



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Find people to support you. Those who won't accept "I'm fine" when asked how you are doing. People who can really listen are best." ~ Christine Sotmary

Caregiver Tip: Learning about Dementia and Alzheimer's Disease

According to the [Alzheimer's Association](#), "every 65 seconds someone in the United States develops the disease." There is more awareness, research, information on early detection, and support for those diagnosed and their caregivers. This issue provides information and resources on dementia and Alzheimer's disease.

- Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory that affects a person's ability to perform daily tasks.
- Sometimes forgetting what word to use can be a sign of aging, not dementia. Learn the [10 warning signs of dementia](#).
- Alzheimer's disease is the most common type of dementia. Other types include Lewy body, Frontotemporal, and Vascular dementias.
- Alzheimer's disease is not a normal part of aging and worsens over time. Usually the disease is identified in three stages. A person may go from living independently to requiring a great deal of care as the disease progresses. [Click here for more information on the Stages of Alzheimer's](#).

Caregiver Support
Group
Wednesday,
December 4, 2019
4-5:30 p.m. at the
Alexandria Adult Day

The City of Alexandria offers an array of services to support adults with dementia and their families. Contact The Division of [Aging and Adult Services](#) at 703.746.5999 to learn how we can help.

For more information on dementia and Alzheimer's disease read, [What is Dementia?](#) and [What is Alzheimer's Disease?](#)

Resources:

[Memory Screening](#): The Alzheimer's Foundation of America offers memory screenings and [caregiver resources](#).

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.



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