

## Support at Home: To Enhance Life in Dementia

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### Description

Dementia, including Alzheimer's disease, is becoming a national prioritized concern due to the rapid increase in prevalence, as well as the potential social burden [1]. Importantly, an effective drug will not be available to treat Alzheimer's disease until 2025 [2]. Thus, family members' joint efforts play a realistic role for improvement of patients with dementia.

Indeed, kinship with emotional intelligence will improve mental diseases like dementia. Based on authors' opinion, these practical skills at home may be helpful. First and foremost, the personality traits of family caregivers may influence the outcomes of patients with dementia [3]. Family members should be patient and take time to listen to what older seniors with dementia say. The wise response is to support them with a positive outlook. Any intended or undesired micro-discrimination showing the appearance of members' faces will unexpectedly harm older seniors with dementia. Aging seniors with dementia are somewhat fragile and sensitive, partly due to brain atrophy [4]. Second, touch can be used as an incentive to transmit trust or inspiration. Specifically, family members can give the patient a close embrace or walk together, which evoke deep memory. Physical touching is also a basic element of social behavior that prevents social isolation or self-isolation. Third, dementia is characterized by forgetfulness, especially short-term memory, such as forgetting recent events or confusing familiar surroundings or people. Those affected with dementia are unaware that their abilities have deteriorated. As a result, they often argue about what is right or wrong with a stubborn attitude.

All family members should keep a peaceful and inclusive mindset

to produce or create an environment to allow mutual self-adjustment. Then, having learned that everything has two sides (like a coin), it is important to let issues go, and internalize emotional responses. In fact, quarrelling also represents a type of "biologic therapy." Quarrelling can be beneficial by continuously stimulating mental activities, as well as releasing bad emotions; however, family members must keep their emotions in check. Generally, caregivers should not take sides, but be ready to step in when the situation deteriorates. Dilemma-solving skills (i.e., emotional intelligence) are needed to get along well with each other. More importantly, the patient with dementia needs to enjoy family time at regular interval rather than special days alone, which means family ties, such as, having meals together. Indeed, family activities serve as a substantial palliative drug, targeting to live a simple, but functional life with value-based dignity. In these ways, kinship-oriented support is powerful.

### References

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