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# Vascular Dementia: A Guide to Caring for a Family Member with Dementia

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*“Read up, do research and don’t keep secrets. Be sure family and friends know what is going on so that they can help too.”—Eunice G.*

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### Care options...

- **Ask for help**
- **Caregiver support groups**
- **Short-term care**
- **Adult day care centers**

### References

- Staff, F. E. (2017, January 13). Caring for a Relative Who Has Dementia. Retrieved March 27, 2017, from <https://familydoctor.org/caring-for-a-relative-who-has-dementia/>
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## VASCULAR DEMENTIA

*A guide to caring  
for a family  
member with  
dementia*

## TEST YOUR KNOWLEDGE

### How much do you know about Vascular Dementia?

1. Dementia has the **greatest** effect on which of the following:
  - a. Memory
  - b. Skin
  - c. Muscles
2. The main cause of Vascular Dementia is:
  - a. Smoking
  - b. Stroke
  - c. Trauma



Answers: 1. A 2. B

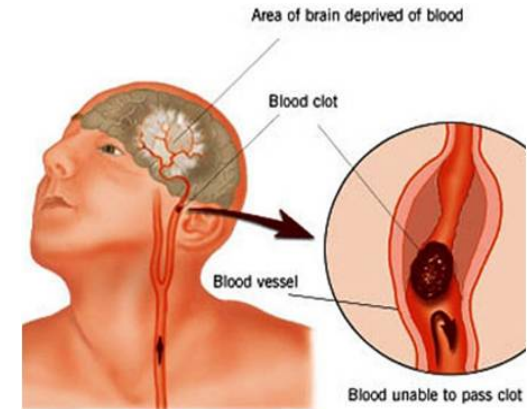
## Caring for a loved one with Dementia

- Create a routine
- Keep them busy
- Provide stimulation
- Communicate

## Did you know?

### Vascular Dementia...

- ✚ is the second most common form of dementia.
- ✚ is caused by the occurrence of multiple strokes leading to brain damage.



## Role of Caregiver

- Be their support system
- Recognize their uniqueness
- Talk about memories
- Treat them like an adult
- Focus on their abilities