



ALZHEIMER'S AND YOUR KIDS

Kids of all ages are confused, sad, scared, curious, and jealous when Alzheimer's comes into the family picture. Often, they are losing a beloved grandparent (or other relative) and a parent at the same time – you are busy with caregiver duties. Don't hide what is happening. Keep this list handy, and do what you can when you can.

1. Sit together and look up Alzheimer's information and let them ask questions.
2. Be honest about your feelings and encourage them to journal theirs (allow them to keep this private unless they want to show you.)
3. Inform their teacher or school counselor what is happening.
4. Explain that they may have to repeat things, even their name.
5. Find one thing they can do safely together, such as crafts, music, or watching an old movie or TV show.
6. Do not expect them to “babysit” this person ever.
7. Tell them there may be anger or violence and to remove themselves from the situation and find an adult immediately.
8. Remind them often that they have done nothing wrong.
9. Explain that you can't catch it, but it is an excellent reason to eat healthy and exercise at any age.
10. As the disease progresses into the final stages, honor their wishes if they no longer want to visit this person.

You won't be able to do everything on this list all the time but most importantly, try to give your kids some of your undivided time. They are doing their best to survive Alzheimer's as well.

www.surviving-alzheimers.com

#survivingalzheimers