



DAY TO DAY LIVING

Each one of us likes to be independent. For the person with Alzheimer's disease, this becomes increasingly difficult. As her abilities decrease, she will need increasing help to do day-to-day tasks.

As a caregiver, you will have to balance the losses with her remaining abilities. At the same time, you should try to help her function as independently as possible.

You might find it helpful to consider a couple of principles that can make both your lives a bit easier: keep it simple, and establish routines and reminders.

Everyone with Alzheimer's disease is different. Talk to other caregivers for ideas. Use your imagination and try your own ideas. Trust your judgment -- you know the person best.

Our tips on bathing, toileting, personal care and meal time may also help.