



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“Caregiving is a constant learning experience.” — Vivian Frazier

Caregiver Tip: Learning about Dementia and Alzheimer’s Disease

More than 5 million American’s are living with Alzheimer’s disease, according to the [Alzheimer’s Association](#). The Association brings awareness to dementia and related diseases through research, information on early detection, and support for those diagnosed and their caregivers. The Alzheimer’s Association also provides information on the differences between dementia and Alzheimer’s disease.

- Dementia is not a specific disease. Dementia 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 Dementia with Lewy Bodies, Frontotemporal, and Vascular dementias.
- Alzheimer’s is not a normal part of aging and worsens over time. A person may go from living independently to requiring a great deal of care. [Click here for more information on the Stages of Alzheimer’s](#).
- 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 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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