Becoming an Alzheimer’s Whisperer
A Memory Care Program
Helping families care for loved ones at home who have Alzheimer’s or other related dementias.

Central and Southside Virginia
Service areas by county
Not all services available in every area

*Serving portions of Amelia, Nottoway and Pittsylvania

CENTRA
Home Health

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### The Stages of Alzheimer's Disease

<table>
<thead>
<tr>
<th>FAST Scale Stage</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Normal Adult</td>
</tr>
<tr>
<td>2</td>
<td>Normal Older Adult</td>
</tr>
<tr>
<td>3</td>
<td>Early Alzheimer’s</td>
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<tr>
<td>4</td>
<td>Mild Alzheimer’s</td>
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<tr>
<td>5</td>
<td>Moderate Alzheimer’s</td>
</tr>
<tr>
<td>6</td>
<td>Moderately Severe Alzheimer’s</td>
</tr>
<tr>
<td>7</td>
<td>Severe Alzheimer’s</td>
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</tbody>
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### What is the Alzheimer’s Whisperer® program?

**Offered only at Centra Home Health**

It is a practical approach program that teaches caregiver strategies to help manage the challenging behaviors associated with dementia; a loving and gentle approach that is flexible, creative and easy for caregivers to learn. This national program was developed by Verna Carson, MS., Phd-PMH/CNS-BC and is recognized by the American Psychiatric Nurses Association as “Best Practices in Dementia Care:”

It takes a specially trained team to lovingly care for a person with a memory disorder. We use a multi-disciplinary approach to caring for your loved one.

**Registered nurses** help the caregiver address challenging behaviors and work through troubling aspects of the disease. They can also assist with medication management, incontinence and skin care.

**Physical therapists** work to improve cardiovascular fitness, endurance, and strength. Patients with dementia receive added benefits from exercising such as maintenance of motor skills, decreased falls and reduced rate of disease associated with mental decline. Other benefits associated with routine exercise include improved behavior, memory and better communication skills.

**Occupational therapists** promote safety and independence in dressing, bathing and toileting. They assist the caregiver in structuring their loved one’s daily routine and help to maximize IADL’s (instrumental activities of daily living).

**Speech pathologists** work with the patient to assist with memory and communication issues, as well as swallowing difficulties.

**Medical social workers** help families connect to available resources, plan for the future, and find financial resources.

**Home health aides** provide personal care by assisting with bathing, dressing, grooming, and toileting.

Our training provides us with advanced understanding of health, mobility and safety concerns that commonly accompany changes in memory and cognition. By teaching families the Alzheimer’s Whisperer theory, they can apply the care techniques to address the following common behaviors:

- Agitation & aggression
- Persistent sadness (depression)
- Wandering
- Resistance to care
- Sundowning
- Frequent falls
- Repetition
- Eating difficulties – weight loss
- Communication difficulties
- Swallowing difficulties
- Sexually inappropriate behavior
- Bathing & dressing issues or resistance

Caring for a loved one with Alzheimer’s or other dementia can be overwhelming, and we are here to help.

To see if this program may be right for your family call us at 434.200.4111.