

SMALL CHANGES TO HELP EASE STRESS DURING THE EARLY STAGES OF DEMENTIA

The following tips can help individuals in the early stages of dementia remain independent and reduce stress brought about by the symptoms of dementia.



1 KEEP AN UPDATED CALENDAR AND MAKE LISTS OF WHAT NEEDS TO BE DONE EACH DAY.



2 HANGING UP OR SETTING OUT PHOTOS OF LOVED ONES AND FRIENDS CAN HELP PROMOTE FEELINGS OF JOY.



3 KEEP IMPORTANT ITEMS ORGANIZED IN THE SAME PLACE EACH DAY. DOING SO WILL ENSURE YOUR ITEMS ARE NOT MISPLACED OR LOST.



4 TAKE ADVANTAGE OF TECHNOLOGY RESOURCES LIKE SETTING REMINDERS TO TAKE MEDICATION OR MAKING BILL PAYMENTS.



5 USE PILLBOXES TO ENSURE THAT MEDICATION IS TAKEN EVERY DAY AT THE CORRECT TIME.



6 REMAIN PHYSICALLY ACTIVE. GOING ON WALKS CAN HELP IMPROVE MENTAL AND PHYSICAL HEALTH.

**Delaware County Office of Services for the Aging:
610-490-1300 or toll-free 800-416-4504
Monday through Friday 8:30 am to 4:30 pm**