

TIPS FOR PEOPLE WITH ALZHEIMER'S AND DEMENCIA

Emergency situations can be especially upsetting and confusing for individuals living with Alzheimer's and other dementias. Here are a few tips to ensure you and the person you are caring for stay safe during an emergency.



Most importantly, remain CALM. Focus on your immediate safety and the safety of the person living with dementia.



BE PREPARED: Be sure to account for your needs as well as the person living with dementia.



Enroll in a wandering response service, such as MedicAlert Foundation (800.625.3780) and include the number in your Go Bag.



Include the Alzheimer's Association 24/7 helpline (800.272.3900) number in your Go Bag.



EVACUATION: Changes in routine, traveling, and new environments increase the risk for wandering and agitation. Stay alert and follow these tips:



- ✓ If appropriate, share diagnosis with others so they can better assist.
- ✓ Do not leave person with dementia alone.
- ✓ Decrease anxiety by taking a walk together or doing a simple task.
- ✓ Redirect person's attention if they get upset.
- ✓ Limit loud noises or excess stimulation.
- ✓ Maintain regular schedule for meals, sleep, and medication.
- ✓ Keep explanations simple and brief.
- ✓ Reassure the person that they are safe and in the right place.



HINTS FOR DEALING WITH AGITATION

- ✓ Approach person from the front and use their name.
- ✓ Find out if they are in any pain.
- ✓ Make positive statements and use a calm, low-pitched voice.
- ✓ Respond to the emotions expressed and not the words. Offer comfort. "You're frightened and want to go home. It's OK, I'm here with you."
- ✓ Don't argue or correct them. Affirm and divert their attention. "The noise in here is frightening. Let's find a quieter spot to look at your photo book."



TAKE CARE OF YOURSELF

- ✓ Consider your own needs and remember to hydrate, rest when possible, and pack your own medications and other important items.
- ✓ Find a good listener to hear your thoughts and feelings.
- ✓ Find moments to breathe, meditate, and reflect.



RESOURCES

If you need immediate assistance for an emergency, **DIAL 911.**

Alzheimer's Association 24/7 Helpline
800.272.3900

MediAlert Foundation
800.625.3780
www.alz.org/medialert

Healthy Brain Initiative Shasta County
www.shastahealthybrain.com

