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Caring for a Loved One with Dementia or Alzheimer's Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Understand Feelings of Shock, Numbness, and Disbelief

2 · Understanding Dementia or Alzheimer's

3 · Accept the Reality of Dementia or Alzheimer's

4 · Treat Yourself with Compassion

5 · Address Feelings of Helplessness

6 · Express Your Grief in Healthy Ways

7 · Channel Your Anger in Healthy Outlets

8 · Make Peace with Feelings of Guilt

9 · Face Your Fears with Courage

10 · Hold onto the Positive Memories You Share

11 · Move Towards Establishing a New Normal

12 · Reassess and Adjust Your Priorities

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15 · Coping with Hallucinations and Delusions

16 · Understanding and Responding to Repetitive Questions

17 · Strategies for Wandering Prevention

18 · Identifying Caregiver Burnout

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Understand Feelings of Shock, Numbness, and Disbelief

Receiving the diagnosis that a loved one has dementia or Alzheimer's can be overwhelming and bring about feelings of shock, numbness, and disbelief.

1. What were your first thoughts and feelings upon hearing the diagnosis? (e.g., disbelief, fear, confusion, numbness)

2. What physical symptoms did you experience when you first learned about your loved one's condition? (e.g., trembling, heart racing, feeling lightheaded)

3. How did the shock of the diagnosis affect your immediate actions or decisions? (e.g., difficulty making decisions, needing time to process, seeking second opinions)

4. Have you experienced feelings of emotional numbness since the diagnosis? (e.g., feeling detached, unable to cry, going through the motions)

5. How might emotional numbness serve as a coping mechanism for overwhelming emotions? (e.g., protecting yourself from pain, allowing yourself to function)

6. In what ways has numbness influenced your daily life and caregiving responsibilities? (e.g., difficulty engaging in activities, feeling disconnected from reality)

7. Do you find yourself struggling to believe the diagnosis or the changes in your loved one? (e.g., thinking it's a mistake, hoping for a different outcome)

8. How has your disbelief affected your interactions with your loved one, other family members, or healthcare professionals? (e.g., difficulty discussing the condition, avoiding conversations, feeling isolated)

9. What steps can you take to move from disbelief toward acceptance? (e.g., seeking information, talking to professionals, gradually facing the reality)

10. What coping mechanisms have you used to deal with the shock, numbness, and disbelief? (e.g., talking to friends, distracting yourself, avoiding the topic)

11. What are some healthier ways you can process the shock, numbness, and disbelief? (e.g., journaling, seeking counseling, practicing mindfulness)

12. Where do you currently stand in your journey toward accepting your loved one's diagnosis? (e.g., still in disbelief, beginning to accept, actively processing emotions)

13. What practical steps can you take to continue moving toward acceptance? (e.g., educating yourself, engaging with your loved one, seeking professional advice)

Understanding Dementia or Alzheimer's

1. What do you know about dementia or Alzheimer's? (e.g., symptoms, progression, impact on daily life)

2. What specific symptoms or behaviors has your loved one exhibited? (e.g., memory lapses, confusion, mood changes)

3. How has dementia or Alzheimer's affected your loved one's daily routine? (e.g., difficulty with tasks, changes in sleep patterns, increased dependency)

4. What communication challenges have you encountered with your loved one? (e.g., difficulty understanding, repeating questions, nonverbal communication)

5. What strategies can you use to improve communication with your loved one? (e.g., using simple language, being patient, focusing on nonverbal cues)

6. How can you use nonverbal communication to connect with your loved one? (e.g., facial expressions, touch, eye contact)

7. What daily care tasks do you assist your loved one with? (e.g., bathing, dressing, feeding, medication management)

8. What strategies can you use to simplify daily care tasks for your loved one? (e.g., creating routines, breaking tasks into smaller steps, using adaptive tools)

9. What emotional needs does your loved one have that you can support?
(e.g., feeling safe, staying connected, maintaining dignity)

10. What specific actions can you take to support your loved one's
emotional well-being? (e.g., listening to their concerns, spending quality
time, validating their feelings)

11. How can you create and maintain a positive environment for your loved
one? (e.g., reducing stressors, incorporating familiar objects, playing
soothing music)

12. What personal needs do you have that might be affected by caregiving?
(e.g., rest, social interaction, time for hobbies)

13. What self-care strategies can you implement to maintain your well-
being? (e.g., setting boundaries, taking breaks, seeking support)

Accept the Reality of Dementia or Alzheimer's

Caring for a loved one with dementia or Alzheimer's involves an ongoing experience of grief. This grief is not just about the eventual loss, but also about the gradual changes and losses you encounter along the way—losses in communication, shared memories, and the person you once knew.

1. What aspects of loss have you experienced with your loved one? (e.g., loss of the person as they once were, loss of shared memories, loss of future plans)

2. In what ways has grief shown up in your caregiving journey? (e.g., feelings of sadness, anger, guilt, helplessness)

3. Do you feel comfortable validating your grief, or do you tend to minimize it? (e.g., "Others have it worse," "I shouldn't feel this way")

4. How can you practice self-compassion in recognizing and validating your grief? (e.g., giving yourself permission to grieve, being kind to yourself, seeking support)

5. What complex emotions do you experience as part of your grief? (e.g., love mixed with sadness, relief mixed with guilt, hope mixed with despair)

6. How has your grief evolved throughout your caregiving journey? (e.g., from denial to acceptance, from shock to understanding, from confusion to clarity)

7. What strategies have you used to cope with grief as a caregiver? (e.g., seeking support, finding moments of joy, practicing mindfulness)

8. What new coping mechanisms can you try to manage your grief more effectively? (e.g., journaling your thoughts, setting boundaries, engaging in creative outlets)

Treat Yourself with Compassion

Self-compassion is giving yourself the same kindness you would offer to a friend.

1. What internal or external barriers prevent you from practicing self-compassion? (e.g., perfectionism, societal expectations, lack of support)

2. Can you recall a recent time when you were critical of yourself? (e.g., blaming yourself for a caregiving mistake, feeling inadequate, comparing yourself to others)

3. How did this self-criticism affect your emotions and actions? (e.g., increasing stress, lowering self-esteem, leading to burnout)

4. What strategies can you use to transform self-critical thoughts into compassionate ones? (e.g., rephrasing negative thoughts, practicing self-forgiveness, focusing on your efforts)

Address Feelings of Helplessness

Caring for a loved one with dementia or Alzheimer's can sometimes lead to feelings of helplessness, especially when faced with the reality that the condition is beyond your control. These feelings can be overwhelming and may affect your ability to provide care.

1. What situations or aspects of caregiving make you feel most helpless? (e.g., witnessing the progression of the disease, being unable to communicate effectively, feeling like you're not doing enough)

2. How do your expectations of yourself and the caregiving situation contribute to feelings of helplessness? (e.g., setting unrealistic goals, expecting immediate results, comparing yourself to others)

3. What coping strategies have you used when you've felt helpless? (e.g., talking to someone, distracting yourself, seeking information) How effective have these strategies been, and what could you improve?

4. What small actions can you take that make a positive difference, even if they seem minor? (e.g., creating a calming environment, offering comfort, staying patient)

5. How can focusing on what you can control help reduce feelings of helplessness? (e.g., managing daily routines, setting realistic goals, maintaining communication)

Express Your Grief in Healthy Ways

Grief is a natural and deeply personal response to the changes and losses that come with caring for a loved one with dementia or Alzheimer's. It's important to recognize and express this grief in healthy ways to prevent it from overwhelming you and to maintain your emotional well-being.

1. What specific aspects of your loved one's condition cause you to feel grief? (e.g., loss of shared memories, changes in their personality, fear of the future)

2. In what ways does your grief manifest in your thoughts, emotions, and behaviors? (e.g., persistent sadness, difficulty concentrating, withdrawing from others)

3. How have you expressed grief in the past, and what has worked well for you? (e.g., talking to a friend, journaling, engaging in creative activities)

4. What new methods can you try to express your grief? (e.g., writing letters to your loved one, participating in support groups, engaging in physical activities)

5. Who in your life can you talk to about your grief? (e.g., family members, friends, counselors, support groups)

6. What specific actions can you take to practice self-compassion while grieving? (e.g., allowing yourself to feel, setting aside time for self-care, avoiding negative self-talk)

Channel Your Anger in Healthy Outlets

Caring for a loved one with dementia or Alzheimer's can evoke a range of emotions, including anger. Whether it's frustration with the situation, anger at the disease, or feeling overwhelmed by caregiving responsibilities, it's important to find healthy outlets for these emotions.

1. What specific situations or interactions trigger your anger while caregiving? (e.g., repeated questions, difficult behaviors, feeling unappreciated)

2. What emotions might be underlying your anger? (e.g., frustration, sadness, fear, guilt)

3. How does your anger impact your ability to care for your loved one? (e.g., decreased patience, strained communication, increased stress)

4. How have you managed anger in the past, and what has worked well for you? (e.g., physical activity, talking to someone, creative expression)

5. What new methods can you try to channel your anger in healthy ways? The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Exercise** – Engage in physical activities like running, cycling, swimming, or weightlifting to burn off excess energy.
- ☐ **Go for a Walk** – Walking in nature or around your neighborhood helps clear your mind.
- ☐ **Deep Breathing** – Slow, deep breaths activate the parasympathetic nervous system, which calms you down.
- ☐ **Progressive Muscle Relaxation** – Tense and release each muscle group to reduce physical tension.
- ☐ **Stretching** – Stretch to release built-up physical tension in your body.
- ☐ **Visualization** – Picture a peaceful place or visualize your anger as something you can let go of.
- ☐ **Journal** – Write down your feelings and thoughts to understand the root of your anger.
- ☐ **Talk to Yourself Calmly** – Reassure yourself that it's okay to feel angry, and remind yourself that it will pass.
- ☐ **Reframe Your Thoughts** – Try to look at the situation from a different, more positive perspective.
- ☐ **Empathy Practice** – Put yourself in the other person's shoes to better understand their actions or intentions.
- ☐ **Set Boundaries** – Identify what triggered your anger and set boundaries to avoid similar situations in the future.
- ☐ **Talk to a Trusted Friend** – Vent to someone who will listen and support you.
- ☐ **Take a Time-Out** – Give yourself permission to step away from the situation and cool down before addressing it.

☐ _____

Make Peace with Feelings of Guilt

Feelings of guilt are common when caring for a loved one with dementia or Alzheimer's. Whether it's guilt over not doing enough, making difficult decisions, or feeling frustrated, it's important to acknowledge and work through these emotions.

1. What specific situations or decisions trigger feelings of guilt in your caregiving role? (e.g., placing your loved one in a care facility, taking time for yourself, feeling frustrated or resentful)

2. Is your guilt justified, or are you holding yourself to an unfair standard? (e.g., expecting yourself to be superhuman, not allowing yourself to make mistakes)

3. How can you reframe your thoughts to reduce feelings of guilt? (e.g., acknowledging your efforts, focusing on what you can control, reminding yourself of the love behind your actions)

4. What strategies can you use to make peace with your guilt? (e.g., talking about your feelings, writing a letter to yourself, seeking forgiveness from yourself or others)

5. How can forgiving yourself help you make peace with feelings of guilt? (e.g., recognizing that you are human, accepting that mistakes happen, understanding that your intentions are good)

Face Your Fears with Courage

Caring for a loved one with dementia or Alzheimer's can bring up many fears—fear of the future, fear of losing your loved one, and fear of not being able to cope with the challenges ahead.

1. What specific fears have you experienced while caring for your loved one? (e.g., fear of the disease progressing, fear of being unable to cope, fear of losing your loved one's recognition)

2. How does fear manifest in your thoughts, emotions, and behaviors? (e.g., constant worry, physical tension, difficulty making decisions)

3. What does courage mean to you in the context of caregiving? (e.g., facing the unknown, making difficult decisions, continuing despite fear)

4. Can you recall a time when you faced a fear with courage? (e.g., a personal challenge, a difficult decision, a moment of vulnerability)

5. What daily practices can help you cultivate courage in your caregiving journey? (e.g., positive affirmations, setting small goals, acknowledging your successes)

6. What small, manageable steps can you take to confront your fears? (e.g., seeking information, talking to someone, making a plan)

7. How can you turn your fears into motivation to take positive action? (e.g., using fear to drive preparation, letting fear push you to seek support)

Hold onto the Positive Memories You Share

As dementia or Alzheimer's progresses, holding onto the positive memories you've shared with your loved one becomes a vital source of comfort and strength. These memories can help you stay connected to the person you love and remind you of the meaningful moments you've experienced together.

1. What are some specific positive memories you've shared with your loved one? (e.g., special holidays, memorable vacations, meaningful conversations)

2. What emotions come up when you think about these positive memories? (e.g., happiness, nostalgia, warmth)

3. Why are these positive memories important to you as you care for your loved one? (e.g., providing emotional strength, reinforcing your bond, offering moments of peace)

4. What steps can you take to preserve these positive memories for the future? (e.g., creating a memory book, recording stories, collecting photos)

5. What are some meaningful ways you can share these memories with others? (e.g., writing letters, creating a memory video, hosting a memory-sharing gathering)

6. How can recalling positive memories help you cope with the challenges of caregiving? (e.g., providing emotional support, offering a mental escape, reminding you of the good times)

Move Towards Establishing a New Normal

1. What major changes have occurred in your life since your loved one's diagnosis? (e.g., shifts in daily routines, changes in your relationship, new responsibilities)

2. How have these changes impacted you emotionally? (e.g., feelings of loss, stress, confusion, adaptation)

3. Have there been any positive changes or opportunities that have emerged from these challenges? (e.g., closer family relationships, new skills, finding purpose in caregiving)

4. What key elements do you want to include in your new normal? (e.g., regular self-care, maintaining social connections, finding joy in daily life)

5. How can you integrate aspects of your old life into your new normal?
(e.g., continuing favorite activities, maintaining traditions, staying
connected with past hobbies)

6. How can you maintain a sense of self and personal identity while
caregiving? (e.g., pursuing personal interests, setting aside time for
yourself, keeping up with hobbies)

Reassess and Adjust Your Priorities

1. What are your current priorities in your caregiving role? (e.g., providing physical care, ensuring emotional support, managing medical appointments)

2. How well are you balancing caregiving with other aspects of your life, such as work, relationships, and personal time? (e.g., struggling to find time for yourself, maintaining some balance, feeling overwhelmed)

3. In what areas of your life do you feel adjustments to your priorities are necessary? (e.g., spending more time on self-care, delegating tasks, focusing on quality time with your loved one)

4. What specific changes can you make to adjust your priorities? (e.g., creating a more balanced schedule, asking for help, setting boundaries)

Creating a Safe Home Environment

Ensuring a safe home environment is crucial when caring for a loved one with dementia or Alzheimer's. As their condition progresses, they may face challenges that make everyday activities more difficult and potentially dangerous.

1. What potential hazards can you identify in each room of your home? (e.g., loose rugs, sharp corners, exposed wires, cluttered walkways)

2. How is the lighting in your home? Are there areas that are too dim or overly bright? (e.g., stairways, hallways, bathrooms)

3. How accessible is your home for your loved one? (e.g., are pathways clear, is furniture arranged to minimize obstacles, can they easily reach important items?)

4. What specific safety concerns do you have in the bathroom? (e.g., slippery floors, difficulty getting in and out of the tub, sharp objects within reach)

5. What safety risks are present in the kitchen? (e.g., access to sharp objects, risk of burns, potential for forgetting to turn off appliances)

6. What safety adjustments can you make in the bedroom? (e.g., securing furniture, using bed rails, ensuring clear pathways)

7. How can simplifying and organizing the home help your loved one navigate it more easily? (e.g., reducing clutter, labeling items, using simple layouts)

8. What visual cues or reminders can you use to help your loved one with daily tasks? (e.g., placing signs on doors, using color-coded labels, displaying pictures of routine steps)

9. How can maintaining a consistent routine and layout in the home support your loved one's cognitive needs? (e.g., keeping furniture in the same place, following a daily schedule, minimizing changes)

10. Does your loved one need mobility aids to move safely around the home? (e.g., walkers, canes, wheelchairs)

11. What steps can you take to prevent falls in your home? (e.g., installing handrails, removing trip hazards, using non-slip mats)

12. What steps can you take to create a calming and reassuring environment for your loved one? (e.g., reducing noise, using soothing colors, minimizing disruptions)

13. How can you maintain a sense of familiarity and personalization in your loved one's environment? (e.g., displaying familiar photos, keeping personal items within reach, recreating favorite spaces)

14. Are there any potential emotional triggers in the home environment that could cause distress? (e.g., certain objects, memories, changes in routine)

Dealing with Agitation and Aggression

1. How does dementia or Alzheimer's contribute to your loved one's agitation or aggression? (e.g., confusion, frustration, inability to communicate needs)

2. What early signs of agitation do you notice before your loved one becomes aggressive? (e.g., restlessness, pacing, increased verbal outbursts)

3. What specific situations tend to trigger aggression in your loved one? (e.g., feeling rushed, experiencing physical discomfort, being confronted with unfamiliar people or environments)

4. What unmet needs might be contributing to your loved one's agitation or aggression? (e.g., hunger, pain, need for social interaction, boredom)

5. What calming techniques have you found effective in reducing your loved one's agitation or aggression? (e.g., using a soothing voice, gentle touch, playing calming music)

6. What environmental modifications can you make to help reduce agitation and prevent aggression? (e.g., reducing noise, removing clutter, creating a quiet space)

7. How can maintaining a consistent routine help reduce agitation and aggression in your loved one? (e.g., scheduled activities, regular meal times, consistent caregivers)

8. How do you typically respond when your loved one becomes agitated or aggressive? (e.g., staying calm, using distraction, setting boundaries)

9. How can you ensure the safety of both yourself and your loved one during episodes of aggression? (e.g., removing potential hazards, knowing when to call for help, maintaining a safe distance)

10. How can positive social interactions help reduce the frequency of agitation and aggression? (e.g., engaging in pleasant conversations, participating in group activities, maintaining connections)

Coping with Hallucinations and Delusions

1. What types of hallucinations or delusions has your loved one experienced? (e.g., seeing people or objects that aren't there, believing false ideas about themselves or others)

2. How do these symptoms affect your loved one's emotional and physical well-being? (e.g., causing fear, leading to confusion, impacting daily activities)

3. What environmental or emotional triggers seem to lead to hallucinations or delusions in your loved one? (e.g., changes in lighting, stress, unfamiliar environments)

4. Are there specific times of day or situations when your loved one is more likely to experience hallucinations or delusions? (e.g., late afternoon, when tired, during unfamiliar situations)

5. What techniques have you found effective in calming your loved one during hallucinations or delusions? (e.g., using a soothing voice, offering reassurance, gently redirecting their attention)

6. How can you use distraction or redirection to help your loved one cope with hallucinations or delusions? (e.g., engaging them in a favorite activity, redirecting their attention to something positive)

7. How can you validate your loved one's feelings without reinforcing their hallucinations or delusions? (e.g., acknowledging their fear, offering comfort, avoiding confrontation)

8. How can you effectively communicate with healthcare providers about your loved one's symptoms? (e.g., keeping a symptom diary, being specific)

Understanding and Responding to Repetitive Questions

1. What do you think might be causing your loved one to ask repetitive questions? (e.g., memory loss, anxiety, seeking comfort, confusion) How does understanding these causes help you approach the situation with empathy?

2. What specific situations or events seem to trigger repetitive questions in your loved one? (e.g., changes in routine, unfamiliar environments, feelings of uncertainty)

3. How can you respond calmly and patiently when your loved one asks repetitive questions? (e.g., using a soothing tone, providing simple and consistent answers, avoiding frustration)

4. What techniques can you use to redirect your loved one's attention away from repetitive questioning? (e.g., engaging them in a favorite activity, introducing a new topic, offering a comforting object)

5. How do repetitive questions affect you emotionally as a caregiver? (e.g., causing frustration, increasing stress, leading to feelings of helplessness)

6. What strategies can you use to maintain patience and compassion when responding to repetitive questions? (e.g., taking deep breaths, practicing mindfulness, reminding yourself of their condition)

7. How can visual aids help reduce the frequency of repetitive questions? (e.g., using a whiteboard for daily schedules, placing labels on objects, creating reminder notes)

8. How can establishing a consistent routine help minimize repetitive questions? (e.g., setting regular meal times, having a daily schedule, maintaining familiar activities)

Strategies for Wandering Prevention

1. What situations or emotions seem to trigger wandering in your loved one? (e.g., restlessness, confusion about time or place, searching for something or someone)

2. Could unmet emotional or physical needs be contributing to your loved one's wandering behavior? (e.g., feeling lonely, needing exercise, discomfort)

3. What changes can you make to the home environment to make it safer and reduce the risk of wandering? (e.g., securing doors and windows, using childproof locks, rearranging furniture)

4. How can visual cues or barriers be used to discourage wandering? (e.g., placing "Stop" signs on doors, using curtains to hide exits, adding visual markers to indicate areas to avoid)

5. What technological tools can you use to monitor and prevent wandering? (e.g., door alarms, GPS tracking devices, motion sensors)

6. How can establishing a consistent daily routine help reduce your loved one's urge to wander? (e.g., scheduled activities, regular meal times, structured exercise)

7. How can incorporating regular physical activity into your loved one's routine help reduce wandering? (e.g., daily walks, gentle exercises, outdoor activities)

8. How can engaging your loved one in meaningful activities help prevent wandering? (e.g., hobbies, puzzles, music, social interaction)

9. What steps should you take if your loved one begins to wander? (e.g., staying calm, guiding them back, offering reassurance)

10. How can other family members help monitor and prevent wandering behavior? (e.g., taking shifts, staying informed, creating a safety plan)

11. What community resources are available to help you manage wandering behavior? (e.g., support groups, local Alzheimer's associations, neighborhood watch programs)

Identifying Caregiver Burnout

Over time, the demands of caregiving can lead to burnout, a state of chronic stress that affects your well-being and ability to provide care.

1. Have you noticed any changes in your physical health since you began caregiving? Review the list of symptoms below. Check off any symptoms you have experienced. Add any additional symptoms you're experiencing:

- ☐ Irritability or mood swings
- ☐ Detachment or cynicism
- ☐ Depression or sadness
- ☐ Anxiety
- ☐ Loss of motivation
- ☐ Chronic fatigue
- ☐ Frequent illnesses
- ☐ Headaches or migraines
- ☐ Sleep disturbances
- ☐ Muscle pain or tension
- ☐ Appetite changes
- ☐ Heart palpitations
- ☐ Withdrawal from social interaction
- ☐ Increased substance use
- ☐ Poor work performance
- ☐ Isolation
- ☐ Forgetfulness
- ☐ Negative thinking
- ☐ Lack of empathy
- ☐ _____
- ☐ _____

2. How have your emotions been affected by the demands of caregiving? (e.g., feelings of irritability, sadness, helplessness, anger, or numbness)

3. Have you experienced any changes in your mental health since you began caregiving? (e.g., difficulty concentrating, forgetfulness, anxiety, depression)

4. How do you think burnout is affecting your ability to care for your loved one? (e.g., decreased patience, increased mistakes, difficulty staying organized)

5. What emotional challenges are contributing to your burnout? (e.g., dealing with difficult behaviors, coping with feelings of grief or loss, managing your loved one's anxiety)

6. What aspects of caregiving are mentally exhausting for you? (e.g., constant vigilance, making complex decisions, managing multiple responsibilities)

7. What self-care activities could help you manage or prevent burnout? (e.g., regular exercise, hobbies, spending time with friends, relaxation techniques)

8. What boundaries could you set to protect your time and energy? (e.g., saying no to additional responsibilities, setting limits on caregiving tasks, scheduling regular breaks)

9. How can you maintain self-awareness to recognize the signs of burnout early on? (e.g., regular self-check-ins, seeking feedback from others, monitoring your stress levels)

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No standalone DSM-5-TR diagnosis under the workbook title · educational/contextual topic unless a separately assessed disorder applies
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under the workbook title · educational/contextual topic unless another coded condition is established
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 7, 8, 12, 13, 14, 15, 22, 23, 28, 31, 32, 33, 34, 36, 38, 39, 40. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Use Caring for a Loved One with Dementia or Alzheimers material to support assessment or intervention planning, not to assign a diagnosis. Evaluate duration, severity, clinically significant distress or impairment, developmental and cultural context, medical/substance causes, exclusions, and relevant differentials.

Document-specific corrections

- Keep Caring for a Loved One with Dementia or Alzheimers explicitly non-diagnostic; its exercises organize experience and goals but do not establish a mental disorder or causal explanation.
- Supersede diagnostic-sounding scoring on pages [2]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Clinically review medical or treatment statements on pages [8, 40]; remove prescriptive medication advice, clarify coordination with licensed medical care, and update contraindications or urgent warning signs for the specific topic.
- Replace crisis wording on pages [2, 39] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [2] contain named, implied, or author-created screening/rating content . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use Caring for a Loved One with Dementia or Alzheimers activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

Crisis and current resources

- For Caring for a Loved One with Dementia or Alzheimers, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services. · Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://988lifeline.org/>