

MEMORY LOSS

IN OLDER ADULTS

When it Comes to Working With Someone With Memory Loss

- Remind them who you are when you get there
- Talk quietly and/or calmly
- Be patient
- Offer step-by-step instruction if they are having trouble completing a task. if it is not important for them to do it right, thank them for helping
 - say "Let's try this instead"
- If finding words to say or things to talk about is hard, participate in an activity together
 - walking
 - craft
 - snack/food
- One thing at a time
- It is important to keep routine
- Participating in singing, dancing, or even listening to music together can be calming



Two Forms
of Memory Loss:
Dementia
Alzheimer's



What Individuals With Hearing Loss May Be Experiencing

Confusion

Difficulties in daily life

Challenges in problem-solving

Difficulties with speaking, writing, or listening

- Inability to hold a conversation

Withdrawal from social settings or work

- Hobbies
- Social activities
- Community

Inability to make judgments (i.e. with money or hygiene)

Changes in personality or mood

- fearful
- anxious
- sad/depressed



Befrienders

Enhancing Lives Through Friendship