

Mayo Clinic Minute: HABIT Program Helps Alzheimer's Disease Patients

Video	Audio
	To live in your own home. That's what most of us want as we age. But if Alzheimer's disease hits, that independence is at risk.
Ronald Petersen, M.D., Ph.D. Alzheimer's disease expert Mayo Clinic	"We have a program here at the Mayo Clinic called HABIT, and this is a program for individuals who are experiencing some degree of memory impairment, usually very mild."
	Dr. Ronald Petersen is director of Mayo Clinic's Alzheimer's Disease Research Center. He says the HABIT program helps people develop, well, habits because habits are preserved even as other parts of your memory decline.
sot: Ronald Petersen, M.D., Ph.D.	"This program is one of several that can actually be quite useful."
	The program is 10 days long. You learn how to use a journal to keep track of appointments, activities, people's names, medications, anything you want to remember. Plus it focuses on communication between partners and staying active physically, mentally and socially.
	To help people in the early stages of Alzheimer's disease stay independent longer.
	I'm Vivien Williams. For more health news, visit the Mayo Clinic News Network.