

notes

Helping your Parent Combat Memory Loss

Even if your parent is in the early stages of Alzheimer's, or is struggling with recovering memory loss because of other issues, you can help improve the situation by helping her:

- Learn a new skill
- Volunteer in the local community, school, or place of worship
- Arrange to spend more time socializing with family and friends
- Use memory tools such as big calendars, to-do lists, and notes to yourself
- Find one place for her wallet or purse, keys, and glasses
- Get lots of rest
- Exercise and eat well
- Avoid drinking a lot of alcohol
- Get professional help if she is feeling depressed for weeks at a time

For more information on these questions and what to expect, access the Parentgiving Learning Center.