

What does Alzheimer's awareness mean to you?

By: Amy Sobrino, LSW

Every November 1st marks the beginning of National Alzheimer's Awareness Month, bringing an opportunity for recognizing and remembering everyone affected by Alzheimer's disease. Through our various education programs and Forget-Me-Not Resource Centers, Effingham Area Alzheimer's Awareness focuses on creating an understanding of Alzheimer's disease and related dementias, while supporting families affected by these diseases.

One of the most common questions we get is what is the difference between Alzheimer's disease and dementia. Dementia is an "umbrella word". Dementia itself describes a set of symptoms (memory loss, confusion, judgment impairment, cognition challenges, etc.). Under the "umbrella" of dementia, there are many different types or forms of dementia. Alzheimer's disease is the most common form of dementia, making up over 60% of all dementia diagnoses. Some other common forms of dementia include Lewy Body Dementia, Frontotemporal Dementia, Mixed Dementia, Vascular Dementia, and Dementia associated with Parkinson's disease.

In honor of Alzheimer's awareness month, I asked our Board of Directors and Leadership Council what Alzheimer's awareness means to them. What does Alzheimer's awareness mean to you? Check out our Facebook page to share your own!

"Alzheimer's awareness means that I can share my caregiving experience with the hope of supporting and uplifting families like my own. I want them to never feel alone, and have the support and information needed to be successful caregivers."

"Alzheimer's awareness reminds me that caregivers and their loved ones need understanding and support."

"Alzheimer's awareness means that family, friends, and neighbors of people living with Alzheimer's will understand what the disease is and be able to communicate and enjoy their relationships."

"Alzheimer's awareness means that peoples from all walks of life may have an understanding of the disease, so that those who are living with Alzheimer's may be treated with dignity and respect."

"Alzheimer's awareness means that Alzheimer's is better understood and acknowledged in the community so that individuals and their caregivers can be supported in all areas of life."

For more information about Memory Moment articles & Effingham Area Alzheimer's Awareness, check out their website at www.effinghamalz.org. If you are a caregiver & have specific questions or situations you would like information on, please feel free to call Shannon Nosbisch at 217-663-0010 or Amy Sobrino at 618-363-8372.