10 warning signs of ALZHEIMER'S DISEASE

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion to time and place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things or losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Information adapted from the Alzheimer's Association Know the 10 Signs checklist. http://www.alz.org/national/documents/checklist_10signs.pdf

How to Contact Us

The Division of Alzheimer's Disease & Other Dementia is located in the Department of Mental Health's Central Office in Jackson with satellite offices in Tupelo, Magee, and Long Beach. For more information please contact:

Kathy Van Cleave, LMSW, LCMHT
Director, Division of Alzheimer's Disease & Other Dementia
kathy.vancleave@dmh.state.ms.us

Maria Allen, BHA
Caregiver Support Liaison
Division of Alzheimer's Disease & Other Dementia
MS Department of Mental Health
Boswell Regional Center
P.O. Box 128 • Magee, MS 39111
601.867.5000, ext. 75242 or ext. 75127
Fax: 601.867.5289
maria.allen@dmh.state.ms.us

Melora Jackson, MS, CMHT
Division of Alzheimer's Disease & Other Dementia
MS Department of Mental Health
South Mississippi Regional Center
1170 W. Railroad St. • Long Beach, MS 39560
228.214.5556
melora.jackson@dmh.state.ms.us

Kim Sistrunk, MS, LCMHT
Division of Alzheimer's Disease & Other Dementia
MS Department of Mental Health
North MS State Hospital
1937 Briar Ridge Road
Tupelo, MS 38804
662.871.1721
kim.sistrunk@dmh.state.ms.us

Supporting a Better Tomorrow...Today

DMH

Mississippi Department of Mental Health

Division of ALZHEIMER'S DISEASE & Other Dementia

What YOU should KNOW about Alzheimer's disease

Mississippi Department of Mental Health
www.dmh.ms.gov

Communication Techniques

- Identify yourself and address the person by name, establish and maintain eye contact, smile, and be friendly in your approach.
- Ask one question, or make one statement at a time, speaking slowly and directly.
- Allow enough time for the person to respond.
- Use nonverbal communication such as pointing or nodding, providing assistance when needed.
- Be patient, flexible and reassuring rather than criticizing, arguing or correcting the person.
- Focus on feelings, not facts, by responding to and validating the person's feelings.
- Use familiar words and cues, and be consistent, repeating information or questions as needed.

Tips for Reducing Risk

As we learn more about the role they may play in Alzheimer's disease risk, health experts encourage all adults to:

- exercise regularly
- eat a healthy diet rich in fruits and vegetables
- engage in social and intellectually stimulating activities
- control type 2 diabetes
- lower high blood pressure levels
- lower high blood cholesterol levels
- maintain a healthy weight
- stop smoking
- get treatment for depression

National Institute on Aging, National Institutes of Health, U.S. Department of Health and Human Services

Caregiver Tips

- Recognize added stress in your life and take care of your own health care needs.
- Realize it is OKAY to ask for help from a friend, so accept help when offered.
- Take a day off when you can and do something fun for yourself.
- Share and express your feelings with someone.
- Remove yourself from the situation when possible.
- Join a caregiver support group.
- Remember, you are not in this alone.

Caregiving is a difficult job in the best of circumstances. Taking care of yourself is essential for your own health and the care of your loved one.

Getting Help

Where to Go for an Evaluation:

Family physician, local hospital, teaching hospitals or medical schools, Geriatricians or Neurologists

There is no single diagnostic test for Alzheimer's disease. A diagnosis is made by ruling out other possible causes of Alzheimer-like symptoms. Once all tests are completed, a diagnosis of "probable" Alzheimer's disease may be made.

**Please note: Changes in diagnostic language utilized in the DSM-V refer to dementia as major and minor neurocognitive disorders. Healthcare professionals may use this terminology.*

What to Expect During an Evaluation

The entire evaluation process generally takes more than one day. Typically, a thorough evaluation may include:

- Detailed medical & social history
- Physical examination
- Neurological examination
- Mental status examination
- Psychiatric evaluation
- Laboratory tests
- CT, MRI and/or PET scans

For more information, visit **www.dmh.ms.gov**
or call **601.359.1288** or toll-free **1.877.210.8513**