

# **The Meaning Behind the Title:**

## **Truth, Lies, & Alzheimer's – Its Secret Faces**

The “Truth” relates to what living with Alzheimer’s disease and dementia are truly like on an ongoing basis. Most people associate Alzheimer’s disease and dementia exclusively with memory loss and confusion. That’s not the case at all. It’s a very complicated disease with a lot of moving parts that are part of the disease which a lot of people don’t realize.

The “Lies” refers to several aspects of living with Alzheimer’s disease and dementia.

Many family members and caregivers believe that their loved ones are constantly lying to them about things. Once again, this is not the case. Because the short-term memory malfunctions without notice (similar to a light switch that flips on and off) during the progression of the disease, the person with dementia pulls from their long-term memories when this happens. As a result, they may be talking about things from their past which makes no sense to the person with a healthy brain; however, what they are talking about makes perfect sense to the person with dementia because that has become their reality, even if it's temporary.

Additionally, a person with dementia commonly suffers from false beliefs and delusions that can trigger them to accuse their caregivers and family members of things that are not true, but, once again, in their minds, it is true, and they believe it 100%. The issue here is that the reality of the person with dementia and the person with the healthy brain are incongruent with one another – their realities are not in alignment with one another; therefore, each person may think that the other is lying.

“Lies” also refers to using the "join their reality" concept to put a person with dementia at ease when its necessary.

“Lies” also refers to the many myths, misperceptions and misconceptions that people believe are true about Alzheimer’s disease and dementia, so one of our goals is to dispel those beliefs and open the door to the truths about the disease.

“Its Secret Faces” pertains to the many symptoms and behaviors that are caused by the brain damage caused by the disease that surface unexpectedly, at any given moment. Many people are not aware that things like the personality changes, behaviors, hallucinations, paranoia, etc. are very much a real part of living with Alzheimer’s disease and dementia.