

4<sup>th</sup> International  
Alzheimer's Disease  
Conference



مؤتمر ألزهايمر الدولي الرابع ٢٠٢٠

Strategic Supporting Partner



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Organized by



**Mohammad Salah Abdul-Jabbar**  
**Prof of Neurology**  
**Dean of Al Maarefa Medical College**  
**Consultant Neurologist in Suleiman Al Habib Hospital**



# **Helpguid For Alzheimer's Patient Caregiver**



# Introduction

- **Caring for Alzheimer patient can be long, stressful, and difficult emotional journey**
- **The cognitive, physical, and functional abilities diminish over period of years in Alzheimer**
- **The burden of caregiving can be reflected on the physical and mental health of the giver**



## **Challenges Of Alzheimer Patient Care**

- Overwhelming emotions as your loved once capabilities decrease**
- Fatigue and exhaustion**
- Isolation and loneliness**
- Financial and work complications**



# Rewards Of Alzheimer Patient Care

- Your bond with the patient deepens
- Improving problem-solving skills
- Forming a new relationship with support group
- Unexpected rewards develop through compassion and acceptance



# Guidelines

## Prepare For The Road Ahead

- Who will be healthcare and/or financial support
- How will care needs be met?
- Where will your love once live



## **Develop a personal support plan**

- ❖ Ask for help**
- ❖ Learn or update caregiving skills**
- ❖ Join a support group**
- ❖ Use available resources**
- ❖ Plan for your own care moving, talking and relaxing**



## **Source Of Caregiver Support**

- 1) In-home: Caregiver that you can hire**
- 2) Day program: Adult day care**
- 3) Respite care: Time for rest, travel or attending activities**
- 4) Volunteers**
- 5) Out-of-home programs**





## **Cope with changes in communications**

- Avoid frustration**
- Short, simple and clear**
- Introduce yourself**
- Speak slowly, closed ended questions**  
**find different way to say the same thing**
- Repeat as much as necessary**
- Use skills to attract and maintained attention**



## **Do not use**

- Things like ( do you remember )**
- Questions challenging short-term memory**
- Talking in paragraph**
- Points to remind him about memory difficulty**
- A lots of pronouns or unfamiliar words**



## **Develop day-to-day routines**

**The daily routines helps caregiver to run his task smoothly**

- Keep a sense of structure and familiarity**
- Let your loved one know what to expect**
  - Involve them in daily activity**



# Planning Activities

- Personal interests
- Vary activities
- Outdoor time
- Outside group activities
- Visitors and social events


**Plan visitors time and offer visitors communications tips**



# **Deal With Behavioral Problems**

**Behavior and personality changes is common including aggressiveness, wandering, hallucination and eating or sleeping difficulties**

**These Behavioral issues are triggered by stress, frustration to communicate and environmental factors**



## **Make Time For Reflection To Help With Acceptance**

- Disease affect your loved one**
- Alter your expectation with each stage**
- Accepting new reality to cope**

**(Record, count blessing, celebrate and developing emotional awareness skill)**



## **The Rewards Of Connecting**

- ❖ Daily time for connection**
- ❖ Avoid all distraction**
- ❖ Full focus**
- ❖ Eye contact**
- ❖ Talk calm and reassuring tone**

**This can be reflected on you and on your  
loved one**



# How to help a dementia caregiver

- **Don't wait to be asked to help**
- **Be a friend**
- **Be a good listener**
- **Show your gratitude**
- **Recognize the signs of caregiver stress**





## Caregiver in Saudi Arabia

- Children or members of extended family  
(Is privilege to serve and care for parents as they have lovingly cared with them for all of their life)
- Working closely with the neurologist and geriatrician
- Reading books and communicate with associations
- Awareness programs



# Things to stop doing as caregiver

- ❖ **Setting unrealistic expectation**
- ❖ **Avoiding hard questions**
- ❖ **Assuming no one understands**
- ❖ **Trying to do it alone**
- ❖ **Being held hostage by guilt**
- ❖ **Assuming your loved one can not participate in any decisions**



## **Things to stop Doing As Caregiver**

- ❖ Neglecting your own health concern**
- ❖ Neglecting your own family**
- ❖ Believing your loved one is choosing how they behave or what they forget**
- ❖ Sacrificing your own sanity and running on empty**



# **Support Group In Saudi Arabia**

- Early phase**
- Needs proper orientation and preparation of members**
- Providing structured activity and freedom of choice will improve participation**



## Trend in Caregiving

- Families are better managing the care  
(30% in 1999 to 17% in 2015)
  - Physical difficulties  
(22% in 1999 to 9% in 2015)
  - financial difficulties
- Use of respite care increased substantially  
(13% in 1999 to 27% in 2015)



## **A 2016 study of the Older American Acts National Family Caregiver Support Program**

**Over half (52%) of Area Agencies on Aging did  
not offer evidence-based family caregiver  
interventions**



## **Saudi Experience**

**S. Al Shammari and his group (2017) study the burden**

**On informal caregivers**

**Result**

**Mostly single nonemployee female**

**Requesting home health visit and medical support for themselves as well educational and training for emergencies**



## **Recommendations**

- ❖ Improve the skills of informal caregivers,  
Providing them with needed supplies**
- ❖ Improving communication with health-care  
providers**
- ❖ Respite care**



Thanks

