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# Senior Living



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## Tips on caring for a relative affected by Alzheimer's disease

By News Canada

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The incidence of Alzheimer's disease and related dementias in Canadian seniors is predicted to increase dramatically over the next 30 years, but the task of primary caregiver will likely still fall on close relatives.

The Alzheimer's Society of Canada projects that the number of Alzheimer's disease cases will nearly double in this time, putting long-term care beds in nursing facilities and hospitals in high demand. Experts note that, with the proper support, living at home and with relatives can help keep individuals affected by dementia in the best mental and physical health possible.



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**Tips on caring for a relative affected by Alzheimer's disease**

By News Canada

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"It's crucial that individuals affected by Alzheimer's disease and other related dementias remain in a familiar environment for as long as possible," said Anju Dunwait, a certified dementia practitioner and manager of clinical practice at Bayshore Home Health.

The CDP designation is administered by the National Council of Certified Dementia Practitioners - an organization formed in 2001 to promote standards of excellence in dementia and Alzheimer's education to professionals and other caregivers who provide services to dementia clients.

Bunwait recommends that families follow the steps below to make educated decisions about caring for a loved one who is affected by Alzheimer's disease.

### Learn about the disease

Education yourself on Alzheimer's disease and related dementias can help you know what to expect in terms of the disease progression, methods of caregiving , as well as help you better understand and appreciate your loved one.

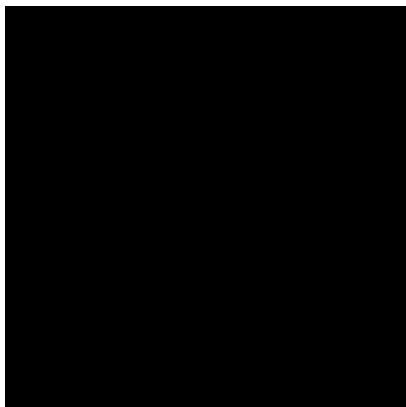
### Communicate

Communication is key when it comes to understanding a person affected with Alzheimer's disease and relieving their anxiety. For examples, asking questions using open and relaxed body language instead of correcting their mistakes will help them communicate with less distress and confusion.

### Work with a certified home care professional

All Bayshore Home Health\* clinical managers across the Lower Mainland and Victoria are certified dementia practitioners and can help with proper communication techniques, interventions for disruptive wandering, poor nutrition and sexuality.

(\*There are a variety of other home health care services across BC. It is important to find the right fit for you and your loved one. For more information [CLICK HERE.](#))



### Don't be afraid to ask for support

Family and friends can help in many ways, from spending time with the person affected by the Alzheimer's to performing small tasks, like picking up groceries. Community support groups are also a good way to network, learn and get support from the people around you.

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[www.newscanada.com](http://www.newscanada.com)

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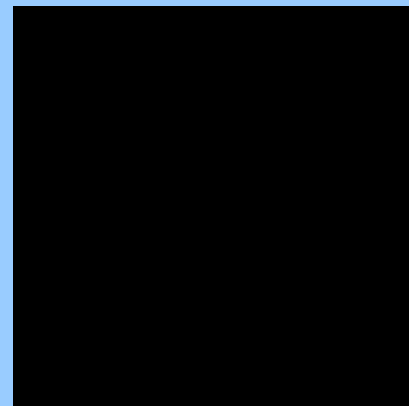
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