

A LITTLE TOO FORGETFUL. WHAT DO I DO?

Are you or someone you know experiencing moments of forgetfulness? Many of us have moments when we enter a room and forget what we were doing. We forget what day it is. For the life of us, we can't recall what we had for supper yesterday.

When people are busy or stressed, this can be more apparent, but what if this is not the case? Everyday items are placed where they don't belong, like milk in the cupboard or the keys in the freezer. A simple task such as making a sandwich or doing the laundry has become overwhelming because the steps involved are forgotten. Click [here](#) for 10 warning signs of dementia if you are not certain.

Whether you or someone you know is has a formal diagnosis of dementia; Alzheimer's being only one example; or is experiencing undiagnosed memory loss that affects your day to day living, the Alzheimer Society is here for you.

With all of today's demands, you don't have to go it alone. You don't need a formal diagnosis to find support and guidance. Dementia does not appear overnight. This happens over a long period of time. If you are concerned, this means that up until now, you have been taking it as it comes, doing what needed to be done.

HOW TO FIND OUT WHAT I NEED

Now is the time to see what services are available to help. The Alzheimer Society knows what is involved. They have the programs in place to optimize the quality of life for those experiencing dementia and for the caregivers who are keeping things going.

You don't need a referral. Certainly, health care providers can and do refer but the Alzheimer Society has it set up so that you can request services yourself. [First Link](#) is the program you would call to request.

SERVICES AND SUPPORTS

[First Link](#) is the starting point to accessing what you need. Once you make contact, they can guide you through what needs to be done. From learning about the process of obtaining a diagnosis to end of life support; First Link will walk beside you. They will ask you about your experiences and your challenges, and provide guidance and support based on what you need.

A variety of resources are there to help you in any aspect of your journey. There are support groups that are vital to ensuring you do not feel alone, creating space that facilitates connection and community.

A variety of educational resources such as information on aspects of dementia and Alzheimer's are available. Education sessions are geared to inform as well as provide strategies for coping and improving the quality of day to day living.

[Behavioural Supports Ontario](#) provides guidance, information, supports, and strategies to assist in managing responsive behaviours and garnering a safe living environment in the home. See [here](#) for information regarding responsive behaviours.

Recreation Therapy and Activation/Transitional Support allows for social supports that remain imperative to quality of life in the face of dementia and Alzheimer's. This in-home approach facilitates support and relief for caregivers and individuals. This program also guides the family during the transition from the home into long-term care. See how various supports can help you, [here](#).

Adult Day program is program designed to offer intentional programming for persons with dementia, and frail older adults. Social engagement and activities are offered in a safe and positive environment. For \$20 per day, this program offers respite for caregivers by assuring loved ones are well cared for. Individuals enjoy engaging activities and meals in a social environment fostering friendships and support.

If you are a caregiver, it is so important to make sure that you are supported. You can only take care of someone else if you make a point of also taking care of yourself. These supports and services ensure your loved one has access to all aspects of a good quality of life. This also allows you to make certain that caring for a loved one is both manageable and fulfilling.

Contact us today for access to any of these services OR to see what you need:

Timmins: 705-268-4554 or toll-free 1-844-288-4554

Temiskaming: 705-679-4038

Cochrane: 705-332-2504

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