



ALZHEIMER MÉXICO, I.A.P.[®]
Una esperanza de vida

SINCE
2004

supporting people with
dementia and their families

**“... you can choose for it to be the
end of the world, or you can get
up and do something about it.”**

Jennifer Bute diagnosed herself with Alzheimer's, in World
Alzheimer Report 2018 by Alzheimer's Disease International



www.alzheimermexico.org.mx

Who we are?

We are a non-profit institution that provides comprehensive care to people with Alzheimer's or similar dementia. Founded in 2004, it arises from the concern of a group of people with family members who suffer from Alzheimer's, who see the need to create new specialized care centers and support for family members.

Our Mission

Provide comprehensive care to people with Alzheimer's or similar dementia, their caregivers and family members, to improve their quality of life.

Our work

We are recognized by the National Institute of Neurology and Neurosurgery of Mexico City as a Day Center. Our program is composed of 6 multidisciplinary programs:

- Social Work
- Neuropsychology
- Gericultura
- Physiotherapy
- Nursery
- Nutrition



Health Control and Surveillance

Every day our patients are attended by nurses who monitor and control their vital signs and their health in general. The nursing area also performs a complete monthly physical examination (to detect any problems in a timely manner), administer's any medications, gives the necessary treatments, provide emergency transfers (when needed) and conducts a thorough monitoring of cognitive impairment through the application of functionality scales.

Physical therapy and rehabilitation

Each user has a specialized treatment program, which derives different activities such as:

- Muscle Strengthening
- Thermotherapy
- Assisted exercises
- Therapy that improves their walking and posture
- Daily exercises that help maintain their mobility

Cognitive stimulation workshops

The Gericulture area organizes various workshops and activities that help stimulate the abilities that people with dementia still retain. It seeks to favor brain plasticity and slow the progression of the disease.

Social, cultural and recreational activities

These activities include:

- Educational walks
- Visits to museums, parks and sports centers
- Excursions to various recreational sites
- Birthday celebrations and anniversaries
- Social gatherings or events



Nutrition

The Nutrition area is in charge of conducting assessments on the patients in order to identify malnutrition risks. Also, they create cyclical menus and provide nutritional guidance to the families.

Psychological Support

The Psychology area gives help to the patients experiencing any kind of emotional distress and provides specialized psychological attention for the people with dementia, their caregivers and family members.

Helping the Families

We try to function as a network for the families than need support taking care of the people with dementia in their lives. On the third Monday of each month we hold support group session open to the general public. Also, we annually organize our "Alzheimer - Learn and Act" event, which provides information to the general public about Alzheimer's disease and other dementias.

Trainings

We provide training to caregivers and family members in the different areas of care for patients with dementia. We also train health professionals and caregivers.

Alliances

Through the areas of Communication, Human Resources and Institutional Development, we have built strategic alliances with governmental, educational and health institutions, as well as companies, corporations, national and international foundations and individual donors.

Testimony

"Alzheimer Mexico offers professional care for patients and provides crucial information, advice and training to caregivers and family members, which has proven to be fundamental to help our loved ones."





ALZHEIMER MÉXICO, I.A.P.®

Una esperanza de vida



"The treatment of the patient, the professional help they provide, the information, advice and training they provide to caregivers and family members are invaluable aspects to help our loved ones, who are living this situation."

A family member's testimony

Thank you!

Alzheimer Mexico, I.A.P. Team

www.alzheimermexico.org.mx

Moneda 90, Tlalpan, Mexico City

Phone: +52 55 5280 4202

info@alzheimermexico.org.mx