

## Alzheimer's Disease Reflection

Alzheimer's Disease is one of the most common diseases I have seen. It affects a lot of the elderly most possibly because of genetics, health or head trauma. It is sad to think you can have it just because it runs in your family but knowing you can reduce the risk by taking proper care of one's health makes it less stressful. It is a lot of team work to help yourself and somebody who has it, that is why we are taught of it works so we can educate others too and extend our help to those that have it. We can provide care by giving the full patience that we can. Although we might not always remind that they are thankful they have us, just thanking and showing appreciation to the caregivers we have around is a big help. We are all in difficult situations at some point, and being patient and helpful to the other people, strangers or not, is the best we could do.

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