

Dementia and Memory Loss Care

A warm, practical guide for family caregivers

Easy guide for families

Why this matters

Dementia changes memory, judgment, communication, and daily function. Families often need help creating calm routines, preventing accidents, and responding to behavior changes with patience and structure.

What you may notice

- Repeating questions or stories
- Getting lost, wandering, or confusion about time
- Trouble bathing, dressing, or taking medicines
- Changes in mood, sleep, or appetite
- Suspicion, fear, or agitation later in the day

When to call the doctor

- New or worse confusion, sleepiness, or agitation
- Fever, cough, pain with urination, constipation, or poor intake
- Frequent falls or difficulty walking
- Weight loss, choking, or swallowing trouble
- Caregiver stress that is becoming unmanageable

Questions for the care team

- What behaviors are expected, and what changes need evaluation?
- Could a medicine be making confusion worse?
- What home safety steps matter most right now?
- When should we ask for home health, respite, or hospice support?

Safety first

Watch for dehydration, constipation, falls, swallowing trouble, and sudden confusion. A sudden change from the usual pattern may signal illness and should not be dismissed as normal dementia.

Daily care at home

1. Keep a simple daily routine and use short, clear sentences.
2. Offer one step at a time: sit down, lift your arm, take a sip.
3. Label rooms, drawers, and important items to reduce confusion.
4. Use calm redirection instead of arguing about facts or memories.
5. Remove tripping hazards

Call 911 now if...

- Face drooping, arm weakness, or speech trouble
- Chest pain, severe breathing trouble, or blue lips
- Unconsciousness, seizure, or head injury after a fall
- Sudden inability to wake the person or keep them awake

Quick daily checklist

- Meals and fluids offered regularly
- Toileting and hygiene supported
- Medicines given as prescribed
- Walking or movement
- Mood and behavior changes
- Skin condition

Caregiver reminder

You do not have to correct every mistaken memory. Safety, comfort, and connection matter more than winning an argument.

