

LAUREATE GROUP

*Helping older adults and their families
manage the challenges of aging*

With Alzheimer's, Memories May Fade But Emotions From Them Linger

Maya Angelou once said, "People will forget what you said, people will forget what you did, but people will never forget how you made them feel." This has never been truer than for those who are suffering from Alzheimer's disease. New research has shown that while people with Alzheimer's disease may not be able to recall a specific recent event, the emotions relating to that event linger.

Published in the journal *Cognitive and Behavioral Neurology*¹, University of Iowa researchers showed Alzheimer's patients and those without the disease clips from happy and sad movies. During the films, all of the study participants expressed signs of emotions. Within five minutes, the individuals with Alzheimer's disease couldn't remember the movies, but they still experienced prolonged feelings of the emotion the film touched off.

People with Alzheimer's can experience prolonged states of emotion long after a particular event. Caregivers can use emotional memory to help manage care and actually foster positive feelings.

In our communities we organize activities and events that will elicit positive emotions. For example, fireside chats often include reminiscing about happy events such as favorite childhood activities and school day memories. We incorporate non-competitive games to provide stimulation and challenge, but these are designed to insure success and pleasant outcomes. Everyone feels good because we all cheer for each other. Creativity is emphasized over recall through programs such as storytelling or painting

classes. Our recollections can be wrong but our imagination is never incorrect. Music and movement are regularly incorporated into our activities because they produce such good feelings in people.

Specialized, individualized care

In our communities that offer dementia care, our staff is specially trained and experienced in caring for those with Alzheimer's or dementia and partnering with family to meet each individual's needs. We take into account personal preferences and individual strengths and build a care plan from there.

Our comprehensive array of programs enhances quality of life for our residents and their families. If you think it may be time to transition a family member to a memory care community, the best way to experience what makes our programming special is to visit with staff, observe some of these activities and talk to the people who will be directly responsible for your loved one's care.

*This article is a reprint of a blog posted
by Robert Best, NHA
Executive Director of Oak Hill Terrace*

¹Guzmán-Vélez, Edmarie MA; Feinstein, Justin S. PhD; Tranel, Daniel PhD. September, 2014. *Feelings without Memory in Alzheimer's Disease. Journal of Cognitive and Behavioral Neurology.* Retrieved 3/13/16 from http://journals.lww.com/cogbehavneurol/Fulltext/2014/09000/Feelings_Without_Memory_in_Alzheimer_Disease.1.aspx

*For over 40 years, Laureate Group, a local, family owned business has been helping older adults and their families manage the challenges of aging. Laureate Group operates eight senior communities throughout the Greater Milwaukee area. Additional resources can be found at:
blog.laureategroup.com • www.laureategroup.com • Laureate Cares: 262-832-7113*