

LYN event on May 4, 2014 at Bhagwatdham : Understanding Alzheimer Dementia (AD)



Notes on the talk at Bhagwatdham on 'Alzheimer's disease' held on May 4, Sunday, 2014, conducted by Sh. R. Narendhar,

from ARDSI-Alzheimer's and Related Disorders Society of India, with their National office at A-10, Niti Bagh, New Delhi-110049, E: narendhar@ardsi.org/ardsi.no@gmail.com, www.ardsi.org Ph-01141024253, 9818569489.

Alzheimer Dementia (AD) can happen to anyone after the age of 65. If we have high blood pressure, and we neglect it, have heart disease, high fat diet, obesity, low education status, genetic factors. Information like this was provided by a resource person Mr Narendra of Alzheimer Society of India. Ms Deepika Nair of SAFP then gave practical tips. The awareness on the way of life after one has got into a dementia was heard out ardently by the participants who were around 15 people from the Bhagwatdham, of which one was suffered from the illness and there were 10 people from the LYN membership.



We were a bit wary about speaking of the illness with the elderly at Bhagwatdham but the speaker narrated from his experience and spoke from his heart.



He explained that the best way to deal with people who get to this stage of forgetting is to just agree to what they ask or say, instead of giving them logical answers that makes no logic to the sufferer. It does not matter if they eat more or forget that they have had enough. If the person has no capacity to eat perhaps they will not ask for food or a drink again. If they want to be driven around and it is affordable, it is best that you take them on the route they ask as perhaps their recall wants to see what they feel familiar about.

The talk was rather detailed. The listeners had many questions and since the speaker had much to tell, the questions could not be answered in a group. As a result, the speaker was sought by people after the session when people began savoring on the laddoos got by Dr Sneh Mohan to honor her mother's death anniversary. We all offer our condolences to Dr Sneh Mohan has also lost her brother last month to cancer.

Before our loved ones leave us we do not find enough time to speak to them. As family or even as close friends and neighbors we need to spend time with each other to



communicate more. The need to communicate is as we remember a lot when we can. Once our memory gives way, we will have to say only what we can.

The event got some of us thinking how to be with each other more with compassion as well as think of constructive activity that we could do together.

