

# Alzheimer's Association

## Just for children

*Helping You Understand Alzheimer's Disease*

**A**lzheimer's disease affects the brain. People who have the disease have trouble remembering, thinking, talking and taking care of themselves. Scientists don't know why people get Alzheimer's disease, but they are working hard to find the cause so they can stop it from happening. It is important to know that just because someone in your family has Alzheimer's disease, it doesn't mean you will get it.

 **Unscramble the words using the clues:**

**NABIR** Alzheimer's disease affects the \_\_\_\_ \_ \_\_\_\_ \_ .

**FGOERT** People with Alzheimer's disease often \_\_\_\_ \_ \_\_\_\_ \_ .

**UASCE** Scientists are working hard to find the \_\_\_\_ \_ \_\_\_\_ \_ of Alzheimer's disease.

**GUHS** \_\_\_\_ \_ \_\_\_\_ \_ are things you can give a person with Alzheimer's disease.

People who have Alzheimer's disease may forget your name, see or hear things that are not there, get lost, have trouble sleeping or do or say the same things over and over. This can cause them to become confused, scared, nervous or angry with you for no reason. It is important to know that they do not mean to treat you badly.

 **Use Your Imagination:**

You are on a class trip in a foreign land and you get separated from your class. You look for someone or something familiar, but see nothing.

*How do you feel?*

**SCARED**

**confused**

**MAD**

**alone**

**sad**

*This is what it feels like to have Alzheimer's disease.*

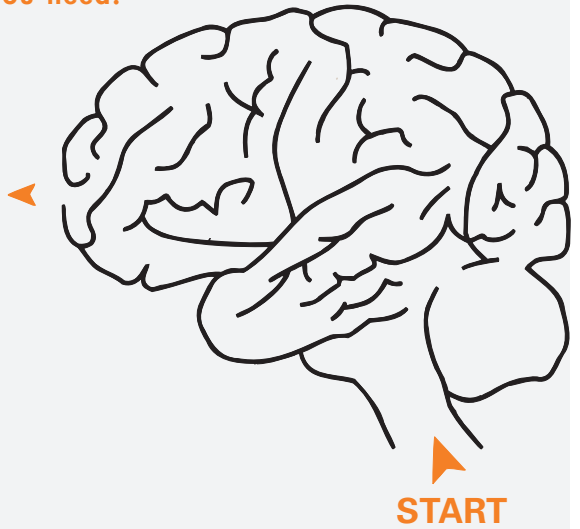


Taking care of someone who has Alzheimer's disease is a very hard job. If your mom, dad or grandparent is taking care of someone with Alzheimer's disease, they are probably tired or sad. They may get upset easily or may not have as much time to spend with you. That might make you sad or angry too. You might feel better if you talk to your family about your feelings. If you do not understand what is happening, ask questions.

There is a lot that you can do to help. You can take walks, read or look at old photos with the person. Remember that even though the person may forget a lot, they will always feel your love and kindness.

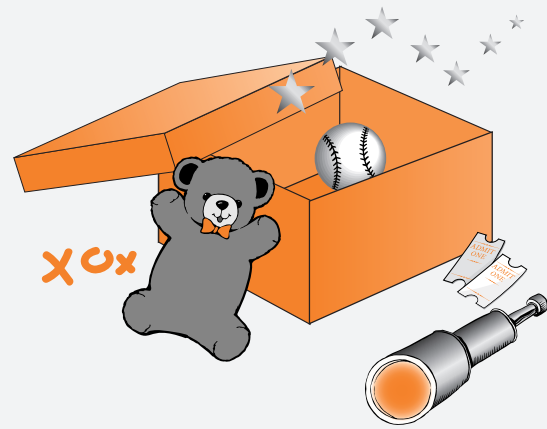
**Travel through the brain to find the help you need:**

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**Make a Memory Box**

You probably have many special memories about spending time with the person who has Alzheimer's disease. Fill a box with 5 special things that will help you remember those times.



**Alzheimer's Association**

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