



Annapolis (443) 808-1003 | interim.com/annapolis

Caring for a Loved One with **Dementia or Alzheimer's**

Most people diagnosed with cognitive decline want to remain at home.

At Interim HealthCare of Annapolis, our dementia and Alzheimer's care services are designed to enhance safety, prevent family burnout, and honor each person's wish to remain independent at home.

Top 3 Challenges for Individuals and Families Facing Cognitive Decline

Reported by the Alzheimer's Association

60% of people living with dementia will **wander at least once without proper supervision.**

80% of **everyday activities** like eating, bathing, and dressing become more difficult, requiring **more time, patience, and specialized care knowledge.**

59% of dementia caregivers report **high emotional stress** due to caregiving duties.

Did you know?

Over **7 million** Americans live with Alzheimer's today, and **the number is expected to nearly double by 2050.**

Reported by the Alzheimer's Association

Top Home Safety Tips for Dementia & Alzheimer's Care

The following checklist can help families make homes safer for a person living with dementia.

- ☐ Remove loose rugs, cords, and other tripping-hazards from floor
- ☐ Ensure hallways and stairways are well lit
- ☐ Install grab bars in bathroom and shower
- ☐ Install a bell that signals when doors are opened
- ☐ Store cleaning supplies and medications securely with clear labels
- ☐ Label rooms or items with clear signage
- ☐ Create a visible schedule for important daily tasks, such as meals, medications, and rest times
- ☐ Keep clothing and supplies organized in one location
- ☐ Minimize clutter and overstimulation
- ☐ Engage in familiar hobbies or activities
- ☐ Maintain consistent caregiver presence when possible

Interim HealthCare of Annapolis Dementia and Alzheimer's Care

- ✓ Dementia-trained caregivers
- ✓ Flexible scheduling and custom care plans
- ✓ Serving Anne Arundel, Baltimore, Charles, Prince George's, and Queen Anne's counties

Contact us today: (443) 808-1003

RSA-02205

