



# Living with a Family with Alzheimer's Disease: From a Daughter's Point of View

**Man-Yen Chiu (Theresa), Ph. D.**

Associate Professor

Graduate Institute of Rehabilitation Counseling

National Taiwan Normal University

First at all, I would like to show my mother looks like. She is 93- year old.

Then (2003)



Now(2013)



# In the beginning...



It is about ten years ago(2002), we had a family reunion in Japan. One night, while having dinner, Mother went to lady's room. A few minutes later, she got lost. Since then, Mother forgot things all the time.

Finally,



We knew that Mother got Alzheimer's disease (AD).

For a while, all families got shocked and depressed.

# Challenge!

- Being a worker in the rehabilitation counseling field, it was still a challenge for me.
- My families and I kept learning from everyday's experiences (e.g., Mother's memory loss, changes on her personality, etc.).

# Ten years passed...



- Thanks be to God! Mother did not degrade much.
- I would like to share the following experiences with a family with Alzheimer's Disease.

# Experiences for sharing

(1)

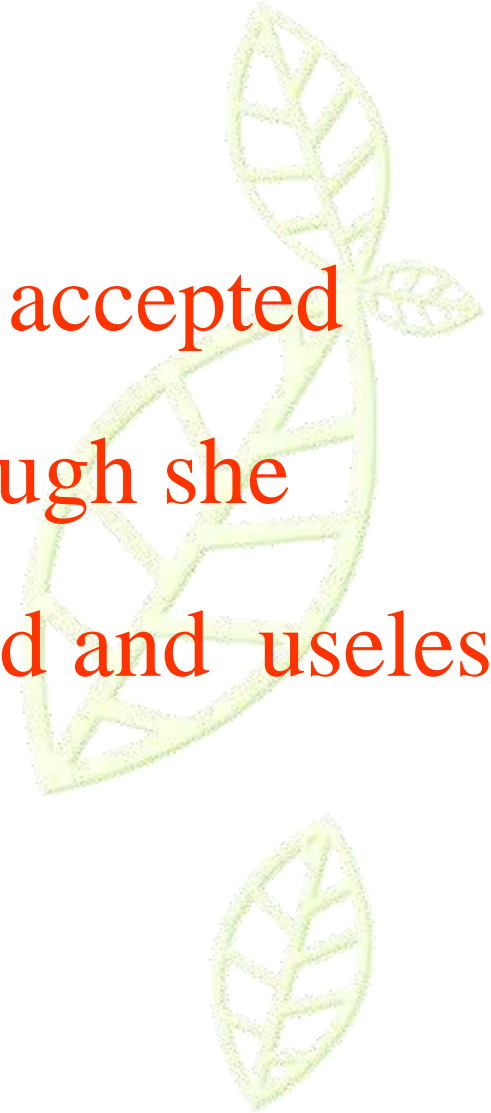
Medicine intervention as soon as possible.

Mother took medicine at the very early stage.

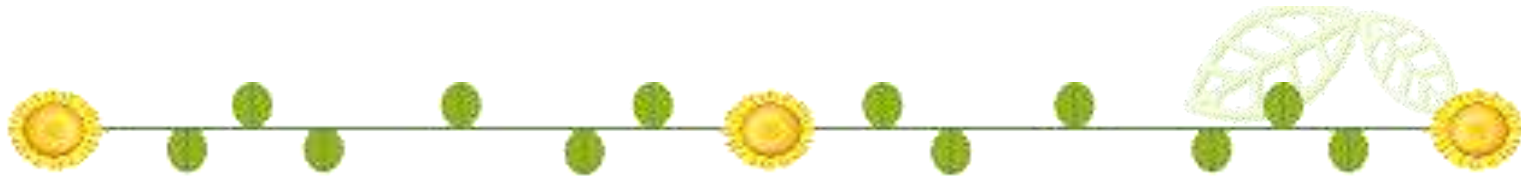


(2)

We let Mother know that we accepted what she looked like, although she always said that she was old and useless.







(3)

She was encouraged to keep her interests,  
such as painting, reading, singing,  
planting, and praying, etc.



(4)

We registered for her  
to join the senior  
citizens' programs.  
And she graduated.





(5)

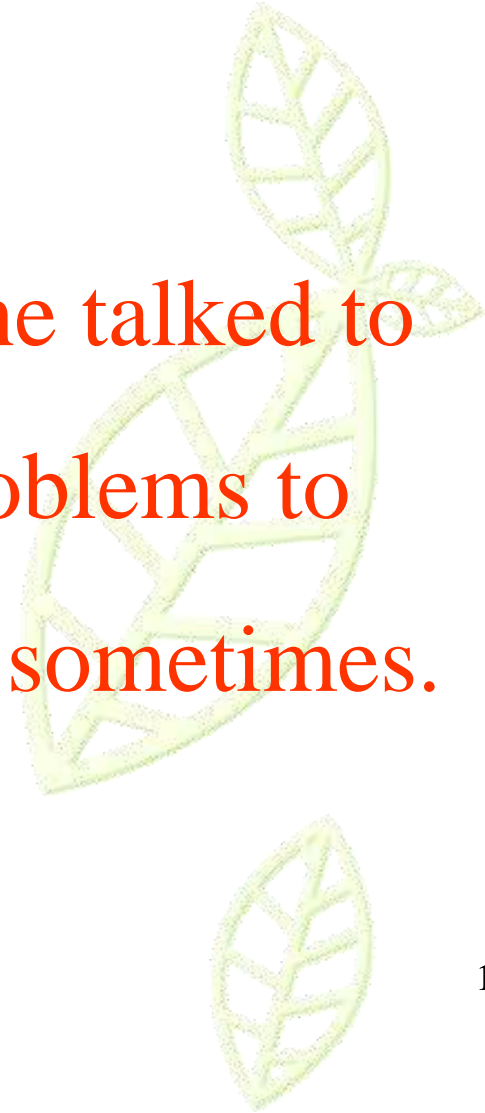
We tried to let her stay with the same environment and people she got familiar with.

When we moved to another area of Taipei metropolitan, we still attended mass at the same church every Sunday morning, although it took us more time to get there, and architectural barriers were there.

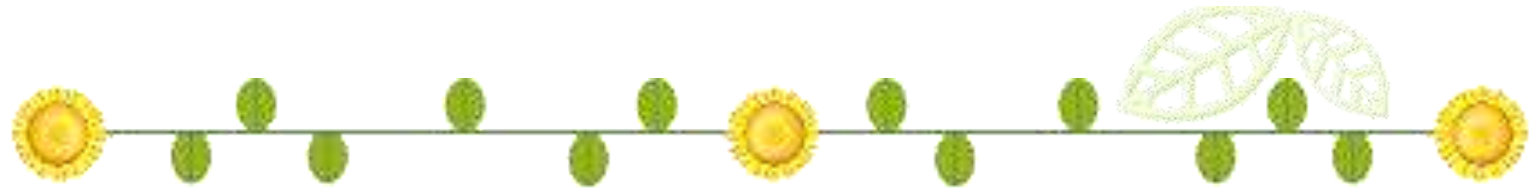


(6)

We appreciated whatever she talked to others, although she had problems to remember important things sometimes.

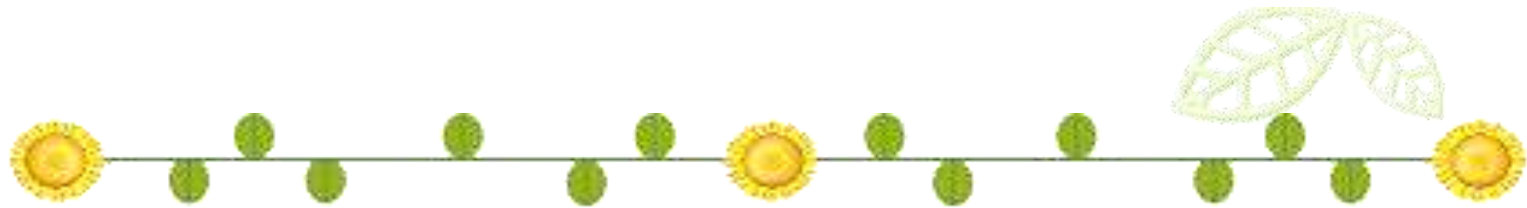


(7)



We brought her everywhere,  
such as travels, social  
events, even business trips  
sometimes.

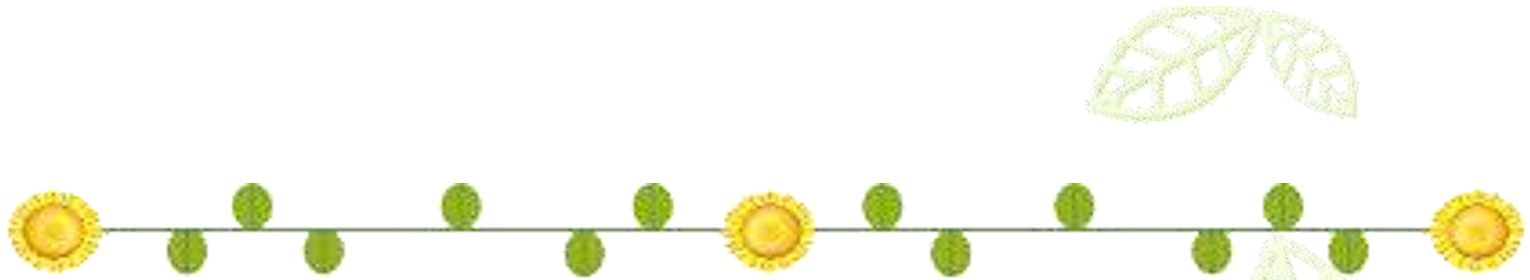




(8)

We let her do what she can such as eating, doing laundry, and assisted her to finish, if necessary.





(9)

Assistive Technology would be helpful.

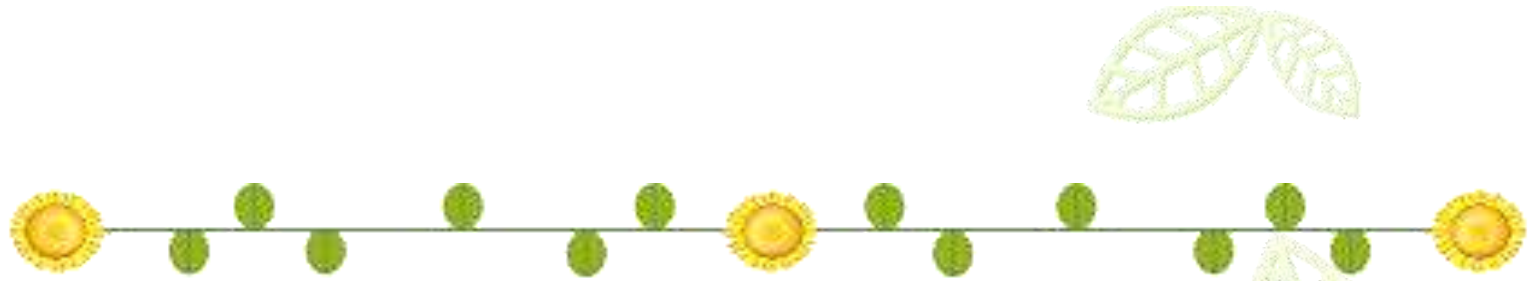
Mother's five good friends helped her to feel more independent and comfortable recently.

# Conclusion



Look back everything that all my families had done for my mother. We support the point of view of the International Classification of Functioning, Disability and Health (ICF).





For individuals with Alzheimer's disease, communication, social relationship, recreation, and leisure are equally important. In other words, the importance of these social participations is the same as medicine, technology, and barrier-free environment.

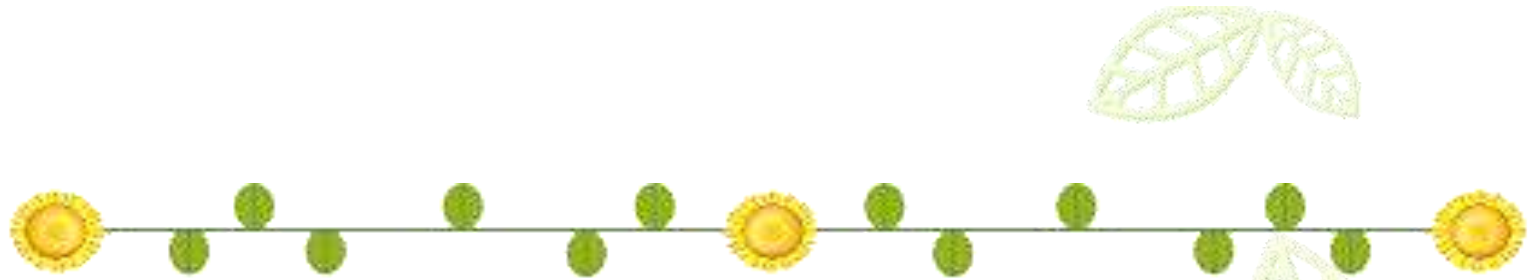
However,



Challenges remain there.

All we can do is keep going.





*Thank you very much  
for your listening.*

