



# *The Impact of Dementia on Family Members* with



Pam Ostrowski

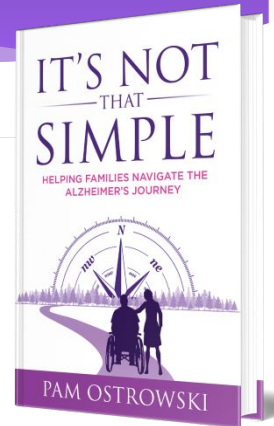
CEO of Alzheimer's Family Consulting LLC

Speaker, Family Consultant

Author of *It's Not That Simple: Helping  
Families Navigate the Alzheimer's Journey*

# What's in the Book?

Alzheimer's  
Family  
Consulting



*It's Not That Simple: Helping Families Navigate the Alzheimer's Journey*

Dementia or  
Alzheimer's?

Having  
"The Talk"

Care Options

Differing  
Care Needs

Building A  
Care Team

Emotional  
Rollercoaster

New Ways to  
Communicate

Visiting a  
Loved One

When the End  
Is Near

# The 8 Stepping Stones on the Dementia Journey

Alzheimer's  
Family  
Consulting



Dementia Q&A conversations and a plan to give you peace of mind that you are ready to face the future.

## Diagnosis

- Diagnosis date
- Stage
- How was diagnosis determined?
- Test Score

## Care Needs & Triggers

- Mobility
- Mental stimulation
- Conversation skills
- Eating/hydrating
- Dressing
- Toileting
- Flight risk

## Care Options

- Pros & Cons of current environment
- Speed of condition progression
- Cost eval
- Level of care eval
- Waitlists

## Building A Care Team

- Family
- CPA
- Financial advisor
- Eldercare attorney
- Estate attorney
- PA/nurse
- Doctor
- Hospice

## “Talk” topics & Communicating

- Safety
- Engagement
- Moving
- Emotions
- Medical

## Emotions LO and Family

- Denial/Fear
- Sadness/Grief
- Anger/Frustration
- Coping tools
- Be happy or be right
- Let it go

## Visiting

- Conversation and Activities
- Bringing others
- Greetings
- Departures

## When the End Is Near

- Reviewing docs
- Preparing
- Visiting

# Where does the typical Dementia Journey take you?

## Loved One

- Lost keys/glasses but finds them
- Can't recall a name but remembers later
- Uses a daily pill reminder for meds
- Repeats a question several times
- Starts wearing the same clothes two or more days in a row
- Personal hygiene declines
- Stops going out with friends and family
- Loses weight; Fall risk
- Gets lost in the mall or can't find the way home
- Can't recall family members' names or faces
- Can't remember if they did or didn't take their medications
- Gets angry and frustrated frequently; "won't listen"

4 to 8 years if Alzheimer's

## Family

- Write it off to old age
- Assume spouse or adult children can handle the progression
- Don't plan or talk about it
- Start checking in on loved one more often
- Talk with siblings and spouse about decline
- Hire in-home care to help Loved One stay at home alone
- Talk with PCP. Get memory exam and diagnosis from neurologist
- Relationship deteriorates
- PANIC! Tour memory care that weekend
- Micromanage care due to guilt

# I've GOT This!

You're no longer a spouse or daughter/son. You're a Caregiver.

- \* Will you quit your job?
- \* Is your home and family prepared for someone with dementia or Alzheimer's?
- \* How will you keep them safe? This is a "24/7 eyes on" care job.



**Or DO I?**

# Is It Time to Talk about Living Arrangements?

Avoidance doesn't stop dementia progression

- \* When do you start conversations?
- \* How do you know “it's time?”
- \* What do you say?
- \* How do you handle resistance?

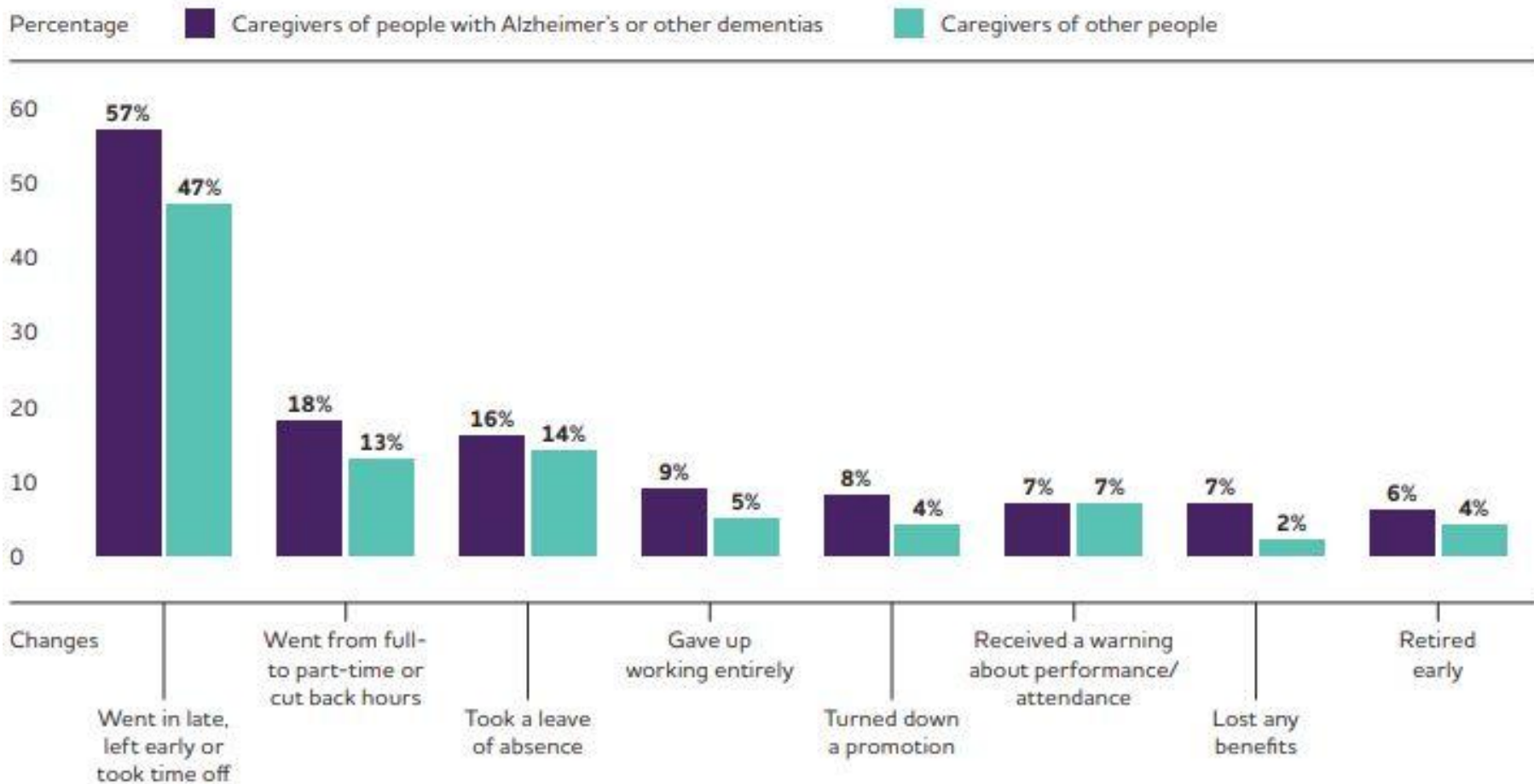


# Where does this time come from?

- \* Apart from its long duration, caregiving involves immediate demands that are also time-intensive (i.e. drop everything, tasks take longer).
- \* Caregivers of people with dementia report providing 27 hours more care per month on average than caregivers of people without dementia (92 hours versus 65 hours).

**FIGURE 11**

### Work-Related Changes Among Caregivers of People with Alzheimer's or Other Dementias Who Had Been Employed at Any Time Since They Began Caregiving



Created from data from the National Alliance for Caregiving and AARP.<sup>374</sup>



**TABLE 10**

Percentage of Dementia Caregivers Who Report Having a Chronic Health Condition Compared with Caregivers of People without Dementia or Non-caregivers

Condition	Dementia Caregivers	Non-Dementia Caregivers	Non-Caregivers
Stroke	5.2	3.4	3.2
Coronary heart disease	8.3	7.2	6.6
Cardiovascular disease*	11.8	9.5	8.6
Diabetes	12.8	11.1	11.3
Cancer	14.3	13.3	11.5
Obesity	32.7	34.6	29.5

Table includes caregivers age 18 and older.

\*Combination of coronary heart disease and stroke.

We're killing ourselves with stress and lack of self-care.

Is that what your loved one would want?

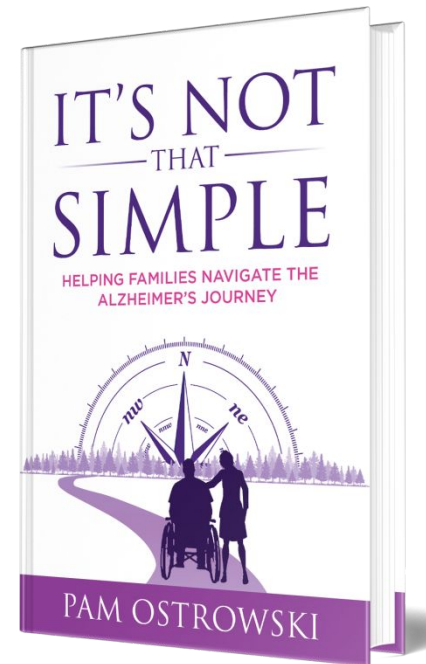
SOURCE: <https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf>

# Build Your Plan and Work with Pam

- \* What I ask family members:  
*Don't you deserve a guide to help you build your specific care strategy and walk with you and your loved one on your personal journey?*

**Pam Ostrowski**

- \* [pam@itsnotthatsimple.com](mailto:pam@itsnotthatsimple.com)
- \* Website: **AlzheimersFamilyConsulting.com**
- \* Facebook  
<https://www.facebook.com/itsnotthatsimpledementia>
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