**Caregiver Tips for Cognitive Decline**

**Early Stage (Mild Cognitive Impairment / Early Dementia)**

• Involve Them in Decisions: Let them take part in choices about their care, finances, and future while they are still able.

• Support Memory Aids: Encourage use of calendars, labels, reminder apps, or written notes to help manage tasks and appointments.

• Promote Social Engagement: Continue hobbies, family visits, or group activities to maintain emotional well-being and cognitive function.

• Monitor Emotional Changes: Watch for signs of depression, anxiety, or frustration, which are common and treatable at this stage.

• Educate Yourself and Plan Ahead: Learn about the disease process and begin planning for legal, financial, and long-term care

**Middle Stage (Moderate Cognitive Decline)**

• Break Tasks into Steps: Simplify daily activities into small, manageable tasks with step-by-step guidance.

• Use Visual Cues and Schedules: Post clear signs on rooms or drawers and keep a visible routine chart.

• Manage Behavioral Changes: Redirect rather than confront when they are confused, agitated, or repetitive.

• Watch Physical Health Closely: Keep up with medications, hydration, and nutrition.

• Build a Support Network: Use respite care, hire help, or join caregiver support groups.

**Late Stage (Severe Cognitive Decline)**

• Focus on Comfort and Dignity: Prioritize comfort, familiar touch, soothing music, and gentle routines.

• Simplify Communication: Use non-verbal cues, facial expressions, and gentle touch.

• Assist Fully with ADLs:

Set up a gentle, respectful routine for bathing, eating, dressing, etc.

• Prevent Bedsores and Infections: Turn the patient frequently, at least every two hours, and keep skin clean and dry.

• Consider Hospice or Palliative Care: A hospice team can provide comfort care and family support.