

# Just for TEENS

*Helping You Understand Alzheimer's Disease*

**A**lzheimer's disease attacks the brain mostly in older adults and causes people to have difficulty with memory, thinking, communicating and taking care of themselves. Scientists still do not know what causes Alzheimer's disease or how to cure it, but there has been great progress in research. It is important to understand that just because someone in your family has Alzheimer's disease, it does not necessarily mean that you or your parents will have it someday.

People with Alzheimer's disease may forget your name, see or hear things that are not there, get lost, dress inappropriately, blame others when they lose things, or do or say the same things over and over. These problems can cause them to become confused, angry, scared, nervous and anxious.

 **Unscramble the words on the left and use the circled letters on the right to solve the puzzle below:**

**MIERSHEZAL**

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**SARCHERE**

\_ \_  \_ \_ \_ \_ \_

**DUSEFCON**

 \_ \_ \_  \_ \_ \_

**ORMEYM**

\_ \_  \_ \_ \_

**Scientists are making great progress in finding the \_\_\_\_\_ and cure for Alzheimer's disease.**



Taking care of someone who has Alzheimer's disease is a difficult, demanding job. If your parent or grandparent is caring for someone with Alzheimer's disease, they may be tired, frustrated, sad or short-tempered. They may also have less time to spend with you. At times, you may feel sad and angry. You may feel better if you talk to your family about your feelings on a regular basis. If you do not understand what is happening, it is important to ask questions.

There is a lot that you can do to help care for persons with Alzheimer's disease. You can take walks, listen to music, look at old photos or keep a journal together. Remember, even though persons with the disease may forget a lot, they will always feel your love and kindness.

### **Keep a Journal**

When someone in your family has Alzheimer's disease, you may feel sad, angry, afraid and embarrassed. It is important to express your feelings. Writing down your feelings may make you feel better.



### **Make a Memory Box**

You probably have many special memories about spending time with the person who has Alzheimer's disease. Fill a box with special things that will help you remember those times.

