

**Dementia Resource Sheet for Caregivers** – *This sheet is intended as a resource for those caring for an individual who is experiencing memory loss, in conjunction with services received from a medical provider.*

Stage	What to Expect/Symptoms	Behavior person might be experiencing	What Can I Do?	Other info/Education
Early Warning Signs of Cognitive Changes Outside of Normal Aging	Memory loss that disrupts daily life.	-Increased forgetfulness -Difficulty concentrating -Decreased work performance -Difficulty finding the right words -Difficulty completing previously familiar tasks	-Schedule an appointment with your primary care provider  -Bring along trusted family member/friend  -Be prepared for a referral for additional testing/services	Know the 10 Warning Signs of Alzheimer’s and how they differ from normal aging. <a href="https://www.alz.org/alzheimers-dementia/10_signs">https://www.alz.org/alzheimers-dementia/10_signs</a>
Mild Neurocognitive Disorder-Mild Cognitive/Vascular Impairment	Slight but noticeable and measurable decline in cognitive abilities.	-More difficulty concentrating -Decreased short term memory -Difficulty managing money -Difficulty traveling alone to new locations -Trouble completing complex tasks accurately -May get easily frustrated/agitated	-Schedule a care consultation with the Alzheimer’s Association  -Consider medication  -Meet with an attorney to complete advanced directives.	A person with MCI is at an increased risk of developing Alzheimer’s or another form of dementia  Early detection is key

*Please remember that Dementia is a journey and progression may vary by the individual. For more information about the various stages of Dementia and resources for caregivers in Wisconsin, contact:*

- **Alzheimer’s Association** [http://alz.org/wisconsin/overview .asp](http://alz.org/wisconsin/overview.asp) or 800-272-3900 (24/7 Helpline)
- **Waukesha County ADRC** at <https://www.waukeshacounty.gov/adrc> or 262-548-7848



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Early Stage Dementia	Person may still be functioning independently. They might still drive, take part in social activities, volunteer and even work.	<p>-Keeping appointments -Remembering words/names -Recalling familiar people/places -Managing money, planning/organizing, -Keeping track of medications</p> <p>Person may experience a range of emotions such as denial, fear, confusion, stress/anxiety, anger/frustration, grief/depression.</p>	<p>-Provide support/companionship  -Help plan for the future</p>	<p>Care partners often start to feel more emotional ups and downs, feeling overwhelmed or anxious about the future.</p> <p>Free online educational sessions are available through the Alzheimer’s association. Please visit <a href="https://www.alz.org/events/event_search?etid=6&amp;cid=195">https://www.alz.org/events/event_search?etid=6&amp;cid=195</a> or contact the Alzheimer’s Association at the number below.</p>

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Middle Stage Dementia	<p>Damage to the brain can make it difficult to express thoughts/perform routine tasks.</p> <p>Increasing episodes of confusion which may lead to anxiety.</p>	<p>-Communication changes: Jumbled words, trouble dressing</p> <p>-Behavioral changes: Unexpected anger or frustration</p> <p>-Personal hygiene issues</p> <p>-May need help with transportation</p>	<p>-Be flexible and patient.</p> <p>-Establish daily routines.</p> <p>-Consider joining an in-person or virtual support group.</p> <p>- Consider creating a behavioral health plan. To get connected with a Dementia Care Specialist for assistance, please contact the ADRC. See below for contact information.</p>	<p>This stage is typically the longest; can last for many years. As it progresses, the person will require a greater level of care.</p> <p>Virtual support groups are available through the Alzheimer’s Association <a href="https://www.alz.org/events/event_search?etid=2&amp;cid=0">https://www.alz.org/events/event_search?etid=2&amp;cid=0</a></p>
Late Stage Dementia	<p>Care needs may exceed what a caregiver is able to provide at home.</p> <p>May need transitioning to alternative placement.</p>	<p>-Difficulty eating/swallowing</p> <p>-Difficulty walking</p> <p>-Requires help with all activities of daily living</p> <p>-Vulnerable to infections; especially pneumonia</p>	<p>-Focus on preserving quality of life and dignity</p> <p>-Take care of yourself, accept help from others.</p>	<p>This stage may last weeks or years. As the disease progresses, intensive around-the-clock care is usually required.</p>

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