



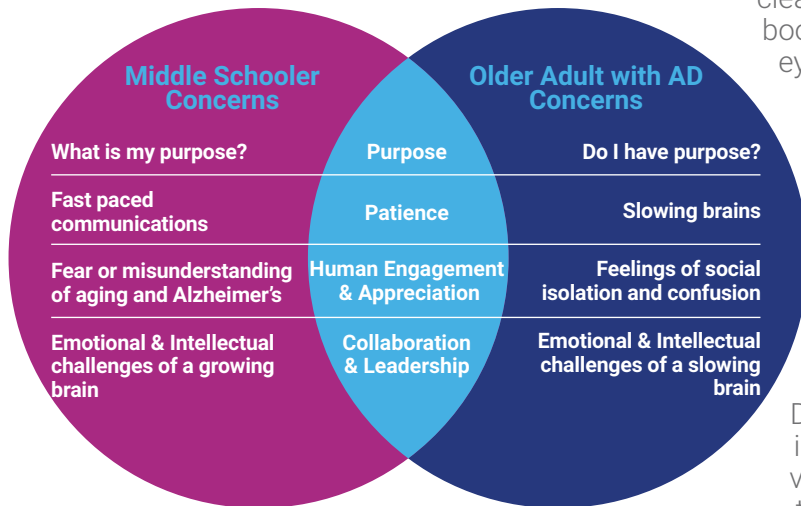
# WHAT IS ALZHEIMER'S?

Alzheimer's is a progressive, deadly disease of the brain which impacts cognitive functioning and as it progresses, disrupts a person's ability to follow directions and eventually breathe.

Alzheimer's robs people of their short term and eventually long term memories and people living with the disease often find it difficult to find the words to accurately communicate their feelings and needs. It is critically important that people caring for and engaging with a person living with Alzheimer's are sensitive to these challenges.

## WHY ARE YOUNG PEOPLE ABLE TO HAVE PROFOUND IMPACT?

### Dynamic Synergies



## WHAT CAN YOU DO TO HELP?



### Engage your senses!

Listen carefully, speak clearly (read a favorite book or poem!) make eye contact, hold a hand...



### Be Patient & Show Respect

Just being present is a gift.



### Become a Detective

What can you discover about the person? Who/what do they love? What gives them joy? Can you find common ground?



### Explore together!

Start with their interests, then find ways to explore together - visit a local park or museum, garden, find outdoor music, art or poetry readings to enjoy together.



### Keep it simple!



### Create together!

Draw, paint, sing, turn a poem or book into a drama by playing with different voices and characters. You don't have to be a professional artist to connect and have fun.



### Meet the person where they are.

Tune in and focus on what they can and want to do.



### Become a Sweet Reader!

Support Sweet Readers! Start a Sweet Readers program in your community!  
[info@sweetreaders.org](mailto:info@sweetreaders.org)