



## Can Mom Live at Home if She Has Alzheimer's Disease?

The [Alzheimer's Association](#) states that more than 5 million Americans are living with Alzheimer's Disease, the most common type of dementia. However, if your aging loved one receives a diagnosis of Alzheimer's Disease, you begin to think about the repercussions of the disease specifically to one person.

Dementia, including Alzheimer's Disease, is a progressive condition, which means that while medications and lifestyle adaptations can slow down the disease, it is not curable. This fact can leave you, and your siblings or other family members, asking big questions about the future of Mom's life. Will she be the same happy and content lady as the disease progresses? When will she need to stop driving? Most importantly, can she live at home?



In order to assess if Mom can live at home if she does have a diagnosis of dementia, you need to focus on more than one aspect of her condition and lifestyle. Here are just a few things to think about as you begin to make that decision.

### Is She Safe?

First and foremost, is Mom safe at home? Side effects of dementia can include confusion, aggression, and wandering – walking without purpose. These serious side

effects can sometimes lead to severe safety hazards such as leaving the stove on unattended, taking too much or not enough medication, not knowing who to call in case of emergency, or even leaving the house.

There are certainly pieces of adaptive equipment and technology that can cue someone living with dementia, giving Mom the chance to live at home safely for longer. Check with her neurologist, geriatrician, or local dementia support group to find some ideas that may work for your situation.

### Is She Happy?

Next, determine if your mom appears to be happy at home. If she is living alone at home, she may be lonely. Without consistent interaction, the isolation of living at home alone cannot only cause depression, anxiety and general loneliness, but can also actually increase the progression of the

disease. If she isn't sleeping well at nighttime, which most people with dementia do not do, then she can also appear more confused and angry during the daytime.

### **Is She Supported?**

Finally, is Mom getting the right supports at home? With the right systems and people in place, your Mom can live safely at home for longer than you may think. However, there needs to be consistent plans and approaches in place for activities such as meal preparation to medication management, social visits to transportation to medical appointments.

Even the most involved family members cannot juggle this responsibility on their own. Fortunately, the team at [Visiting Angels](#) can give the support, guidance, and expertise needed for your family to rally around Mom without stressing yourselves out too much. Our Angels have years of experience working with seniors living with dementia, and our friendly care can keep Mom safe, engaged, and supported at home.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

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