



Because our population is aging at a record rate, and because Alzheimer's is a disease of older people, the number of people with Alzheimer's is expected to grow at an alarming rate over the next 50 years. The Alzheimer's Society estimates that there are now 683,597 people with dementia in the UK. This represents one person in every 88 (1.1%) of the entire UK population.

The total number of people with dementia in the UK is forecast to increase to 940,110 by 2021 and 1,735,087 by 2051, an increase of 38% over the next 15 years and 154% over the next 45 years.

"Dad got very lonely and upset after dinner every evening. I stayed with him all day but would need to get home to my own family at night. He was at the point of becoming anxious and fearful of being alone. That's when we decided to make Bill, a professional CAREGiver, a part of Dad's life. Bill stays with Dad until he falls asleep. He also works with him too and keeps his mind busy with puzzles or looking at family photos before bed. I saw Dad's stress level decrease each day when I would get ready to leave because he knew Bill was on his way to see him."

You are not alone. Since 1994, families like yours have trusted the Home Instead Senior Care office network to provide one-on-one care for individuals with Alzheimer's disease and related dementias.

It's hard to imagine the stress a family experiences as it slowly loses a loved one to memory loss. The resulting emotional and physical demands on family caregivers can be overwhelming, and your local Home Instead Senior Care office can help. CAREGivers are available to provide your family with a trusted source of care so you can take a break.

## Compassionate Care

We know it's hard to ask for help and put your trust in others. Home Instead CAREGivers are trained to provide a safe environment and to provide individual assistance and support to help your loved one age with dignity and respect

Here's why:

- **Three out of four have experience in caring for an older family member.**
- **Thorough recruitment and background checking process.**
- **Extensive multi-phased training.**
- **Specialised communication skills to help those who suffer from Alzheimer's disease.**
- **Sensitivity to the needs of those with Alzheimer's and the stages of the disease.**

The Society on Ageing has recognised Home Instead, for its exclusive CAREGiver training programme designed by The George G. Glenner Alzheimer's Family Centres, world-renowned dementia and Alzheimer's experts.

This programme and other professionally developed and recognised Alzheimer's training programmes are used throughout Home Instead Senior Care. They provide your CAREGiver with the latest education and techniques, so you can be assured your loved one is with a trusted professional.

## Maintaining Independence with Dignity and Respect

CAREGivers are trained to:

- **Maintain a Safe Environment**
- **Manage Changing Behaviours**
- **Provide Nutritious Meals**
- **Provide Mind-Stimulating Activities**
- **Create Social Interaction**
- **Supervise Daily Activities**

CAREGivers can also provide assistance with enhancing and restoring the simple pleasures of life, such as a walk in the park, a ride in the car or spending time in the garden. These activities are proven to maximise abilities and independence. They remain one of the best treatments for this disease.

## Living Life to the Fullest

The best place for a person with memory loss is in familiar surroundings. Home Instead Senior Care is a valuable, trusted solution to help your loved one maintain a regular routine, thus enhancing quality of life.

*With a little help from a friend.*

"Shortly after my father was diagnosed with Alzheimer's disease, my brother and I began taking turns caring for him. We watched the disease take my dad away one day at a time, and he rarely recognised us when we came to help. We were not prepared for the emotional and physical demands that this responsibility placed on us - it was overwhelming. So we reached out and found someone we could trust to help us take care of him. That's when Phyllis entered the picture. Phyllis is a professional CAREGiver who gives us the break we need during the busy work week. She fills in when we can't be there and Dad enjoys her company. We are very grateful!"

