



## Coping with Alzheimer's: Dealing with Daily Challenges

**Federico Ortíz-Moreno\***

*Department of Neurology, Monterrey, México*

**\*Corresponding Author:** Federico Ortíz-Moreno, Department of Neurology, Monterrey, México

**Received:** August 21, 2019; **Published:** September 01, 2019

**DOI:** 10.31080/ASNE.2019.02.0104

Caring for a loved one with Alzheimer's can be difficult not only for the caregivers, but also for those families who have no one that can help them in their daily life routines.

We already know that people who have Alzheimer's disease often need help for handling daily activities, such as bathing, dressing, eating and using the bathroom takes a lot of time. So this is the way we begin to learn that what our loved one needs is this type of care, taking into account a special balance of his or her loss of privacy and independence with gentleness and tact.

Of course, it is no easy to understand of what is happening in their minds and what is happening to us looking or love starting to lose all their abilities. Health professionals and friends will say: "Patience is the key", but the family and caregiver who is responsible 24 hours a day for his or her love one is not so easy to accept or tolerate.

Anxiety emerges at every minute, anxiety that involves feelings of worry, fear, and apprehension. Anxiety mixed with some other problems dealing with cognitive, emotional, and physical aspects that at certain affects our daily life. For instance, when feeling anxious a person may have negative or disturbing thoughts. On an emotional level, one may feel scared or out-of-control. It is also common to experience severe anxiety through somatic sensations, such as sweating, trembling shortness of breath and much more.

Therefore, this is the reason of why we need to overcome this situation learning more of how Alzheimer's disease develops so we can face this problem in a better way.

**Volume 2 Issue 10 October 2019**

**© All rights are reserved by Federico Ortíz-Moreno.**