

Resources available to you during this time

While dementia does not increase risk for COVID-19, dementia-related behaviors like paranoia, confusion and agitation may become more pronounced with the changes in normal routine. Additionally, family members and those providing their care may face greater challenges resulting from lack of social engagement, increased anxiety and isolation.

The Alzheimer's Association provides telephone and webinar-based educational programs. These free programs provide crucial information about Alzheimer's and related dementias, effective communication techniques, understanding and responding to dementia-related behaviors and much more.

Learn more and RSVP by calling our 24/7 Helpline at 800.272.3900 or email montana@alz.org. Programs are also available at www.alzwebinars.org.

We're here for you - night and day

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- or email info@alz.org
- online at www.alz.org/help-support

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Ways to spend time with a person living with Alzheimer's
The coronavirus (COVID-19) is requiring many adjustments in people's lifestyles. For the 1,000 Montanans providing care for loved ones living with Alzheimer's disease, the need to observe appropriate social distancing means that many of the day-to-day activities they might participate in with their loved ones – the 22,000 Montanans living with the disease – must be adapted for the time being.

Until conditions allow for more travel outside the home, the Alzheimer's Association of Montana offers 38 meaningful and fun ways to spend time with a family member or friend in the middle or late stages of Alzheimer's. The first tip: take your cue from the person.

What do they like to do

What are they able to do

What are they in the mood for today

It doesn't matter if the activity needs to be done or if it is done well. If it doesn't work, you can always try something else. Be patient and you will figure out what works. Here are a few ideas to get started: