

Solved

ACTIVITY

Answer the questions below to show your knowledge.

QUESTION

Dementia is a memory loss disease that affects millions globally.

True or False?

True



QUESTION

Families, by themselves, can care for loved ones with dementia.

True or False? Why?

This answer can be True or False. Some families manage to support loved ones throughout the dementia journey.

In the case of Grammy P., we needed caregivers to support the family. We found that leveraging available support helped manage the family's emotional toll.



QUESTION

There is a cure for dementia
True or False?

At present, there isn't a cure for dementia. There are lots of initiatives to find a cure.



QUESTION

There are many ways to show love despite dementia

True or False? What are Some?

The answer is True. Here are some ways to show love to a loved one navigating a dementia diagnosis and lifestyle:
Spend time with family members, get physical (if able), and take your family member for a walk or a drive. Play music and dance with your loved ones, watch a television show together, read a story to your loved one, and most importantly, express your love and support. This will reassure and comfort your loved one.

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QUESTION

Talking about a loved one having dementia is a no/no. You must only talk with family members about dementia

True or False? Why?

The answer is False. Talking about dementia can provide relief to those carrying a heavy burden in the caregiving role. Believe it or not, many are navigating the dementia journey and are waiting for an invitation to talk more about it. Doing so can be cathartic and build connections over a shared journey. Talking to a mental health therapist can also help gain new perspectives.