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Vascular dementia: A guide to caring for a family member with dementia

Kristin Calamari

University of Southern Mississippi

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“Read up, do research and don’t keep secrets. Be sure family and friends know what is going on so that they can help too.”—Eunice G.

Care options...

- **Ask for help**
- **Caregiver support groups**
- **Short-term care**
- **Adult day care centers**

References

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COLLEGE OF NURSING

Asbury Hall
3215 Montaque Blvd
Hattiesburg, MS. 39402

Student Educational Brochure by
Kristin Calamari
Reading Level: 6.1



VASCULAR DEMENTIA

*A guide to caring
for a family
member with
dementia*

TEST YOUR KNOWLEDGE

How much do you know about Vascular Dementia?

1. Dementia has the **greatest** effect on which of the following:
 - a. Memory
 - b. Skin
 - c. Muscles
2. The main cause of Vascular Dementia is:
 - a. Smoking
 - b. Stroke
 - c. Trauma



Answers: 1. A 2. B

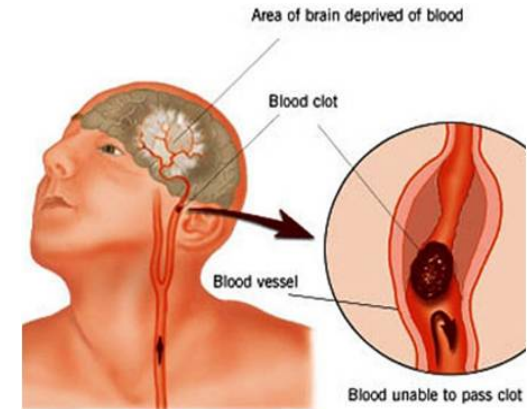
Caring for a loved one with Dementia

- Create a routine
- Keep them busy
- Provide stimulation
- Communicate

Did you know?

Vascular Dementia...

- ✚ is the second most common form of dementia.
- ✚ is caused by the occurrence of multiple strokes leading to brain damage.



Role of Caregiver

- Be their support system
- Recognize their uniqueness
- Talk about memories
- Treat them like an adult
- Focus on their abilities