

Dr. Hildegard Brack

Person-centered care, a Balm for Alzheimer Patients

In her informative and comprehensive presentation, Dr. Brack told us not only how to recognize the different stages of Alzheimer's in our loved ones, but how to evaluate their physical, psychological, social and spiritual needs. She urged caregivers to include them in activities such as gardening that has been proved to be good for the brain, while cooking and baking produces results that are good for everyone. She ended by urging caregivers to take good care of themselves and to get support when they need it. One of the best resources for aid and support is the Alzheimer Society. They can be reached at www.alzheimermontreal.ca or by telephone at 514-369-0800.