

# Health Bulletin

## Kit For Caregivers

(NAPSA)—The estimated four million Americans with Alzheimer's disease (AD) and the people who care for them are getting a little help from the government.



**A free kit can help caregivers cope with Alzheimer's disease.**

The National Institute on Aging (U.S. Department of Health and Human Services) has come up with a free Caregiver Kit that explains AD and how it affects people, the symptoms and changes to expect and the medications that may help. There are resources and suggested ways to make life easier for AD patients and their caregivers, including:

- Try to establish a routine for bathing, dressing, eating, sleeping, and so on.

- Take specific steps to make the home environment safe for the person with AD.

- Incorporate exercise and other simple, enjoyable activities into a daily routine for the person with AD.

For the free kit, call the NIA's Alzheimer's Disease Education and Referral (ADEAR) Center at 1-800-438-4380; e-mail: [adear@alzheimers.org](mailto:adear@alzheimers.org); or visit: [www.alzheimers.org](http://www.alzheimers.org). The kit is also available in Spanish.