

Beneficial Activities for people with Alzheimer

Who would not dread being diagnosed with Alzheimer's disease? Getting good information can make a difference.

It is one of the most debilitating disease known to man and it affects not only one area or one system but all. Of course, since it is a progressive disease, effects on the various systems of the body does not happen at one time.

As the disease progresses, the effects become wide-range.

Alzheimers is characterized by the progressive loss of memory that may lead to inattention and inability to focus at a task, language problems and behavioral changes. Under the category of Dementia, Alzhiemer's disease is perhaps the best-known disorder that affects the mental processes.

Patients with Alzheimer's disease for instance may initially find themselves at a loss for words or unable to remember some bits of facts that happened the day before. But as the days progress, they will find themselves starting to forget important things like their addresses, their age and sometimes even their names.

Often times, patients at the later stages will become dependents, acting like children who do not know what to do with themselves. Some will also behave differently, brought on by the frustration of not being able to do the things that they used to do. Some may not speak altogether because they will often forget the words that they should be using or saying. Patients who are in the later stages of Alzheimer's will start to forget how to do routine things like brushing their teeth, taking a bath or using their utensils.

Especially if discovered early on there are medicines that can slow down the progress of the disease. With Alzheimers there is no solution completely to the problem. Once Alzhiemer's disease settles into the system, there is no chance of it ever disappearing, it would be there for life. There are activities along with medicines that can slow down the progression according to scientists. Below are some activities known to be of a benefit:

Read

Being an active reader and allowing your imagination free reign will go a long way for exercising the brain. In fact, studies have shown that people who love to read are less likely to be diagnosed with Alzheimer's. Something as simple as reading the newspaper everyday and keeping your mind informed with the latest news is already something that can prevent the disease from settling in. Just make it a point to use your brain. Be an analytical reader and raise questions and do not just absorb the texts and then forget about it.

Answer puzzles

Answering word games will also make sure that you practice words and increase your vocabulary, making it less likely for you to forget words and language. Another mental exercise that people with Alzheimer's do to help slow down the process is to answer puzzles such as word hunts, cross words and even Sudoku. The more that you use your brain, the better will be your prognosis.

Attending classes

Learning a new thing also gives people with Alzheimer's the sense of purpose that they have lost since they were diagnosed with the disease. Patients with Alzheimers should make it a point to learn something new. This will exercise their brains. Creative tasks such as arts and crafts is another way to tap into the brain's resources without tiring them out. Being old does not mean that you cannot learn.

About the Author

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