



# Children's Alzheimer's Disease Workbook

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Hello! My name is Sam! I love my grandmother. She use to play with me and read me stories.

My grandmother can not do things with me like she use to do. She has Alzheimer's Disease that makes her say weird things, act differently, and sometime she doesn't remember my name.



Do you know about Alzheimer's Disease? Alzheimer's disease effects the brain. You and I don't have to worry about having Alzheimer's disease right now because we are young, but some older people, as they get older, do get Alzheimer's Disease. There is no way to make my grandmother get better right now so my family has to take care of her.

Alzheimer's Disease makes my grandmother very forgetful. She has trouble remembering how to take care of herself and people and the names of people and objects. I try to help take care of her because I know that even though she doesn't act the same she loves me.

Tell me about you and your grandparent!

My grandmother and I use to like you cook together. Draw a picture of you and your grandparent doing an activity you like to do with them!

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I like to help my grandmother water her garden.  
How do you think you can help your family  
care for your grandparent or loved one  
with Alzheimer's disease?

1. \_\_\_\_\_

2. \_\_\_\_\_

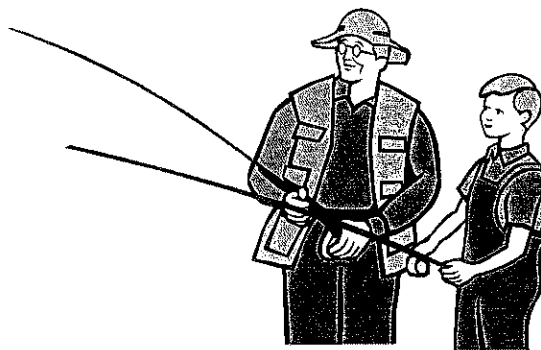
3. \_\_\_\_\_

4. \_\_\_\_\_

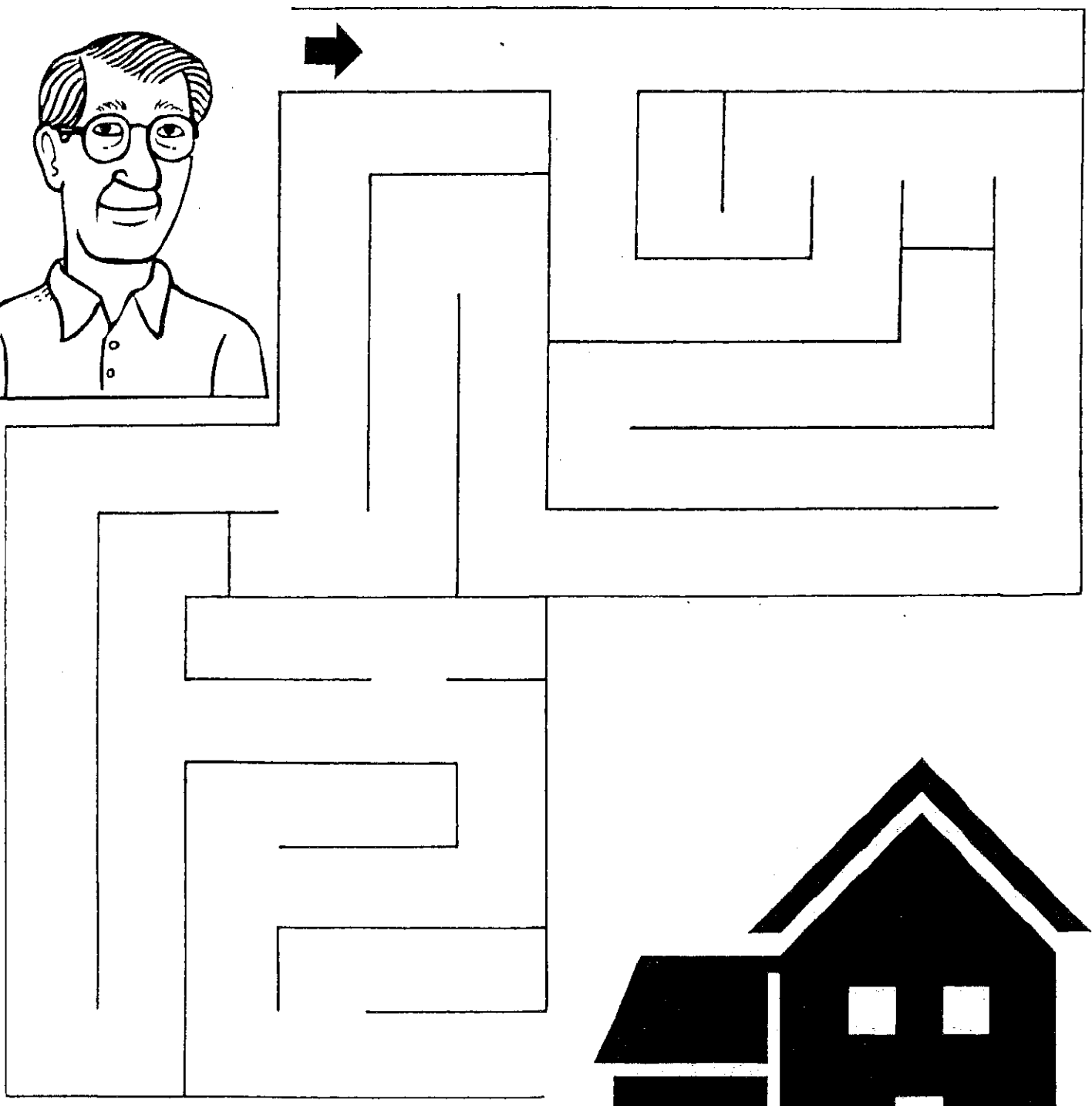
5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_



A person with Alzheimer's Disease will sometimes wander away.



Help Grandpa find his way home.



Circle the words that best describe your feelings about the changes happening to your grandparent or loved one.

Upset

Sad

Angry

Nervous

Jealous

Confused

Frustrated

Frightened

Embarrassed

Love



Even though my grandma is different I know that she still loves me! Find out more about your grandparents by asking someone they knew the following questions.

1. Where was grandma or grandpa born?
2. Where did they grow up?
3. What was their favorite thing to do?
4. What was your favorite thing about grandma or grandpa?
5. What about me was like grandma or grandpa before they got Alzheimer's disease?
6. What do you think grandma or grandpa would want me to know that they may not be able to tell me now?





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