Understanding Dementia

Find the words. Learn what dementia means for your family.

Name: _____ Date: _____

Words go across or down. Good luck, and have fun!

N	A	A	P	O	D	Y	P	A	T	I	E	N	C	E
M	A	N	D	A	X	E	W	L	R	S	G	A	R	L
N	M	F	E	I	G	S	L	Z	D	O	E	G	E	A
J	T	Y	M	V	P	E	M	H	U	R	O	X	N	Y
E	I	G	E	O	R	E	P	E	T	I	T	I	O	N
O	S	U	N	D	O	W	N	I	N	G	A	D	L	A
E	N	U	T	U	A	R	E	M	I	N	I	S	C	E
N	G	N	I	W	A	N	D	E	R	I	N	G	M	Y
A	G	R	A	D	I	C	A	R	E	G	I	V	E	R
M	G	C	C	O	M	P	A	S	S	I	O	N	M	O
N	L	A	C	T	N	B	O	N	I	I	I	E	O	U
M	H	O	S	E	A	V	A	S	U	P	P	O	R	T
A	E	E	Y	D	W	T	Y	D	O	D	O	I	Y	I
V	C	T	B	O	L	U	H	F	Y	R	E	N	M	N
A	U	C	P	R	I	O	E	X	O	A	Y	O	R	E

Find these words:

DEMENTIA
ALZHEIMERS
MEMORY
CAREGIVER
PATIENCE
ROUTINE
SUNDOWNING
REPETITION
WANDERING
COMPASSION
REMINISCE
SUPPORT

Words to Know

What the words mean - in plain words, for the people who give the care.

DEMENTIA - Changes in memory, thinking, and daily skills from illness in the brain. Not a normal part of aging - never your loved one's fault.

ALZHEIMERS - The most common cause of dementia. It harms memory slowly, over years. Knowing its name helps you find care.

MEMORY - Holding on to names, places, and how to do things. Recent memory fades first - old memories stay clear longer.

CAREGIVER - The family or friend who helps with meals, rides, medicines, and the day's plan. If that is you, your care matters.

PATIENCE - Staying calm when answers take time, or the same question returns. A kind, slow voice helps them feel safe.

ROUTINE - The same order, at the same times, each day. A steady routine lowers confusion, because the day feels familiar and safe.

SUNDOWNING - Restlessness or extra confusion in the late afternoon and evening. Bright lights and calm, quiet evenings can help ease it.

REPETITION - The same question or story, again and again. The brain cannot hold the new answer - reply calmly, as if it were the first time.

WANDERING - Walking with a strong need to go somewhere, and sometimes getting lost. Safe paths and an ID bracelet help.

COMPASSION - Seeing the world through their eyes. Hard behavior often hides a feeling - fear, pain, or hunger.

REMINISCE - Talking about the old days - photos, music, stories from long ago. Those memories stay strong, and sharing them brings smiles.

SUPPORT - Help for the caregiver, too - family, a group, a few hours of rest each week. You cannot pour from an empty cup.

Three habits that help a caregiver

1. Keep the day simple and steady. One step at a time, in the same order each day. A calm pace means less confusion.

2. Answer feelings, not just words. Asking for mother, or for home, often means asking for comfort. Reassure first.

3. Take care of the caregiver. Rest, eat, and accept help when offered. Caring for yourself is how you keep caring for them.

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Find the words. Learn what dementia means for your family. - ANSWER KEY

N	A	A	P	O	D	Y	P	A	T	I	E	N	C	E
M	A	N	D	A	X	E	W	L	R	S	G	A	R	L
N	M	F	E	I	G	S	L	Z	D	O	E	G	E	A
J	T	Y	M	V	P	E	M	H	U	R	O	X	N	Y
E	I	G	E	O	R	E	P	E	T	I	T	I	O	N
O	S	U	N	D	O	W	N	I	N	G	A	D	L	A
E	N	U	T	U	A	R	E	M	I	N	I	S	C	E
N	G	N	I	W	A	N	D	E	R	I	N	G	M	Y
A	G	R	A	D	I	C	A	R	E	G	I	V	E	R
M	G	C	C	O	M	P	A	S	S	I	O	N	M	O
N	L	A	C	T	N	B	O	N	I	I	I	E	O	U
M	H	O	S	E	A	V	A	S	U	P	P	O	R	T
A	E	E	Y	D	W	T	Y	D	O	D	O	I	Y	I
V	C	T	B	O	L	U	H	F	Y	R	E	N	M	N
A	U	C	P	R	I	O	E	X	O	A	Y	O	R	E

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