



Tips for Dealing with Sensory Changes in Your Loved One with Alzheimer's

Alzheimer's disease and other forms of dementia cause significant changes to the brain as they follow their progressive course. Among these changes are a decline in the functioning of the primary human senses, including your loved one's ability to process and understand what they see, hear, smell, taste and touch. When these sensory changes occur, it can affect how your loved one interacts with the world around them, which in turn can create threats to their safety and health.

What Sensory Changes Mean to You and Your Loved One

Because sensory changes in a loved one with Alzheimer's increase their risks of injury and illness, it is important for caregivers to be aware of the dangers and to minimize the potential hazards in the home environment to the best of their ability. Professional resources such as the **Mayo Clinic** and the **Alzheimer's Association** suggest that you begin with a detailed home safety evaluation followed by appropriate safety measures. Examples of such safety measures include: locking up potentially hazardous products or electrical appliances; removing artificial fruits or vegetables and food-shaped magnets; installing a monitoring device in the bedroom; placing medications in a locked drawer or cabinet; removing tripping hazards. The Alzheimer's Association also offers a Home Safety Checklist on their website.

How Sensory Stimulation Therapy Can Improve Your Loved One's Well-Being

Experts tell us that sensory stimulation activities can bring enjoyment to your loved one, reduce their [anxiety and agitation](#), and increase their social engagement and connectivity to the world. They believe the most effective sensory stimulation activities are those associated with your loved one's past interests that can evoke happy memories.

Examples of effective activities include:

- Looking through old photo albums together and pointing out family members, friends and events
- Watching old movies or favorite classic TV programs – some networks feature the old hits
- Listening to favorite music from your loved one's past
- Painting and drawing for pleasure
- Reading to your loved one from their favorite book or magazine
- Visiting with a pet
- Walking together at a favorite location
- Providing scents and aromas that conjure up pleasant memories

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North Woods Village at Edison Lakes is the area's first single-purpose residential [Memory Care Assisted Living Community](#) (MCAL) dedicated to caring for those with Alzheimer's disease, dementia and other memory impairments as well as providing education, support and resources to area caregivers and their families. The unique, [purpose-built architectural design](#) of **North Woods Village at Edison Lakes** is one element of "[NEW DIRECTIONS](#)"SM the community's signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information on **North Woods Village at Edison Lakes** and our [Caregiver Education & Support Calendar](#), please [contact us](#) today!

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