

Key Statistics on Alzheimer's Disease

by NEWLIFEOUTLOOK TEAM

Alzheimer's Disease by the Numbers

Since 1 in 8 Americans over age 65 have Alzheimer's disease, it's important to know what you can do to help yourself, a family member, or someone you know cope with the disease. One thing someone with Alzheimer's should do is keep a journal by their bedside table. With it easily accessible and somewhere the person will probably have to look, it's the perfect way to document what happened during the day and what to remember for the next day. Writing in big letters "Remember to Write in Me" can help to draw attention and serve as a reminder to use the journal. It will also serve as a way to remember what happened the days before. This isn't only useful in tracking the symptom progression but is also useful to remembering events that happened previously. If you forgot to do something one day as part of your daily routine, you can leave that as a note for yourself for the next day.

