

Supporting a Loved One Caring for someone with Alzheimer's

can be challenging, but simple approaches can help:

- Keep daily routines consistent
- Speak calmly and use simple words
- Be patient and offer reassurance
- Create a safe and comfortable home
- Encourage gentle physical and social activities

Support for caregivers is also important.

Learn more:

<https://www.alz.org/help-support/caregiving>

---

#### Miami Alzheimer's Resources

Alzheimer's Association (24/7 Helpline)  
800-272-3900

alz.org Florida Department of  
Elder Affairs | 800-963-5337  
elderaffairs.org Alliance for  
Aging – Miami-Dade | 305-670-  
6500 allianceforaging.org  
University of Miami Memory  
Disorders Clinic | 305-243-3100  
med.miami.edu

Miami Jewish Health – Memory Care  
305-514-8710  
miamijewishhealth.org

## Improving Quality of Life

Improving Quality of Life Although there is currently no cure for Alzheimer's disease, healthy habits can help people live better and maintain independence longer.

Helpful daily habits include:

- Staying physically active (walking or light exercise)
- Keeping the mind active (reading, puzzles, conversation)
- Maintaining regular daily routines
- Spending time with family and friends
- Getting good sleep and managing stress

Small daily activities can make a meaningful difference in quality of life.

Learn more:

[https://www.who.int/news](https://www.who.int/news-room/fact-sheets/detail/dementia)

-

[room/fact-sheets/detail/dementia](https://www.who.int/news-room/fact-sheets/detail/dementia)

## What is Alzheimer's?

Alzheimer's disease is a brain condition that slowly affects memory, thinking, and daily activities. It happens when changes in the brain damage brain cells over time.

Alzheimer's is the most common cause of dementia and usually develops gradually over many years.



#### Learn More / Más Información

National Institute on Aging  
<https://www.nia.nih.gov/health/alzheimers>  
Alzheimer's Association  
<https://www.alz.org/alzheimers-dementia>  
Spanish Alzheimer Information  
<https://www.nia.nih.gov/espanol/alzheimer>

# Treatment & Brain-Healthy

## Diet

**Treatment & Brain-Healthy Diet** Doctors may

prescribe medications to help manage Alzheimer's symptoms, such as:

- Donepezil
- Rivastigmine
- Galantamine
- Memantine

While these medications do not cure the disease, they may help with memory and daily functioning.

A brain-healthy diet such as the MIND diet may support cognitive health. It emphasizes:

- Leafy green vegetables
  - Berries
  - Nuts
  - Olive oil
- Whole grains
- Fish and beans

Learn more:

[rush.edu/mind-diet](http://rush.edu/mind-diet)



# What to Expect Over Time

Alzheimer's progresses, people may experience:

- Increased memory loss
- Difficulty recognizing familiar people
- Confusion about time or place
  - Trouble speaking or understanding words
- Changes in mood or behavior
- Difficulty with everyday tasks

These changes happen gradually and may vary from person to person.

Families and caregivers play an important role in providing support, patience, and a safe environment.



<https://www.nia.nih.gov/>

health/alzheimers



**Signs and Symptoms** Early signs of Alzheimer's may

include:

- **Memory loss that affects daily life**
  - Forgetting names, dates, or appointments
- **Difficulty finding the right words**
- **Getting lost in familiar places**
- **Trouble planning or solving problems**
- **Changes in mood or personality**

If you notice these changes, talk to a healthcare professional.

Learn more:

<https://www.alz.org/alzheimers-dementia/symptoms>

