

ALZHEIMER'S DISEASE

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What Is Alzheimer's Disease?

- Alzheimer's Disease is the most common form of dementia.
- Those living with Alzheimer's Disease experience changes in memory and thinking, and this impacts the way that they perform daily activities.
- Alzheimer's Disease is progressive, which means that over time, more and more of the brain is affected.

Symptoms

- **Early Symptoms:** short-term memory difficulty that begins to impact daily function (e.g., forgetting names, recent conversations, or recent events)
- **Additional Symptoms as the Disease Progresses:** confusion about place, time, and situation, difficulty problem solving, speaking, swallowing, walking, and using tools (ex. hairbrush)

What Happens After a Diagnosis?

No two people living with with Alzheimer's Disease will have the exact same experience, so there is no one-size-fits-all approach. It is important to remember that a person living with an Alzheimer's diagnosis is still a person and someone who can continue to participate in life and connect with others given the right supports.

In early stages, someone may need a bit of extra assistance performing their daily tasks. That amount of assistance will increase over time.

Talk to your doctor for referrals to specialists (e.g., occupational therapists, speech therapists, neurologists) who can assist in determining the amount of assistance needed and how to best provide it.

Brain Changes in Alzheimer's Disease

Plaques, which are abnormal amyloid protein deposits, build up between neurons in the brain and tangles of a protein called tau build up inside neurons. This causes damage to the neurons.

SOURCES

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