

# My Alzheimer's friend

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## *Abstract*

Alzheimer's disease, a neurodegenerative condition, does not exclusively affect the elderly. It involves the degeneration and loss of neurons in the central nervous system. One common symptom is memory loss, which eventually leads to a loss of independence. The disease is characterized by Alzheimer's changes, which also occur in related illnesses. The COVID-19 pandemic, with its limited contact between patients and their loved ones, has exacerbated the condition of those affected, highlighting the importance of social interaction for these individuals. Parkinson's disease and Lewy body dementia are examples of such diseases closely associated with Alzheimer's. Unfortunately, there is a lack of public interest in this topic, resulting in insufficient awareness. In care homes for the elderly, the involvement of students and beginners can be beneficial in enhancing both the physical and mental well-being of the residents through various activities. This support not only improves the patients' condition but also assists the understaffed medical professionals working in these facilities. The article discusses the preparatory phase of the project and the awareness of degenerative diseases in the general society.

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## *Keywords*

Alzheimer, elderly, disease, students, cooperation.