

## Construction of an educational manual for caregivers of elderly people with alzheimer's disease

**Pedro Araujo Costa<sup>1</sup>, Daniela Aparecida Faria<sup>2</sup>, Mário Lucio Neto<sup>3</sup>, Bruno Santos Guimarães<sup>4</sup>, Silmara Nunes Andrade<sup>5</sup>, Flávia de Oliveira<sup>6</sup>.**

### ABSTRACT

Population aging has occurred progressively and in Brazil it presents an accelerated growth curve. According to the World Health Organization, dementia is one of the greatest public health challenges of the current generation, in which the Alzheimer's disease subtype corresponds to the majority of diagnosed cases. In this context, this study aimed to describe the construction of an educational manual to support family caregivers of elderly people diagnosed with Alzheimer's disease. This is a descriptive, methodological study. Initially, a bibliographic survey was carried out on the subject in the following databases: CINAHL, SCOPUS/ Elsevier and Pubmed-Medline; using the descriptors "elderly", "Alzheimer's" and "caregiver". The elaboration of the educational manual took place on the Figma platform, structured from the emerging aspects in the bibliographic survey, considering the aspects of language, illustration and layout/design. A group of researchers specialized in the subject was selected, for convenience, to support the construction of the educational manual. The contents listed to compose the educational manual were: What is Alzheimer's disease (AD)?; What causes Alzheimer's disease (AD); The Stages of Alzheimer's Disease (AD); Symptoms of Alzheimer's disease (AD); How to deal with behavior changes in Alzheimer's disease (AD); Tips on hygiene, bathing, feeding, environment, cognitive and memory activities; References. The objective of this study was achieved, since the manual entitled "The care of elderly people with Alzheimer's disease (AD)" was constructed by selecting the content from the main sources on the subject. The limitations of this study are that the theme is not exhausted in the topics addressed, however, the excess of content could make the educational material extensive and tiring, which is why it was decided to address the main topics on the theme.

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<sup>1</sup> Federal Center for Technological Education of Minas Gerais – MG

<sup>2</sup> Federal University of São João Del Rei – MG

<sup>3</sup> Anhanguera College – State

<sup>4</sup> City Hall of Divinópolis – MG

<sup>5</sup> Federal University of São João Del Rei – MG

<sup>6</sup> Federal University of São João Del Rei – MG