



## Instructions for the Learner

### What will you learn?

*After finishing this inservice, you will be able to:*

- Name the 3 stages and at least 6 symptoms of Alzheimer's disease.
- Describe at least 3 ways to meet the personal care needs of Alzheimer's clients.
- Describe at least 3 ways to meet the nutritional needs of Alzheimer's clients.
- Describe at least 3 ways to meet the emotional needs of Alzheimer's clients.
- Demonstrate at least 3 effective strategies for communicating with Alzheimer's clients.

**We hope you enjoy this Inservice, "Understanding Alzheimer's Disease." It has been prepared especially for nursing assistants like you. You work very hard, and we appreciate the effort you make to complete these educational materials. It shows your desire to continue learning and growing in your profession.**

### **If you are studying the inservice on your own, please do the following:**

- Read through **all** the material. You may find it useful to have a highlighting marker nearby as you read. Highlight any information that is new to you or that you feel is especially important.
- If you have questions about anything you read, please ask \_\_\_\_\_.
- Take the quiz. Think about each statement and pick the best answer.
- Check with your supervisor for the right answers. You need **8 correct** to pass!
- Print your name, write in the date, and then sign your name.
- Keep the inservice information for yourself and turn in the quiz page to \_\_\_\_\_ no later than \_\_\_\_\_ . Show your Inservice Club Membership Card to \_\_\_\_\_ so that it can be initialed.

**THANK YOU!**



### What Is Alzheimer's Disease?

#### Inside this issue:

<i>Interesting Facts</i>	2
<i>Ten Warning Signs of Alzheimer's Disease</i>	3
<i>What Causes Alzheimer's Disease?</i>	4
<i>Signs of Early and Middle Stage Alzheimer's Disease</i>	5
<i>Signs of Late-Stage Alzheimer's Disease</i>	6
<i>Treating Alzheimer's Disease</i>	7
<i>Meeting the Needs of People with Alzheimer's</i>	8-10
<i>Communicating with Alzheimer's Clients</i>	11

Alzheimer's disease is an irreversible disorder of the brain. It develops slowly—but surely—causing destructive changes in the brain. Alzheimer's disease cannot be cured and is *always* fatal.

People as young as 40 can develop Alzheimer's disease but it is most common in people over 65. The risk for getting Alzheimer's disease increases with age. Some doctors say that as many as 50% of people over 85 have Alzheimer's disease.

Alzheimer's disease involves more than becoming forgetful. It also affects the way a person thinks, talks, and behaves. Alzheimer's disease is unpredictable. Not all people with Alzheimer's disease have the same symptoms or are sick for the same length of time.

There are three distinct stages of Alzheimer's disease: Early, Middle and Late. Each stage has some definite signs and symptoms and may last for several years. After an Alzheimer's diagnosis, some people die within a few years, but others have been known to live for up to twenty years.

#### What Some People With Alzheimer's Disease Have to Say:



*"I sit for hours and my mind is a blank."*

*"Because I can't remember or do for myself does not mean I am dumb."*

*"There is a type of cheese—I forget its name—that when thinly sliced is very lacey. My life feels like that—so full of spaces that it barely holds together."*

Please keep in mind that Alzheimer's disease is **not**:

- Contagious. (There is no Alzheimer's "germ").
- The same as forgetfulness.
- A natural part of getting old.
- Curable.
- A rare disease.
- The same as mental retardation.
- Caused by smoking or diet.
- Caused by stress.

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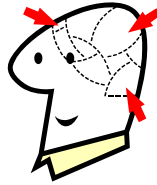
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## Facts About the Brain

- The human brain is about 85% water!
- Each human brain creates more electrical impulses in just one day than all the telephones in the world put together.
- The brain of an adult weighs about three pounds. (Compare that to the brain of an elephant ... it weighs about 13 pounds. A dog's brain weighs just a few ounces.)



- Our brains are divided into small sections, called lobes. Each lobe controls a specific function like speech, sight, hearing, or memory. The brain is also divided into two halves. Each half controls the opposite side of the body.
- Men have heavier brains than women, but as they get older, men lose brain cells almost three times as fast as women.

## Facts About Alzheimer's Disease

- A German doctor discovered Alzheimer's disease in 1906 during an autopsy. His name was Alois Alzheimers.
- Alzheimer's disease affects at least 4.5 million Americans.
- By the year 2050, researchers say that 1 out of every 45 people will have Alzheimer's disease.
- Doctors are working on a new screening test for Alzheimer's disease. It only takes seven minutes and involves four short quizzes—no needles, blood, or machines!



- About 50% of all admissions to nursing homes are due to Alzheimer's disease.
- Half of all Alzheimer's patients have a family history of the disease.
- The average survival time after diagnosis with Alzheimer's disease is eight years.
- More than 70% of Alzheimer's patients receive care in their homes.
- Most people with Alzheimer's disease are elderly. The average age of Alzheimer's patients at the time of diagnosis is 80 years. The majority of those affected are female.



- In general, the younger someone is when Alzheimer's disease is diagnosed, the faster the disease progresses.
- The brain of someone with Alzheimer's disease "loses weight" as brain cells die.
- Alzheimer's patients may look very healthy, especially in the early stage of the disease.
- In the United States alone, it costs about \$100 billion dollars every year to take care of Alzheimer's patients. This includes the money lost when caregivers have to stop working to stay with the patient.



## Is it Alzheimer's or Just Old Age?

Don't most people get forgetful as they get older? Yes. Think of the brain like a computer. Over a lifetime, it fills up with more and more information. As the memory fills up, it slows down—just like a computer. Does this mean that everybody has Alzheimer's disease? NO. There are **ten warning signs** of Alzheimer's disease.



- Forgetting how to perform tasks at work.
- Forgetting how to perform simple, everyday tasks at home.
- Having trouble with language, even forgetting simple words.
- Being disoriented to time and place.
- Showing poor judgment.
- Having problems with thinking.
- Misplacing things frequently.

### Time To Chuckle...

*Mr. Brown, age 80, went to see his doctor because of a nagging ear ache. The doctor examined Mr. Brown's ear and found a rectal suppository in the ear canal! Mr. Brown said, "Well, that explains what happened to my hearing aid!"*

- Having frequent changes in mood or behavior.
- Showing drastic changes in personality.
- Losing motivation for living a normal life.

Remember, too, that there are other curable conditions that cause symptoms similar to Alzheimer's disease. Some of these conditions are vitamin deficiency, stroke, thyroid disease, infections, depression, and medication side effects.

## What's the Difference Between Alzheimer's and Dementia?

The word "dementia" comes from a Latin word that means "out of one's mind." Dementia is actually a *group of symptoms* that indicate a person's ability to think is deteriorating. That is why a person with dementia suffers from loss of memory, problems with all kinds of skills, orientation problems and changes in behavior.

People are often diagnosed with dementia when they lose their mental skills and abilities, including the ability to take care of themselves.

**Alzheimer's disease is just one kind of dementia.** In fact, it is the most common kind.

So, yes, all people with Alzheimer's disease have dementia. But a diagnosis of dementia does not mean that someone has Alzheimer's. There are about 50 different conditions that can cause dementia, some of which are treatable.



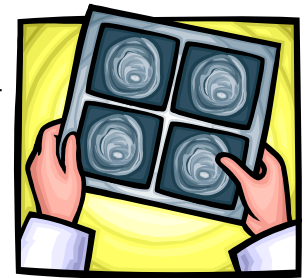
Remember that only a physician can diagnose Alzheimer's disease, and only after a complete physical and mental examination.

## What Causes Alzheimer's Disease?

No one really knows what causes Alzheimer's disease. There are many doctors and researchers trying to discover the cause. If they can figure out why it happens, they might be able to figure out how to stop it!

- Physicians *do* know that the risk for getting Alzheimer's disease increases with age.
- Alzheimer's disease does tend to run in families. This type of Alzheimer's is known as "familial" Alzheimer's disease.

- The only way to diagnose Alzheimer's disease for sure is during an autopsy. However, doctors can be pretty sure of their diagnosis by doing a complete physical and mental examination and by running some tests—including blood and urine tests, a brain scan and tests of the nervous system.



## Ways To Help Predict Alzheimer's Disease

Recently, research performed at New York's Columbia University showed that testing people's sense of smell may help predict who will develop Alzheimer's disease.



The researchers found that they could predict which people with mild memory problems would go on to be diagnosed with Alzheimer's disease by means of a simple odor identification test. Patients who had trouble identifying ten common smells—including *lemon, lilac, strawberry, smoke, soap, menthol, clove, pineapple, natural gas and leather*—were much more likely to develop Alzheimer's disease.

In England, scientists have been studying whether a simple word test can be used to diagnose people who are in the early stage of Alzheimer's disease.

For the study, researchers asked 136 people to spend one minute writing down the names of as many animals and fruits as possible. Because people with Alzheimer's disease tend to remember words they learned in *very early* childhood, the scientists were able to pick out which patients were already suffering from early Alzheimer's disease by the number and types of words they chose to write down.



A lot has been learned over the past 25 years from research, but Alzheimer's disease continues to claim more victims at an alarming rate. Research costs are extremely high. The U.S. government provides some research money in the form of grants. Private organizations also donate for this worthy cause. The Alzheimer's Association, formed in 1980 by a group of family caregivers, gives the largest amount of private funds. During the last 20 years, the organization has provided over \$165 million for research.

One controversial area of research that may be promising in the future is stem cell research. Scientists are hoping that stem cells will help heal areas of the brain that are affected by Alzheimer's disease. Stem cells can be collected from umbilical cord blood after the birth of a baby or, most controversially, from human embryos.

## Signs of Early-Stage Alzheimer's Disease

The symptoms of the early-stage of Alzheimer's disease come on slowly. A person with early-stage Alzheimer's disease may look well and may be able to "cover up" the signs of the disease. This stage of the disease is also known as the Onset Period and may last up to five years. The symptoms include:

- Poor concentration and a short attention span.
- Problems making decisions.
- Short-term memory problems. (For example, forgetting a meal that was just eaten).
- Forgetfulness, such as forgetting names, dates, how things work or how to pay bills.
- Depression.
- Some personality changes such as becoming cranky, silly, frustrated or very quiet.
- A *very early sign* can be changes in the patient's sense of smell.

## Signs of Middle-Stage Alzheimer's Disease

The middle-stage of Alzheimer's disease is also known as the Progressive Period. It may last up to 12 years. The symptoms of the middle-stage of Alzheimer's disease include all the signs of the early stage, but now they get ***much worse***. There are also new symptoms, such as:

- Episodes of getting lost, even in familiar places.
- Problems with speech--not being able to remember words or be part of a conversation. May talk "in circles".
- Tendency to follow people around (also called shadowing).
- Behavior problems such as urinating in strange places, cursing, acting silly or making sexual advances.
- The desire to put everything in the mouth.
- Problems with following directions.
- Problems sleeping at night.
- A shuffling-type walk with a stooped posture.
- Episodes of pacing and other repetitive behavior.

### Client Care Tip

Not everyone with Alzheimer's disease paces, but those who do will often pace until they are exhausted. Some caregivers have found that getting the person to sit in a bean bag chair can be helpful. It is safe because it sits close to the floor, making it difficult for the person to get out. However, since it does sit low to the floor, getting the client up from the bean bag can put stress on a caregiver's back.





## Signs of Late-Stage Alzheimer's Disease

The late-stage of Alzheimer's disease can last for three years or more. It is also known as the Terminal Period, since these Alzheimer's patients are nearing death. People with late-stage Alzheimer's disease are often bedridden and at risk for a number of infections. The symptoms include:

- Weight loss.
- Loss of balance and ability to walk.
- Loss of short and long-term memory.
- Loss of speech, although Alzheimer's patients may groan or scream.
- Inability to perform basic skills such as eating or drinking.
- Failure to recognize others or even themselves.
- Respiratory infections (people with Alzheimer's disease often die from pneumonia).



## Keeping Your Alzheimer's Clients Safe...In All 3 Stages

- It's important to have safety features in the bathroom such as a raised toilet seat and grab bars. (In addition, there are toilet seat "locks" available if your patients tend to throw things in the toilet bowl.)
- It is not safe to leave Alzheimer's clients alone in the tub or shower. They could burn themselves with the hot water or slip and fall.
- Encourage your Alzheimer's clients to use any eyeglasses that have been prescribed for them. Poor vision can increase their confusion and frustration—and also puts them at a higher risk for falls.
- Put decals on glass doors to prevent Alzheimer's clients from walking into the glass.
- Encourage your client to use handrails on stairs and grab bars in the bathroom.
- Make sure the client's living area is well lit to reduce confusion and/or accidents.
- Make sure any sharp objects—such as scissors—are kept in locked cabinets.
- Remember that people with Alzheimer's disease have been known to drink household cleansers, thinking they were beverages. Don't leave any chemicals within reach of your clients.
- Pad any sharp corners on furniture in your client's living area.
- Post pictures or signs as clues to help your Alzheimer's clients find their way around.
- Remember that the majority of people with Alzheimer's disease are likely to wander at some point. Make sure the outside doors and windows are securely locked.
- For home health aides: encourage your client's family to look into the **Alzheimer's Association Safe Return Program** ([www.alz.org/SafeReturn](http://www.alz.org/SafeReturn)). This is a nationwide program that identifies people with dementia who have wandered away from their homes.



## Can Alzheimer's Disease be Treated?

- There are two medications that are fairly new and have been found to slow down the progression of Alzheimer's disease. These medications are called Aricept and Cognex. Remember, these medications do not *cure* the patient. Research has shown that Aricept can now be used for people who are just beginning to show signs of Alzheimer's. With Aricept, some patients are now able to prevent the disease from progressing for up to three years.



- In addition, some people with Alzheimer's disease take medications to reduce the *symptoms* of the disease. These drugs do not make the disease go away and they do not slow it down. But, they can make it easier to live with the disease. Examples of these medications include antidepressants, anti-anxiety drugs, and sleeping pills.

- One of the best treatments for Alzheimer's disease is for the caregivers, family and friends to help the Alzheimer's client *cope* with the disease. For example, people with Alzheimer's disease do better if their caregivers help them stick to a familiar daily routine.



### People With Alzheimer's Disease Have Said:

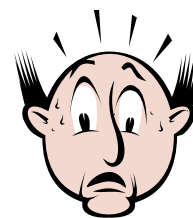
*"Yup, my brain is dying. Literally. And I get to watch it happen, day by day, week by week. But even worse, my loved ones have to watch me die slowly, too."*

*"Try to understand that I am really finding it difficult to believe that this is happening to me. The big questions "why?" and "how long?" keep going in my head."*

## Side Effects of Alzheimer's Medication

- Side effects to look for with Aricept include: dizziness, constipation, diarrhea, inability to sleep, nausea and vomiting.
- Cognex could show the following side effects: headaches, agitation, frequent urination and dizziness.
- If your client is also taking antidepressants, keep an eye out for the following side effects: drowsiness, nervousness, sweating and anxiety.

- When a patient is taking anti-anxiety medications, you might see these side effects: headache, depression, constipation, diarrhea and urinary incontinence.





- Side effects for sleeping pills include fatigue, confusion, slurred speech and incontinence.






**Any side effects that you observe should be reported to your supervisor.**





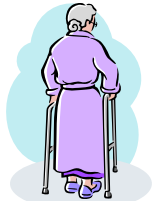
## Meeting the Personal Care Needs of Alzheimer's Clients

- For Alzheimer's clients, bathing and getting dressed involves a lot of steps and the use of many different skills. It can be a very confusing time. When people with Alzheimer's disease get confused or frightened, they may become irritable, uncooperative or upset. Try to keep the environment calm and peaceful. Turn off any TV or loud music before beginning personal care. 
- Remember that a sudden change in temperature during undressing or bathing can be very stressful to someone with Alzheimer's disease. Make sure the room is comfortably warm before proceeding with your care.
- Provide assistance with personal care as needed, but allow your clients as much independence as possible. Keep in mind that Alzheimer's clients may forget to brush their teeth on Wednesday, but remember on Friday. Be patient and flexible.
- Help your Alzheimer's clients with mouth care. This is especially important for terminal patients whose mouths may become very dry and uncomfortable.
- People in the later stage of Alzheimer's disease suffer from lack of mobility and may be bedridden or chair-bound. Skin breakdown, pressure sores and contractions may result from lack of mobility. Remember to turn these clients every two hours—or according to your orders.
- Use pillows to help support the arms and legs in order to maintain a good body alignment. Make certain that the client is comfortable.
- Check each client's skin every day as it can become very fragile. Use a mild soap and blot the skin to prevent tearing.
- Protect bony areas, such as the knees and elbows with pillows and pads. Apply lotion gently to these areas because if rubbed, or massaged, the skin may tear.
- Make sure Alzheimer's clients are dressed appropriately for the weather. Guard against cold air.
- It's best to limit clothing choices for people with Alzheimer's. Asking "What would you like to wear today?" will probably just cause confusion.
- Break down dressing into small steps. Don't say "Get dressed now." Instead, say "Put on your shirt." "Good. Now, put on your pants." And so on.
- Stick to a regular routine of trips to the bathroom. (Every 90 minutes is usually good.) Watch Alzheimer's clients for signs that they have to urinate such as restlessness, pulling at a zipper or pulling down their pants.
- Sometimes Alzheimer's clients forget where the bathroom is. You might try taping a brightly colored sign with a picture of a toilet on the bathroom door.
- Be gentle with clients who have "accidents". They can't help it! Assist them to get clean and dry as soon as possible.
- Encourage your Alzheimer's clients to get some regular exercise everyday. Even helping to bathe themselves and getting dressed is a little bit of exercise. Assisting them to walk helps them get rid of excess tension and anxiety.
- In order to prevent contractures, range of motion exercises should be performed according to your agency's policies. A physical therapist may be needed to instruct you in the proper techniques.
- Clients who are immobile have a greater risk of infection, therefore many agencies require their caregivers to obtain an annual flu shot.
- If possible, stick to the routine the person had *before* developing Alzheimer's Disease. For example, if your client was used to showering in the morning, try to continue that routine. 

## Meeting the Nutritional Needs of Alzheimer's Clients

- Remember that it may take a good *thirty minutes* to feed an Alzheimer's client. Be patient.
- When feeding people with Alzheimer's disease, make sure they see the food before you put it in their mouths. If you "surprise" them with a mouthful of food, they might choke. 
- If Alzheimer's clients clamp their mouths shut during eating, try stroking their cheeks or pretend to yawn. This may get them to open their mouths.
- If your clients tend to choke, make sure their foods are not too runny. Cold liquids cause choking less often than room temperature ones.
- Encourage your Alzheimer's clients to drink plenty of fluids. If they get dehydrated, it could add to their confusion. Bendable straws often make it easier for the patient to drink.
- Early-stage Alzheimer's clients are often depressed. Keep in mind that one sign of depression is a poor appetite.
- Give praise for their little successes. For example, if your patient is able to use a fork properly during lunch or eats without spilling, tell him what a good job he has done. 
- Alzheimer's clients may try to eat small items like buttons, coins, plant leaves or paper clips. Make sure to keep the environment free from these little "temptations."
- People with Alzheimer's disease usually like to eat with their fingers. (Using silverware can be too confusing.) Make sure their food is not too hot to be picked up.
- Make sure all foods are cut into bite-sized pieces.
- Know what to do if the person chokes. Coughing and choking can lead to an emergency situation. Be sure you are prepared to use the Heimlich maneuver or follow your agency's emergency protocol. 
- Some Alzheimer's clients hide food. Often, this is because they are afraid they won't be able to eat when they are hungry again. Make sure your clients are getting enough to eat.
- People with Alzheimer's disease may be more distracted in the evening since they are tired from trying to concentrate all day. Remember that the *dinner* meal may be more of a challenge than breakfast. 
- Some Alzheimer's clients have trouble seeing their food. For example, if your client has mashed potatoes on a white plate, she may not be able to see them. You may have to assist her or, if possible, put the food on a dark or brightly colored plate.
- Sometimes, Alzheimer's clients get confused about what to eat first so they just don't eat anything. If the meal has meat, a vegetable and fruit, try serving the items one at a time.
- Alzheimer's clients may be messy eaters. Be careful not to make fun of them. They can't help it. (You might want to use a bib or smock at mealtime.)
- It's best not to argue with people who have Alzheimer's disease. If they refuse to eat, try to understand why they are upset or come back in a few minutes and see if they'll eat then.
- Report any changes in appetite or difficulty swallowing to your supervisor immediately. 

## Meeting the Emotional Needs of Alzheimer's Clients

- Encourage your Alzheimer's clients, but don't push them. Try to help them have pleasant moments throughout each day. 
- Listen to Alzheimer's clients when they talk about their feelings. Let them know you understand they feel bad about the changes in their lives.
- Remember that the most comforting thing to Alzheimer's clients is to stick to familiar routines.
- The repetitive behavior common to people with Alzheimer's disease can come from their brain being "stuck" on a certain task or idea. It can also come from an emotional upset. For example, if your Alzheimer's client gets confused or overwhelmed, she may begin to pace or rock or repeat a hand motion over and over. Try to find out if (and why) your client is upset, or try to turn the repetitive motion into something useful like sweeping, dusting or folding towels.
- Remember that Alzheimer's clients are not trying to drive you crazy! Changes in emotions and behavior are part of the disease.
- Inappropriate sexual behavior is also a common part of Alzheimer's disease. If your clients perform inappropriate sexual activity such as masturbation, try to distract them by giving them something to hold or assigning some task they are able to perform.
- Your Alzheimer's clients may become upset or overstimulated by a cluttered environment. Keep their living area neat and free from clutter.
- At night, total darkness may scare or confuse your client. Try using a night light.
- Some Alzheimer's clients wander off because they feel the need to find something familiar. They may be trying to find their childhood home or the place they used to work. Remember to keep outside doors and windows locked.
- Keep in mind that Alzheimer's clients become frustrated very easily. Don't give them a choice if there isn't one. For example, don't say "Do you want to take a bath now?" Instead say "It's time for your bath now."
- Some Alzheimer's clients become cranky or irritable. They might say things to you that hurt your feelings. Try not to take it personally. Think about what they might be trying to tell you. For example, if a client says "You never feed me!", he might mean that he is hungry. If your client says "I know you are stealing from me!", she might be telling you that she feels like she has been robbed of her life. Remember, too, that people with Alzheimer's disease do not *choose* to behave badly. It is part of the disease. 
- If you are feeling stressed or irritable, your mood can easily rub off on someone with Alzheimer's disease. Try to stay calm and positive; your client will probably "mirror" your good mood.
- Treat your Alzheimer's clients as people. Don't talk about a client as if he weren't in the room. Assume that your clients can understand every word you say. And, be sure to talk to them even if they can't talk back to you.
- Be on the look out for signs of depression in your Alzheimer's clients. Depression is very common with Alzheimer's and can make someone feel restless or exhausted, have no appetite, and/or sleep too much.
- Remember that Alzheimer's clients live in a scary world that becomes less familiar every day. You might be the most familiar person to them each day, and they might follow you around. While this can be annoying, try to be patient. Remember how lost the clients feel without you. 

## Communicating with Alzheimer's Clients

### Quotes from Caregivers

"I take the best care of her I can, but she keeps cussing at me."

"How can he not remember me, and at the same time say he knows I stole his money?"

"She changes her mind and won't wait a minute for me to get one thing done before she's on to something else!"



***There's no doubt about it. Working with people who have Alzheimer's disease can be challenging. Here are some tips to help your communication with them go more smoothly:***

- Approach Alzheimer's clients from the front. Don't speak to them suddenly from behind or you might startle them.
- Keep your voice low and unhurried. Use simple, everyday words, but don't use "baby talk."
- Be sure to identify yourself, and don't be offended if they don't remember you from day to day.
- Ask one "yes" or "no" question at a time. Repeat the question using the same words if the client doesn't answer you.
- Give Alzheimer's clients plenty of time to respond to you without interrupting. It can take up to one minute for their brains to process each sentence you say to them.
- Remember that Alzheimer's clients will often copy your actions. If you smile, they will smile. If you frown or get angry, so will they!
- Try writing a simple note if your words are not understood or the client keeps asking the same question over and over.
- Be sure to let Alzheimer's clients know what you are doing—one step at a time.
- Don't talk in terms of *time*. For example, say "We'll take a walk after lunch." not "We'll take a walk in one hour." People with Alzheimer's disease lose their sense of time.
- Try using nonverbal communication such as touching or pointing to help your clients understand what you are saying.
- Don't scold or criticize Alzheimer's clients for not cooperating with you. They are the victims of a serious disease.
- Listen to your clients with both your ears and your eyes! Your client's body language may be telling you something.
- Be sure to call your clients by name, and be respectful, saying things like "thank you", "please", "yes, ma'am" or "no, sir". This helps them feel like the healthy adults they once were.
- Communication with people who have Alzheimer's disease can be very challenging. It can also be frustrating and tiring. Keep in mind that Alzheimer's clients:
  - May have trouble telling you what they need or want. (They might not be able to remember the right words!)
  - May not understand what you are telling them.
  - Get ideas stuck in their minds causing them to repeat the same sentence over and over.
  - May forget how to have a "normal" conversation. (They may curse or use silly words.)
- Praise your Alzheimer's clients. They need to hear positive words like "Good job!" or "You're doing great." or "You look beautiful today."
- Look your Alzheimer's clients in the eye when you speak to them...and don't forget to SMILE!





## A Disease Process Module: Understanding Alzheimer's Disease

**Are you "In the Know" about Alzheimer's Disease? Circle the best choice, or fill in your answer. Then check your answers with your supervisor!**

**1. When providing personal care to Alzheimer's clients, you should:**

- A. Stick to the same bathing routine every day.
- B. Put a diaper on every Alzheimer's client.
- C. Avoid doing mouth care since Alzheimer's clients tend to bite.
- D. Tell the clients what time their baths are scheduled.

**2. TRUE or FALSE**

Alzheimer's disease is a contagious disease which is treated with antibiotics.

**3. Alzheimer's clients tend to:**

- A. Do better in the evening than in the morning.
- B. Enjoy making decisions for themselves.
- C. Be very neat and tidy.
- D. Be frustrated very easily.

**4. TRUE or FALSE**

Giving Alzheimer's clients step-by-step instructions is the best way to assist them in performing a task.

**5. TRUE or FALSE**

The best way to control the inappropriate behavior of an Alzheimer's client is with medication.

**6. Alzheimer's disease:**

- A. Is a curable brain disease.
- B. Has three distinct stages, each one lasting several years.
- C. Is most common in people under age 50.
- D. Causes people to have heart attacks.

**7. TRUE or FALSE**

When you care for an early-stage Alzheimer's client, you should watch for signs of depression.

**8. TRUE or FALSE**

When an Alzheimer's client starts to pace, you should allow them to continue until they exhaust themselves.

**9. TRUE or FALSE**

You should avoid making eye contact with Alzheimer's clients as it frightens them.

**10. TRUE or FALSE**

Frequently, pneumonia is the cause of death for people with Alzheimer's disease.

EMPLOYEE NAME (Please print):

\_\_\_\_\_

DATE: \_\_\_\_\_

- **I understand the information presented in this inservice.**
- **I have completed this inservice and answered at least eight of the test questions correctly.**

EMPLOYEE SIGNATURE:

\_\_\_\_\_

SUPERVISOR SIGNATURE:

\_\_\_\_\_

**Inservice Credit:**

<input type="checkbox"/> Self Study	1 hour
<input type="checkbox"/> Group Study	1 hour

File completed test in employee's personnel file.