

HOW IS DAILY LIFE

Dementia can affect:

- Managing medications
- Handling finances
- Driving safely
- Cooking and household tasks
- Social interactions
- Emotional well-being

Families often notice gradual changes that become more noticeable over time.

SUPPORTIVE STRATEGIES

- Maintain a consistent daily routine
- Use simple, clear communication
- Provide memory aids (labels, calendars, reminders)
- Reduce clutter and create safe spaces
- Encourage social engagement and gentle activity

WHEN TO SEEK HELP

If you notice new or worsening changes in memory, thinking, behavior, or daily functioning, consult a healthcare professional for evaluation and support. ▶▶▶▶

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D.A.P.S.

Circle of Hope Foundation

Visit:

www.DAPSFnd.org

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(302)781-2881

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For education only.

Not medical advice or diagnosis.

Information is general public knowledge.

Please consult a licensed healthcare professional for medical concerns.

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A SIMPLE GUIDE FOR
FAMILIES & CAREGIVERS

UNDERSTANDING DEMENTIA

WHAT IS DEMENTIA?

Dementia is a general term for conditions that affect memory, thinking, behavior, and daily functioning. It is not a single disease but a group of disorders caused by changes in the brain. Dementia affects each person differently, but all forms interfere with daily life and independence.

Key Signs and Symptoms

- Memory loss that disrupts daily life
- Difficulty planning or problem-solving
- Trouble completing familiar tasks
- Confusion with time or place
- Changes in mood, personality, or behavior
- Difficulty communicating or finding words

Who It Commonly Affects

Dementia most often affects adults over age 65, but some forms can appear earlier. Risk increases with age, family history, stroke, heart disease, and certain neurological conditions.

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Types of Dementia

- Mixed dementia
- Vascular dementia
- Korsakoff syndrome
- Alzheimer's disease
- Lewy body dementia
- Posterior cortical atrophy
- Frontotemporal dementia
- Creutzfeldt-Jakob disease
- Parkinson's disease dementia
- Normal pressure hydrocephalus

How It's Identified

- Cognitive testing
- Neurological exams
- Brain imaging (MRI or CT)
- Medical history and symptom review

Healthcare professionals may use these tools help determine the type and cause of symptoms.

How We Help



Our *Community Awareness, Resources & Education Circle* provides resource bags and accessible information that help families learn about D.A.P.S. conditions and spread awareness in the community.



Our *CareLink Program* helps individuals and families locate trusted care providers and services tailored to their D.A.P.S.-related needs.



Our *HopeMail* is a confidential, safe space where people can talk freely and receive much-needed companionship from our Hope Ambassadors, especially for those who may have no one else to talk to.

and more!!!!!!!!