



## How To Communicate With Someone Who Has Alzheimer's Disease

People with AD become forgetful and easily confused. Communication is hard for people with AD because they have trouble remembering things. They may struggle to find words or forget what they want to say.

Common communication problems include:

- Trouble finding the right word when speaking.
- Problems understanding what words mean.
- Problems paying attention during long conversations.
- Loss of train-of-thought when talking.
- Trouble remembering the

steps in common activities, such as cooking a meal, paying bills, getting dressed, or doing laundry.

Problems blocking out background noises from the radio, TV, telephone calls, or conversations in the room.

Frustration if communication isn't working.

Being very sensitive to touch, tone, and loudness of voices.

English may not be understood if it was learned as a second language.

To connect with a person who has AD:

Make eye contact to get his or her attention,

and call the person by name.

Be aware of your tone and how loud your voice is, how you look at the person, and your body language. For example, standing with your arms folded tightly may send a message of anger or tension.

Try distracting someone with AD if communication creates problems. For example, offer a fun activity such as a snack or a walk around the neighborhood.

### Chewy Oatmeal-Raisin Cookies

- 1 1/4 cups rolled oats
- 3/4 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 stick unsalted butter, softened
- 3/4 cup sugar
- 2 tablespoons molasses
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup raisins

Combine the oats, flour, cinnamon, baking powder and salt in a large bowl. Beat the butter, sugar and molasses in a large bowl with a mixer on medium-high speed until fluffy, about 5 minutes. Beat in the egg and vanilla until smooth, about 2 more minutes. Reduce the mixer speed to low, add the flour mixture and beat until combined. Stir in the raisins by hand. For the best flavor and texture, cover the dough and chill at least 4 hours, or overnight.

Position racks in the upper and lower thirds of the oven; preheat to 350 degrees F. Line 2 baking sheets with parchment paper. Form the dough into 12 balls, about 2 tablespoonfuls each, and arrange 3 inches apart on the prepared baking sheets. Flatten with the back of a fork. Bake until the cookies are golden, 15 to 17 minutes. Let cool 5 minutes on the baking sheets, then transfer to racks to cool completely.