

# The Nine A's of Alzheimer's Care



*Start out the year with the some tips that begin with the first letter of the alphabet!*

**Arguments** are useless. In fact, the more you reason, rationalize and argue, the more your loved one will dig his/her heels in. Find ways to always let them be right.

**Allow** him/her as much freedom as possible. People with dementia resent their loss of autonomy. Try to walk the fine line of keeping them safe and making them happy.

**Actions**, facial expressions and your tone of voice speak louder than words. What you communicate nonverbally is critical.

**Appreciate** good moments and good days, without riding an emotional rollercoaster. Learn to cherish the little things.

**Appropriate** activities help pass time, reduce agitation and reduce boredom. What your loved one says he/she can do and what they actually can do are not the same thing.

**Agitation** can be reduced when the caregiver stays calm, reassuring and respectful.

**Adults** are still adults, always treat them with dignity and respect, but remember that your number one goal is to keep them safe.

**Adapt** because your loved one cannot change. Because they can no longer do all the things they once could, you must adapt.

**Assess** and reassess often. What is safe and effective for now, may not be so later. Keep watching and evaluating.

Adopted from a *Practical Guide for the Alzheimer's Caregivers*,  
Alzheimer's Aid Society of Northern California.

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