Translation of Doctor’s video from Greek to English

* 0:01 My name is Faidra Kaligerou and I am currently working as a neurologist in Alzheimer Athens Association.
* 0:07 For the proper diagnosis, follow-up and communication with people suffering from dementia, the collaboration with their carers is very important.
* 0:17 The collaboration with the carers is very important not only in the early stages of the disease because the patients might not be in the position to understand their difficulties or might not want to admit them, but also in the late stages of the disease when the situation is clearly more difficult for the patients.
* 0:36 To begin with, it is very important that the carer mention to the doctor when did the symptoms start, in what way and what is their course after the mentioned starting point of the disease in order to help with the proper diagnosis and medication.
* 0:54 Moreover, it is important to mention behavioral changes of the patient, if any, and to describe as well as possible the patient’s daily functionality: which things can they do and which things they cannot?
* 1:07 For example, for a woman who was a housewife all her life and she used to cook very well, it is important for the carer to mention to the doctor that she cannot cook as well as before.
* 1:19 Another important element that the carers should pay attention to, is the response of the patient to medication and to mention any possible side effects.
* 1:31 To sum up, the important thing is to present to the doctor a realistic picture of reality, in order for the doctor to give the proper medication and the proper instructions and advise for the holistic confrontation with the disease.
* 1:49 On the other hand, there are some things that might incommode the role of the doctor.
* 1:55 It is really important for the carers to understand that dementia is a neurodegenerative disease which evolves in order not to have excessive demands as the situation will evolve and the patient will get worse as the disease progresses.
* 2:15 It is also important for the carer not to get stressed and not to lose, as possible, their temper because this is something that the patient apprehend and gets also stressed and, in general, gets upset and feels bad.
* 2:33 Finally, it is a carer’s right to pose questions in order to have all the necessary info but it is also their obligation to get informed, to get trained in order to confront with the best way possible each stage of the disease that has different demands.
* 2:54 Finally, the carers should understand that it is necessary to ask for help not only for the daily simple routines but also for the sentimental and psychological side of the disease whenever they consider that they need support.

Credits to: Alzheimer Athens

Special thanks to Dr. Fedra Kaligerou for her contribution to this video.