



## HOW IS DAILY LIFE

Alzheimer's can affect:

- Managing appointments
- Handling finances
- Driving
- Cooking and household tasks
- Social interactions
- Emotional stability


Families often notice increasing dependence over time.

## SUPPORTIVE STRATEGIES

- Create structured routines
- Use memory aids and reminders
- Simplify communication
- Provide a calm, safe environment
- Encourage gentle physical and mental activity

## WHEN TO SEEK HELP

If memory changes begin affecting daily life or safety, seek evaluation from a healthcare professional.



o o o o

**D.A.P.S.**

**Circle of Hope Foundation**

Visit:

[www.DAPSFnd.org](http://www.DAPSFnd.org)

Call:

(302)781-2881

Email:

[Info@DAPSFnd.org](mailto:Info@DAPSFnd.org)

Send Mail to:

D.A.P.S. Circle of Hope Foundation

P.O. Box 635

Bear, Delaware 19701

For education only.

Not medical advice or diagnosis.

Information is general public knowledge.

Please consult a licensed healthcare professional for medical concerns.

501(C)(3)  
NONPROFIT PUBLIC CHARITY



A SIMPLE GUIDE FOR  
FAMILIES & CAREGIVERS



## UNDERSTANDING ALZHEIMER'S



# WHAT IS ALZHEIMER'S?

Alzheimer's disease is the most common cause of dementia. It affects memory, thinking, and behavior due to changes in the brain, including the buildup of amyloid plaques and tau tangles. Symptoms begin gradually and worsen over time.

## Key Signs and Symptoms

- Memory loss that disrupts daily life
- Difficulty planning or problem-solving
- Trouble completing familiar tasks
- Confusion with time or place
- Personality and mood changes
- Misplacing items

## Who It Commonly Affects

Most people diagnosed are over age 65, but early-onset forms can appear in the 40s or 50s. Risk increases with age, family history, and certain genetic factors.

x x x x

## Types of Alzheimer's

Early-onset Alzheimer's

Late-onset Alzheimer's

Familial Alzheimer's disease

Sporadic Alzheimer's disease

## Quick Facts

Alzheimer's is the leading cause of dementia

It is not a normal part of aging

Early detection improves planning and support

## How It's Identified

Cognitive testing

Neurological exams

Brain imaging (MRI or CT)

Medical history and symptom review

Genetic testing (in select cases)

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!!!!!!!