

## Tips on Dementia: A 360° View of Alzheimer's Disease

When a family member is diagnosed with dementia, the dynamics of life change for everyone who loves and cares for them. So how does a family deal with the life-altering effects of a loved one's dementia? It helps to know what to expect. Learning how Alzheimer's will affect your loved one, yourself and the rest of the family will enable you to better plan for the future.

### A 360° View from Your Loved One's Perspective

Dementia changes everything. From the way your loved one thinks to how the lighting in the room makes them feel, your loved one will be going through changes at a deep level.

- **Trouble communicating** – finding the right words; following along in a conversation
- **Memory loss** – forgetting newly learned information; difficulty doing sequential tasks
- **Behavior** – becoming agitated easily; feeling isolated or depressed
- **Poor judgement** – not thinking actions through; making poor decisions
- **Sensory changes** – sensitive to light and shadows; loss of taste and smell; vision problems
- **Psychological symptoms** – may start to experience delusions or hallucinations

### A 360° View from a Caregiver's Perspective

While caregiving is often rewarding, it can also take a major toll on a caregiver's health and lifestyle. Be aware of these common effects of caregiving and learn how to prevent them:

- **Physical health** – loss of sleep; lack of time to exercise; fatigue; high blood pressure
- **Emotional health** – high levels of stress; depression; anxiety; poor self-care
- **Lifestyle** – isolated from friends, family or coworkers; busy with responsibilities
- **Relationships** – changes between self and loved one; role reversals; tension between family members who disagree on care

### A 360° View from the Family's Perspective

As every family is different, reactions, relationships and support will vary among them. However, one piece of advice all experts suggest is communicating openly and often with your family about a loved one's dementia. It's important that family members are on the same page and work together to give their loved one the best quality of life as possible.

### A 360° View of Your Resources

Everyone who's learning to cope with dementia, either their own or a family member's, should know that they are not alone, and help is always within reach. Some of the best resources for families dealing with dementia include:

- Primary care physicians
- Support groups
- [The Alzheimer's Association](#)
- Local Agency on Aging
- Local organizations, such as churches or senior centers
- A support network of family, friends and neighbors
- Local senior living communities that offer respite care, home services, support groups, educational events for caregivers and more

### The Art of Living

At Tuscan Gardens<sup>®</sup> of Venetia Bay, we've mastered the art of living. We've perfected the balance of personalized support and an uplifting lifestyle, helping our residents experience independence, joy and meaning every day.

Offering [supportive independent living, assisted living and memory care](#) services for families in Venice, Florida, Tuscan Gardens of Venetia Bay was founded with one simple, yet profound goal – to create a community worthy of our parents. In all we do, we are guided by the principles of family, [culture and engagement](#), working to represent the remarkable way of life our families deserve.

The essence of our community is made up not only of mere aesthetics, but an artfully designed lifestyle to bring out the best of what each day has to offer. From dedicated care that respects residents' individuality and dignity to a [lifestyle that nurtures their love of life](#), Tuscan Gardens was built to be more than just a residence, but a place to call home.

**To learn more about our comfortable, elegant community, [contact us](#) today!**