

Project #1—Caregiver’s Brochure

Introduction

When a person develops Alzheimer’s disease as Mary has, it is often difficult for the family to take care of her or him. Dr. Sosa explained in the case study some of the cognitive and behavioral changes that will occur. What information do the family members need so they can take care of their loved one in the best way possible?

Task

Your task is to create a caregiver’s guide (brochure or video) for families taking care of family members with Alzheimer’s. Although you can include some basic information about the disease, you should focus on how friends and family can help. Make sure that you also include how the caregivers can take care of themselves.

Skills

Critical thinking, research, writing, acting, working in groups, making presentations

Process

1. Make sure you read and understand the instructions before you begin working on your project.
2. Find out if anyone in the group has experience with people who have Alzheimer’s and ask him or her to share knowledge with the group.
3. Using what you learned from the reading, talk about the symptoms people with Alzheimer’s experience.
4. Then list concerns family members probably have about taking care of a person with these symptoms. For example, “She might wander away and get lost.”
5. Add more concerns to your group’s list. Go to the Project Care website (<http://projectcare.worlded.org/alzheimers/information.html#project1>). You will find helpful information that you can use in your project by clicking on the link to Planning for Alzheimer’s Care.
6. Or you can find books, magazine, or newspaper articles at the library, or talk to people with experience working with people who have Alzheimer’s.
7. Have each student choose one area of concern from the group’s list to re-search.
8. Find suggestions on how to handle your area of concern. For example, “You might need to get her 24-hour care.” Some possible resources include:
 - a. <http://projectcare.worlded.org/alzheimers/information.html#project1>. Click on the link to Caring for Someone with Alzheimer’s.
 - b. Interview health professionals at a nearby hospital (in person or by telephone).
 - c. Find newspaper or magazine articles, or books at your local library.
9. Have each group member write the following for the caregiver’s guide:
 - a. the area of concern
 - b. suggestions for help with the area of concern

10. Meet and read what each other wrote. Give each other suggestions for revision—what do you like? What is clear? What is confusing? Edit your stories before creating a final version to give to your teacher.
11. Create a guide (booklet or video) with information from all group members. (Microsoft Word has a template for a brochure.) For those making a brochure: Each student types his or her section. For those making a video: Each student takes a turn videotaping and being videotaped, giving information about his or her area of research.
12. Give your work to the teacher to check so that you can revise it if necessary.
13. Present the booklet or video to the class.