



Alzheimer's and Parkinson's Respite Program

We provide respite care if your loved one has been diagnosed with Alzheimer's Disease, Parkinson's Disease or other types of dementia. This care provides you, as the caregiver, time to attend to your own needs.

The Goals of the Alzheimer's and Parkinson's Respite Program Are To

- Provide quality respite care in your home
- Provide early interventions to prevent hospital admissions or nursing home placement
- Educate you about the disease, its progression and symptom management

Caring for someone who has Alzheimer's, Parkinson's or another type of dementia is difficult, which is why we support both the person with dementia and his or her family caregivers.

Ongoing Alzheimer's and Parkinson's Care Includes

- Respite services to give caregivers much needed personal time to ease the daily stress of caring for their loved one
- Exceptional personal care and support of your loved one by our certified nursing assistants under the supervision of a registered nurse
- Education about the disease's progression and symptom management
- Referral to available community resources

The Alzheimer's and Parkinson's Respite Program Is Available to Patients Residing

- Inside I-285 in DeKalb County and Fulton County
- North of I-285 into Sandy Springs
- South of I-285 into East Point and Atlanta
- East of I-285 into Lithonia

For more information, and to find out if you and your loved one are eligible for this program, call us at 404-215-6950.

Facts About Alzheimer's and Parkinson's

Alzheimer's Disease is the most common cause of dementia among older people. Dementia is the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral abilities, to such an extent that the loss interferes with a person's daily life and activities. Alzheimer's is irreversible and progressive. Estimates vary, but experts suggest that as many as 5.1 million Americans may have Alzheimer's.

Parkinson's Disease affects the way you move. It happens when certain nerve cells in the brain break down so that they are no longer able to make an important chemical called



dopamine. When you don't have enough dopamine, you have trouble moving the way you want to. Parkinson's is progressive, but it usually progresses slowly.

Common Symptoms of Alzheimer's Disease Include

- Short-term memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with person, place, time and event
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Poor or decreased judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Tips for Managing Early-Stage Alzheimer's Disease

- Keep a book with you to record important information, such as phone numbers, names, appointments, your address, and directions to your home.
- Place sticky notes around the house as reminders.
- Label cupboards and drawers with words or pictures that describe their contents.
- Place important phone numbers in large print next to the phone.
- Ask a friend or family member to call and remind you of important things that you need to do during the day, including eating meals, taking medications and keeping appointments.
- Use a calendar to keep track of time and to remember important dates.
- Use photos of people you see often, labeled with their names.
- Keep track of phone messages by using an answering machine.

Common Symptoms of Parkinson's Disease Include

- Tremor, or trembling, in hands, arms, legs, jaw, and face; rigidity
- Stiffness of the limbs and trunk
- Slowness of movement
- Postural instability, or impaired balance and coordination

Tips for Managing Parkinson's Disease

- Modify your home. For example, rearrange your furniture so you can hold on to something as you walk around the house.
- Put a little weight on the hand to help reduce tremor and restore control.
- Work with a speech therapist to improve speech.
- Deal with "freezing" by various means, such as stepping towards a specific target on the ground.
- If you are feeling sad or depressed, ask a friend or family member for help.



VISITING NURSE
HEALTH SYSTEM

- Dementia is common late in Parkinson's. If you or a family member notice that you are confused a lot or have trouble thinking clearly, talk to your doctor. There are medicines that can help dementia in people with Parkinson's.

For more information about Alzheimer's, visit the National Chapter of [Alzheimer's Association](#) or the [Georgia Chapter of the Alzheimer's Association](#).

For more information about Parkinson's, visit the [National Parkinson's Foundation](#) or the [American Parkinson's Disease Association](#).