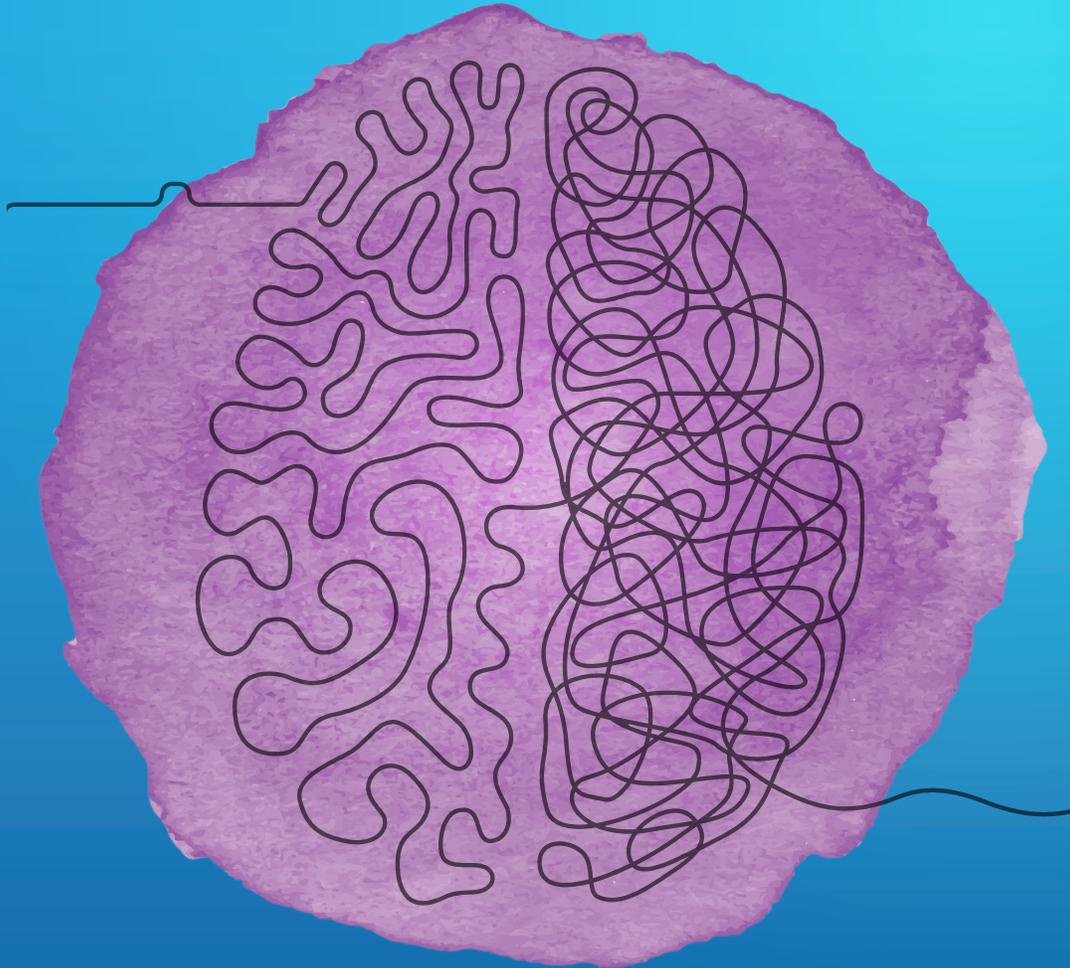


Alzheimer's

Memory fades. Hope remains.



Alzheimer's disease often starts slowly causing people to blame their forgetfulness on old age. However, over time, their memory problems get more serious. Many older people forget someone's name or misplace things from time to time. This kind of forgetfulness is normal. But, forgetting how to get home, getting confused in places a person knows well or asking questions over and over can be signs of a more serious problem. The person may have Alzheimer's disease.

AGING
Resources + Counseling
SERVICES

Understanding. Answers.



Understanding the Basics

Alzheimer's disease is an illness of the brain. It causes large numbers of nerve cells in the brain to die. This affects a person's ability to remember things, think clearly and use good judgment. People with Alzheimer's disease have trouble doing everyday things like driving a car, cooking a meal or paying bills. They may get lost easily and find even simple things confusing. As the illness gets worse, most people with Alzheimer's disease need someone to take care of all their needs, including feeding and bathing.

Recognize the Signs

Early Signs

- Finding it hard to remember things.
- Asking the same questions over and over.
- Having trouble paying bills or solving simple math problems.
- Getting lost.
- Losing things or putting them in odd places.

Later Signs

- Forgetting how to brush your teeth or comb your hair.
- Being confused about time, people and places.
- Forgetting the names of common things such as a desk, house or apple.
- Wandering away from home.

Mild Cognitive Impairment

Some older people have a condition called mild cognitive impairment, or MCI. It can be an early sign of Alzheimer's, but not everyone with MCI will develop Alzheimer's disease. People with MCI can still take care of themselves and do their normal activities. MCI memory problems may include:

- Losing things often.
- Forgetting to go to events or appointments.
- Having more trouble coming up with words than other people of the same age.

As an expert in Alzheimer's disease, Aging Resources and Counseling Services is here to provide you with the answers and understanding you need. Let that expertise guide you in understanding the disorders and counseling you in your journey in understanding Alzheimer's.

Guidance

Luanne Harms, LCSW Therapist

Luanne Harms is a Licensed Clinical Social Worker with an academic concentration in Mental Health, Alzheimer's Disease, Lewy Body and Parkinson's Dementia, Frontotemporal Dementia, Chronic Encephalopathy (CTE), as well as alcohol- and drug-related dementias.

Professionally, Luanne has served individuals in the midst of the aging process and other phases of life as well their families and caregivers, guiding them and helping them to care for loved ones with Alzheimer's Disease and other related dementias, as well as other chronic health conditions, at home, in the hospital, in long-term care, memory care and hospice.

Certifications in Dementia Care:

- Teepa Snow Positive Approach to Care Master Trainer
- Teepa Snow Engagement Leader
- Dementia Caregiver Specialist
- Texas Oasis Dementia Trainer
- Dementia Advanced Care, HealthCare Interactive

Call 903.330.9592 and make an appointment today.

7282 Crosswater Ave, Suite 100
Tyler TX, 75703

AGING
Resources + Counseling
SERVICES