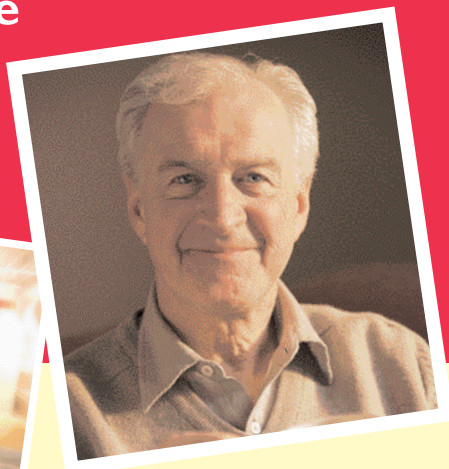


Your guide to
**Understanding
Alzheimer's Disease**
and other dementias



Your guide to
**Understanding
Alzheimer's Disease**
and other dementias



The purpose of **Understanding Alzheimer's Disease** is to give you general information about Alzheimer's Disease and other dementias, and to highlight their early signs and symptoms. It offers a number of tools that can be helpful in establishing whether you or someone you care for is experiencing memory problems, and there is a diary at the back of this book to help track and record various changes that you or the person you love may be experiencing. This booklet also contains details of what steps to take next if you are concerned about someone, how a diagnosis is made, what to do if you or someone close is diagnosed with Alzheimer's Disease, and outlines the various treatments that are available.

Understanding Alzheimer's Disease also focuses on the importance of the role of the carer, explains carer stress, and offers some useful suggestions for reducing the stress that can build up when caring for someone full-time.

It is hoped this booklet will give you answers to the more frequently asked questions and therefore give you a better understanding of Alzheimer's Disease and dementia.

Understanding Alzheimer's Disease

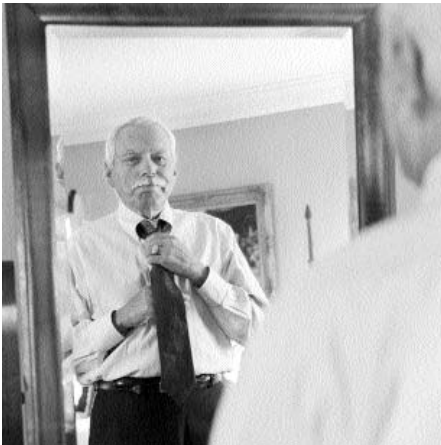
and other dementias



What is dementia?



Dementia is the umbrella term used to describe various conditions which cause brain cells to die, leading to the progressive deterioration in memory and the ability to carry out everyday activities such as washing, dressing, eating, and completing complex tasks. Dementia may also affect a person's mood and personality. There are many different types of dementia but Alzheimer's Disease and Vascular dementia are the most common forms.



What is Alzheimer's Disease?



Alzheimer's Disease is a progressive neurological condition characterised by the build up of proteins in the brain called 'plaques' and 'tangles'. These proteins gradually damage and eventually destroy the nerve cells. This can make it more and more difficult to remember, reason, and use language. The person may become disorientated and have increasing difficulty with simple daily tasks such as using the phone, making meals or managing money.

Today, more than 35,000 people in Ireland have dementia, of which Alzheimer's Disease is the most common form. The risk of developing Alzheimer's Disease increases with age with its prevalence rising from approximately 1% in people under 65 years old to more than 25% for those over 80 years. Although rare and more commonly associated with older age, Alzheimer's Disease can also occur in people in their 40's and 50's.

What is Vascular dementia?



Vascular dementia occurs when there is restricted flow of blood to the brain and nerve cells are deprived of oxygen, causing them to die. Probable risk factors include high blood pressure, high cholesterol, and advanced age and it is commonly associated with post-stroke patients.

The symptoms of Vascular dementia are similar to Alzheimer's disease. However, unlike Alzheimer's disease, Vascular dementia affects specific parts of the brain, therefore certain abilities may be affected and some may remain unaffected. Unlike Alzheimer's disease, which is steadily progressive, symptoms of Vascular dementia may stay the same for some time and then suddenly appear to decline.



What are the early signs of Alzheimer's Disease?



Although the early signs and symptoms of Alzheimer's Disease may vary from person to person, increasing memory loss over time is often the first noticeable symptom.

Below is a list of 10 common signs of early stage Alzheimer's Disease:

- **Getting stuck for words or having language difficulties**
- **Forgetting things – names, dates, places, faces**
- **Loss of interest in starting projects or doing things**
- **Difficulty in solving problems or doing puzzles**
- **Difficulty in performing everyday tasks**
- **Misplacing things regularly**
- **Poor or decreased judgement**
- **Changes in mood and behaviour**
- **Disorientation in familiar surroundings**
- **Changes in personality**

Hints to help



If you feel someone you know may be getting forgetful or is experiencing some of the early symptoms of Alzheimer's Disease, here are a few tips to help with organising the day:

- **Plan daily activities each morning**
- **Try to maintain daily routines**
- **Allow time to complete tasks and don't be rushed**
- **Label presses and shelves with contents**
- **Keep a checklist beside the door of things to do before leaving the house e.g. turn off the oven, switch off lights, lock the door**
- **Consider using appliances that have an automatic shut-off device**
- **Use a pill box to help organise and remind when to take medicines**
- **Place important phone numbers beside the telephone**
- **Leave a spare set of keys with a trusted neighbour**
- **Keep a collection of photos of friends and family members, labelling with names if necessary**

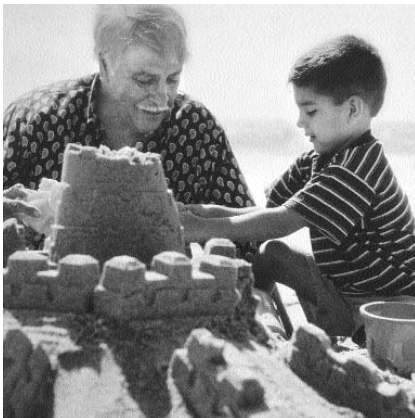
Last but certainly not least:

Make sure to discuss your concerns with your GP and contact the Alzheimer Society of Ireland on its national Helpline on 1800 341 341.

Hints to help



It can be helpful to keep a diary of any changes or difficulties that you or the person you are concerned about is experiencing. The person may change from day to day and in order for your GP to diagnose and treat appropriately, the more information the GP has, the better. You will find a six-week diary at the back of this booklet where you can track and record the symptoms and changes you are noticing.



How does Alzheimer's Disease progress?



Alzheimer's Disease generally progresses through three stages: mild, moderate and severe. People experience the three stages at different rates, and there can be an overlap in symptoms from one stage to another.

Stage I: Mild Alzheimer's Disease

The mild stage of Alzheimer's Disease can last from 2 to 4 years or longer.

Those in this phase of the disease may:

- **Say the same thing over and over**
- **Lose interest in things they once enjoyed**
- **Have trouble finding names for common items**
- **Lose things more often than normal**
- **Seem to experience personality changes**
- **Have difficulty grasping complex ideas**

People with mild Alzheimer's Disease are usually alert, sociable, and enjoy life, but their forgetfulness can interfere with daily living and may frustrate them. They may be overly emotional and temperamental, or apathetic.

How does Alzheimer's disease progress? (contd...)



Stage 2: Moderate Alzheimer's Disease

The moderate stage of Alzheimer's Disease is often the longest, lasting from 2 to 10 years.

In this stage, a person may:

- **Get lost easily, even in places they know well**
- **Become more confused about recent events**
- **Need assistance with or supervision with tasks such as dressing or washing**
- **Argue more than usual**
- **Believe things are real when they are not**
- **Experience restlessness and agitation**
- **Have difficulty sleeping and may wander**

People with moderate Alzheimer's Disease often require close supervision and it may be that services such as day care or home care become necessary.

How does Alzheimer's Disease progress? (contd...)



Stage 3: Severe Alzheimer's Disease

The severe stage can last from 1 to 3 years or longer. People with severe Alzheimer's Disease cannot do things on their own anymore. They may not be able to:

- **Use or understand words**
- **Recognize family members**
- **Care for themselves**
- **Move around independently**

Constant care, 24 hours a day, seven days a week, is usually necessary.

How is a diagnosis of Alzheimer's Disease made?



As there is no straightforward test for Alzheimer's Disease, making a diagnosis is often difficult, particularly in the early stages. A diagnosis is usually made by excluding other causes such as infection, vitamin deficiency, thyroid problems, brain tumour, depression and the side effects of drugs which all can produce similar symptoms.

If you are worried that a family member may be experiencing the early symptoms of Alzheimer's Disease, you should contact your GP. The GP will discuss the situation with you and together you can plan what steps should be taken. Very often your GP will refer on to a specialist, such as a geriatrician, neurologist, or a psychiatrist of old age, who will usually conduct a full assessment to try to establish the cause of the symptoms. This process may include a detailed assessment of the person's memory, a brain scan (CT, MRI) to identify any changes taking place in the person's brain, blood tests, and a full history of the person's medical and family background. After the assessment, the consultant will draw together all the results and evidence, and if appropriate, a diagnosis will be confirmed.

What to do if you or someone close to you has been diagnosed



Be positive

Concentrate on what you (or the person with dementia) can do rather than what you can not do. Medications are available and can help, and there is ongoing research into the cause and treatments of these conditions.

Seek help

Call the Alzheimer National Helpline on 1800 341 341 (Monday – Friday, 10am – 4pm). Find out about the Society's publications including our Information Pack, and what services are in your area. The Society has a national network of support services, which include day care, home support/care, carer support groups and information offices. Being a carer is a hard and demanding task and no one can do it alone so contact the Helpline to find out what help is available.

What to do if you or someone close to you has been diagnosed

(contd...)



Make plans for the future

The Alzheimer Society of Ireland can assist you with information on issues that should be considered when planning for the future. One important issue that should be discussed with a solicitor as early as possible is setting up an Enduring Power of Attorney (EPA). This is a legal arrangement whereby one person (the donor) gives authority to another (the attorney) or others to act on their behalf in the event of the donor becoming mentally incapable of managing their own affairs. Discussing and planning the future can avoid difficult and stressful situations arising later and can help to ensure that any decisions that are made by the family or attorney, are as the person with dementia would wish.

Join the Alzheimer Society of Ireland

Membership costs as little as €10 per year and will ensure that you receive our quarterly newsletter and other relevant information. Our members enable the Society to have a louder voice when lobbying Government for better state services for people with dementia and their carers.

Are there any treatments available?



Through ongoing research, we are learning more and more about how Alzheimer's Disease affects the brain, and this is likely to result in many new treatments in the future. It is not yet known how to prevent or cure it, but there are treatments available that can help manage the symptoms. Knowing and recognising the early symptoms can give you time to consider various issues such as medical eg availing of treatments available, financial eg the management of money, and legal eg Enduring Power of Attorney.



What benefits can treatments offer?



It is important to remember that no two people are the same and therefore no two people experience the same symptoms. Each medicine has its own advantages and your GP will discuss this with you and advise which is the most suitable for the person with Alzheimer's Disease.

Treatments can offer improvement with the following:

Memory and Thinking

Memory loss and forgetfulness are early symptoms of Alzheimer's Disease and people often pass this off as a normal part of the ageing process. Everyone can forget a name or a face occasionally but memory problems become more frequent and severe for a person with Alzheimer's Disease. These treatments can help improve a person's memory and enable the person to retain new information for longer.

Everyday Activities

When a person has Alzheimer's Disease even simple mundane tasks can be difficult. Examples of this might include using the phone, doing household chores, getting dressed, preparing meals, or managing money. Medication can help some people to continue managing their activities of daily living independently for longer.

What benefits can treatments offer? (contd...)



Behaviour

A person's behaviour can be affected by Alzheimer's Disease in many ways. Symptoms can include hallucinations, wandering, aggression and moodiness. Medications can help with these symptoms and this, in turn, can enable the person with Alzheimer's Disease to remain at home with their family/carer for longer, possibly delaying the need for full-time residential care.

There is much that can be done at a practical level to ensure that people with Alzheimer's Disease maintain their independence for as long as possible. The Alzheimer Society of Ireland has a range of Information Sheets for people with dementia and their carers and the Society's national network of services offer much-needed support in the community to families and carers.

To find out more about these services or to request information, contact the **Alzheimer National Helpline on 1800 341 341 (Monday – Friday, 10am – 4pm).**

Caring for the carer



Caring for the carer



All people with Alzheimer's Disease will need help from other people at some point. In most cases a family member meets this need, taking responsibility for care and support of the person with Alzheimer's Disease. Caregivers themselves often need help from others too. Family and friends are an important source of support, as are formal day care, home care and respite services.

Families and caregivers often have to make major changes in their lives to care for and support a person with Alzheimer's Disease. The first step is to learn as much as you can about the condition and to consider and make plans for the future.

Caring for a family member or friend can be emotionally draining and wearing. When so much energy is going in to caring for someone else, it is so easy to neglect your own needs. It is vital to look after your own health and well-being and maintain hobbies and interests. This will help to lessen stress and help you to cope with the daily challenges you face.

Carer stress



10 signs of carer stress

If you experience several of these stress symptoms on a regular basis, consult your GP and use the following steps to help manage the stress in your life.

1. **Denial** - about the disease and its effect on the person who has been diagnosed.
2. **Anger** - at the person with Alzheimer's or others: and at people, especially family who don't understand what's going on.
3. **Social withdrawal** - from friends and activities that once brought great joy.
4. **Anxiety** - about facing another day and what the future holds.
5. **Depression** - when it begins to break your spirit and affects your ability to cope.
6. **Exhaustion** - makes it nearly impossible to complete basic daily tasks.
7. **Sleeplessness** - caused by a never-ending list of concerns.
8. **Irritability** - leads to moodiness and triggers negative responses.
9. **Lack of concentration** - makes it difficult to perform familiar tasks.
10. **Health problems** - begin to take their toll, both mentally and physically.

10 ways to help reduce carer stress



- 1. Get a diagnosis as early as possible.** Symptoms of Alzheimer's Disease may develop gradually, and if the person seems physically healthy, it's easy to ignore unusual behaviour, or attribute it to something else. See your GP as soon as possible. Once you know what you are dealing with, you will be better able to deal with the present and you can begin to plan for the future.
- 2. Know what is available to help you.** For your own well-being and for the person you are caring for, get to know what is available for people with Alzheimer's Disease in your local area. Day care centres, home care services, carer support groups, information services, meals on wheels and the local Public Health Nurse are some of the services that may be available and able to help. The Alzheimer Society of Ireland can help you source this information. To find out more, call the Alzheimer National Helpline on 1800 341 341.
- 3. Become an educated carer.** As the disease progresses, the demands on you as a carer will change. Information will help you better understand and cope with the many difficulties and changes that often occur as a result of Alzheimer's Disease.

10 ways to help reduce carer stress (contd...)



- 4. Get help.** Trying to do everything yourself will leave you exhausted and unable to cope. For some carers the family is the greatest source of help. For others the family can be the greatest source of stress. The support of family, friends, and community resources can be of vital help. It is important to accept help from others and not to carry the whole burden of caring on your own. If assistance is not offered, ask for it. It may be helpful to call a family meeting. Don't be afraid to ask for professional help. If your situation is too much to bear, take action. Carer support groups, the Alzheimer National Helpline and the GP can be a good source of comfort and reassurance.
- 5. Take care of yourself.** Carers frequently devote themselves totally to those they care for, and in the process, neglect their own needs. Pay attention to yourself. It is essential that you make time for yourself by taking a break from caring. This will allow you to spend time with others, enjoy your favourite hobbies and, most importantly, get some rest. Avail of any local support services to allow for social outings for yourself. Those close to you, including the person you care for, want you to take care of yourself.
- 6. Manage your level of stress.** Stress can cause physical problems (blurred vision, stomach upsets, raised blood pressure) and changes in behaviour (irritability, lack of concentration, lack of appetite, panic attacks). Be aware of these symptoms. Consult your GP for advice and use relaxation techniques that work for you.

10 ways to help reduce carer stress (contd...)



- 7. Accept changes as they occur.** People with Alzheimer's Disease change and so do their needs. They often require care beyond what can be provided at home. Care options should be investigated long before they are required in order to make the transition easier for all concerned, and to avoid long waiting lists or delays in receiving support services.
- 8. Legal and financial planning.** Consult a solicitor and discuss the options of Enduring Power of Attorney, Trusts, future medical care, wills and any other considerations. Early planning will reduce stress later on. If possible and appropriate; involve the person with Alzheimer's Disease and other family members in this planning process.
- 9. Be realistic.** Until a cure is found, the progression of Alzheimer's Disease is inevitable. The care you provide is invaluable. Neither you nor the person you care for can control many of the circumstances that will occur. Give yourself permission to grieve for the losses you experience, but also focus on the positive moments as they happen and enjoy your good memories.
- 10. Give yourself credit, not guilt.** You are only human. Occasionally, you may lose patience and at times, be unable to provide all of the care the way you would like. Remember you are doing the best you can, so give yourself credit. Being a devoted carer is not something to feel guilty about. Your loved one needs you and you are there. That is something to be proud of. And if the person you care for could - they would thank you.

Remember to:



- build and maintain a routine that suits both you and the person for whom you are caring.
- include the person for whom you are caring in as many activities as they can manage.
- slow down the pace a little if it would help to keep the person with Alzheimer's Disease involved.
- explain things clearly and concisely, using gestures where possible.
- remain as calm as possible, particularly if the person you are caring for is distracted, agitated or confused. Remember they are not always aware of their change in mood and behaviour.
- reassure and encourage the person for whom you are caring if they are distressed, trying to remain positive as much as possible.
- try not to change the physical environment (ie the home) unless absolutely necessary.
- keep the living space as clear as possible to avoid knocks and falls (remember they may wander around the house at night-time).
- where possible, try to limit (or avoid) alcohol, caffeine and other stimulants, particularly late at night as these may interfere in the person's quality of sleep.

Help is at hand - just pick up the phone



It is a good idea to keep note of the daily routine of the person for whom you are caring, including eating habits, likes/dislikes, particular difficulties they may have, special treats etc. To minimise disruption on a day when you may not be available, the Alzheimer Society of Ireland can provide you with a Caregiver's Diary that enables you to document the personal details of your loved one. This diary can also be given to anyone else who may be assisting you with caring for the person with dementia eg a family member or homecare assistant.

If you would like to receive a copy of the Caregiver's Diary or the carer's Information Pack, or maybe you just want someone to talk to, call the Alzheimer National Helpline on 1800 341 341 (Monday – Friday, 10am – 4pm).

This service is operated by trained volunteers and offers direct access to practical information and emotional support. The Helpline aims to be friendly, non-directive and non-judgemental. It is also confidential. The Alzheimer National Helpline is a freephone number so you pay nothing for the call – no matter how long you need to talk.

Help is at hand – just pick up the phone 1800 341 341

Tracking and recording change



Memory checklist



Memory checklist

Below is a memory checklist that anyone can do if concerned about themselves or someone close to them. If you answer 'Yes' to five or more of the questions, you should seek further advice from your GP*.

	NO	YES
1. Does the person often repeat themselves or ask the same question repeatedly?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is the person more forgetful or having difficulty with short-term memory?	<input type="checkbox"/>	<input type="checkbox"/>
3. Does the person need reminders to do daily tasks, such as shopping or taking medicine?	<input type="checkbox"/>	<input type="checkbox"/>
4. Does the person forget appointments, family occasions or holidays?	<input type="checkbox"/>	<input type="checkbox"/>
5. Does the person seem sad, down in the dumps or cry more often than in the past?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the person having trouble doing calculations or managing their money?	<input type="checkbox"/>	<input type="checkbox"/>

Memory checklist (contd...)



- | | NO | YES |
|---|--------------------------|--------------------------|
| 7. Has the person lost interest in their usual activities and hobbies, i.e reading, watching/listening to the news or other social activities? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does the person need help eating, dressing, bathing or using the bathroom? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has the person become more irritable, agitated, suspicious or started seeing, hearing or believing things that are not real? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you have concerns in relation to their safety when driving? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Does the person have trouble finding words they want to say; do you find yourself finishing sentences or naming people or things on their behalf? | <input type="checkbox"/> | <input type="checkbox"/> |

Adapted from Mundt JC, Freed DM, Griest JH. Lay person-based screening for early detection, development and validation of an instrument. *J Gerontol Psychol Sci Soc*. 2000, 55B:

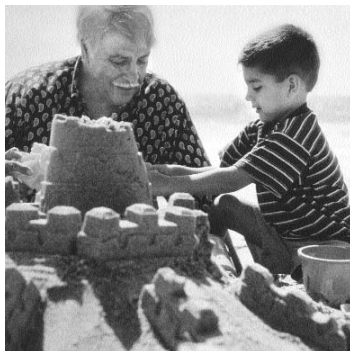
*This checklist does not offer a diagnosis of dementia or Alzheimer's Disease. However, if you answer 'Yes' to more than five questions, you should contact your GP.

Tracking and recording change



It can be very difficult for the GP to diagnose Alzheimer's Disease in its early stage. If you are concerned about somebody, and wish to discuss it with your GP, use the diary that follows to help the GP have a better understanding of the difficulties or changes the person may be experiencing.

Spend some time at the end of each week completing this diary. By noting the changes over a period of time, you can build a personal profile of the person you are concerned about. This may help the doctor assess the situation and therefore determine the most appropriate course of action.



Diary: Week 1



Week 1: Date:

MUCH
BETTER

BETTER

NO
CHANGE

WORSE

MUCH
BETTER

MEMORY: Remembering names, events and instructions, ability to recognise friends and family

COMMUNICATION: Taking part in and understanding conversation, ability to find appropriate words

SENSE OF TIME AND PLACE:

Keeping track of time (day, year, season); knowing where they are; ability to find way around home or local area

BASIC ACTIVITIES OF DAILY LIVING:

Eating, dressing, grooming, using the bathroom

HOUSEHOLD TASKS AND HOBBIES:

Shopping, handling money, cooking, cleaning, using appliances/phone, interest in or ability to participate in hobbies/social events

MOOD AND BEHAVIOUR:

Sadness, anger, irritability, hallucinations, inappropriate behaviour, lack of interest in things

OTHER THINGS YOU HAVE NOTICED:

Diary: Week 2



Week 2: Date:

MUCH
BETTER

BETTER

NO
CHANGE

WORSE

MUCH
BETTER

MEMORY: Remembering names, events and instructions, ability to recognise friends and family

COMMUNICATION: Taking part in and understanding conversation, ability to find appropriate words

SENSE OF TIME AND PLACE:

Keeping track of time (day, year, season); knowing where they are; ability to find way around home or local area

BASIC ACTIVITIES OF DAILY LIVING:

Eating, dressing, grooming, using the bathroom

HOUSEHOLD TASKS AND HOBBIES:

Shopping, handling money, cooking, cleaning, using appliances/phone, interest in or ability to participate in hobbies/social events

MOOD AND BEHAVIOUR:

Sadness, anger, irritability, hallucinations, inappropriate behaviour, lack of interest in things

OTHER THINGS YOU HAVE NOTICED:

Diary: Week 3



Week 3: Date:

MUCH
BETTER

BETTER

NO
CHANGE

WORSE

MUCH
BETTER

MEMORY: Remembering names, events and instructions, ability to recognise friends and family

COMMUNICATION: Taking part in and understanding conversation, ability to find appropriate words

SENSE OF TIME AND PLACE:

Keeping track of time (day, year, season); knowing where they are; ability to find way around home or local area

BASIC ACTIVITIES OF DAILY LIVING:

Eating, dressing, grooming, using the bathroom

HOUSEHOLD TASKS AND HOBBIES:

Shopping, handling money, cooking, cleaning, using appliances/phone, interest in or ability to participate in hobbies/social events

MOOD AND BEHAVIOUR:

Sadness, anger, irritability, hallucinations, inappropriate behaviour, lack of interest in things

OTHER THINGS YOU HAVE NOTICED:

Diary: Week 4



Week 4: Date:

MUCH
BETTER

BETTER

NO
CHANGE

WORSE

MUCH
BETTER

MEMORY: Remembering names, events and instructions, ability to recognise friends and family

COMMUNICATION: Taking part in and understanding conversation, ability to find appropriate words

SENSE OF TIME AND PLACE:

Keeping track of time (day, year, season); knowing where they are; ability to find way around home or local area

BASIC ACTIVITIES OF DAILY LIVING:

Eating, dressing, grooming, using the bathroom

HOUSEHOLD TASKS AND HOBBIES:

Shopping, handling money, cooking, cleaning, using appliances/phone, interest in or ability to participate in hobbies/social events

MOOD AND BEHAVIOUR:

Sadness, anger, irritability, hallucinations, inappropriate behaviour, lack of interest in things

OTHER THINGS YOU HAVE NOTICED:

Diary: Week 5



Week 5: Date:

MUCH
BETTER

BETTER

NO
CHANGE

WORSE

MUCH
BETTER

MEMORY: Remembering names, events and instructions, ability to recognise friends and family

COMMUNICATION: Taking part in and understanding conversation, ability to find appropriate words

SENSE OF TIME AND PLACE:

Keeping track of time (day, year, season); knowing where they are; ability to find way around home or local area

BASIC ACTIVITIES OF DAILY LIVING:

Eating, dressing, grooming, using the bathroom

HOUSEHOLD TASKS AND HOBBIES:

Shopping, handling money, cooking, cleaning, using appliances/phone, interest in or ability to participate in hobbies/social events

MOOD AND BEHAVIOUR:

Sadness, anger, irritability, hallucinations, inappropriate behaviour, lack of interest in things

OTHER THINGS YOU HAVE NOTICED:

Diary: Week 6



Week 6: Date:

MUCH
BETTER

BETTER

NO
CHANGE

WORSE

MUCH
BETTER

MEMORY: Remembering names, events and instructions, ability to recognise friends and family

COMMUNICATION: Taking part in and understanding conversation, ability to find appropriate words

SENSE OF TIME AND PLACE:

Keeping track of time (day, year, season); knowing where they are; ability to find way around home or local area

BASIC ACTIVITIES OF DAILY LIVING:

Eating, dressing, grooming, using the bathroom

HOUSEHOLD TASKS AND HOBBIES:

Shopping, handling money, cooking, cleaning, using appliances/phone, interest in or ability to participate in hobbies/social events

MOOD AND BEHAVIOUR:

Sadness, anger, irritability, hallucinations, inappropriate behaviour, lack of interest in things

OTHER THINGS YOU HAVE NOTICED:

IMPORTANT CONTACT DETAILS

Doctor's name:

Phone no.

The Alzheimer Society of Ireland National Helpline: 1800 341 341

Alzheimer House
43 Northumberland Avenue
Dun Laoghaire
Co Dublin
Ph: 01-284 6616
Fax: 01-2846030
Email: info@alzheimer.ie
Website: www.alzheimer.ie

The Carer's Association

National Office
Metropole Centre
James Street
Kilkenny
Ph: 056-21424
Freephone: 1800 24 07 24

Friends of the Elderly

25 Bolton Street
Dublin 1
Ph: 01-8731855

Name

Telephone Numbers

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Alzheimer's Clinic

The Irishhealth.com Alzheimer's Clinic is Ireland's most comprehensive online resource for Alzheimer's Disease. The Clinic covers all the basics of the disease, its progression, treatments, etc., as well as offering advice on legal and financial issues and detailed resources for carers.



Special resources include a 'Memory Checklist' calculator tool as well as a 'Discussions' area where you can share comments and views with other people dealing with the same issues. The Alzheimer's Clinic also includes an exclusive Online Video Q&A session with Professor Brian Lawlor answering 13 commonly asked questions about the condition.

To visit the Clinic go to:

www.irishhealth.com/alzheimer



In association with
THE ALZHEIMER
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Supported by an
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