



Understanding Alzheimer's Disease and Its Impact

A Guide for Caregivers

Alzheimer's disease is a condition caused by changes in the brain that gradually affect a person's memory, thinking, feelings and interactions with the world. Supporting a loved one with Alzheimer's disease often brings daily challenges and uncertainty, but understanding the condition and symptoms can help you and your loved one navigate daily life.



Alzheimer's disease is the most common form of dementia, making up

60-70%
of cases.



It affects
millions
of people
and families
worldwide.



Most people with
Alzheimer's disease are
65 or older
however, it can affect
younger people as well.

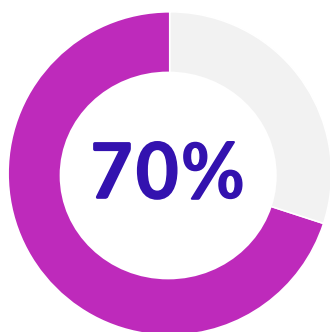
Changes in the brain's proteins and cells

In the brain of someone living with Alzheimer's disease, small proteins called amyloid and tau change, build up and clump together. Over time, this affects how brain cells function and eventually damages them, causing the symptoms of Alzheimer's disease.

Common symptoms of Alzheimer's disease

Changes in memory and cognition are the most recognized symptoms of Alzheimer's disease. This may look like:

- Forgetting recent conversations
- Repeating themselves
- Struggling to find words
- Getting lost in familiar places
- Being unable to complete daily tasks
- Not knowing how to use usual items, like the microwave or stove



While changes in memory and cognition are the most recognized symptoms, about **70% of people** with Alzheimer's disease also experience **significant changes in their behavior**, which can occur at any stage of the disease. These symptoms are often out of character and can be upsetting for both you and your loved one, affecting all practical, physical and emotional aspects of day-to-day life.

Changes in behavior can include:

Hallucinations

- Seeing or hearing things that aren't really there (e.g., insisting there is a stranger in the room when no one is there)

Suspicion and fear

- Feeling suspicious or fearful for no clear reason

Delusions

- Strongly believing untrue things (e.g., someone has stolen from them or intends to harm them, identity confusion, suspicion)

Agitation

- Becoming easily upset or irritable, sometimes leading to aggressive behavior

Apathy and withdrawal

- Loss of motivation, interest or engagement in social interactions and daily activities

Sundowning

- Increased confusion, restlessness or agitation that begins late in the day or evening

Wandering

- Walking without a clear purpose, sometimes leaving safe areas

Sleep changes

- Sleeping at unusual times

Understanding the impact and seeking support

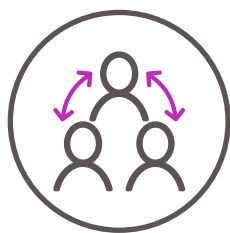
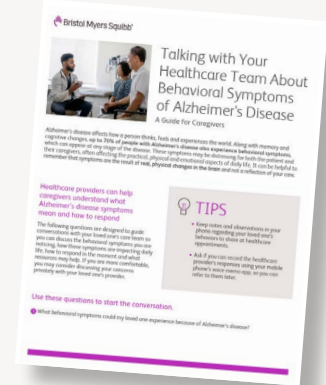


Alzheimer's disease has a significant impact on those who live with the disease, as well as on families, caregivers and friends. These changes deeply affect relationships and how people connect and interact with one another.

Caring for someone with Alzheimer's disease can be incredibly demanding, both physically and emotionally. As a caregiver, you may experience intense stress and heartache as you witness gradual changes in your loved one over time.

Remember, you are not alone in facing these challenges—your healthcare team and your community are important resources that can help you navigate the complexities of caregiving, answer your questions about the symptoms of Alzheimer's disease and provide support for both you and your loved one.

Download this **helpful discussion guide** to bring with you to your loved one's next appointment.



Creating a circle of support can make care more sustainable and less isolating

Ask relatives, neighbors, friends or faith communities to help with small tasks

Connect with local or online caregiver support groups

Explore respite services to give yourself planned breaks

Reach out to local Alzheimer's disease organizations for guidance and community programs

Bristol Myers Squibb is conducting clinical trials in Alzheimer's disease with the goal of improving available care and treatment options. Learn more and see if your loved one is eligible for a trial at [NavigatingALZ.com](https://www.navigatingalz.com).