

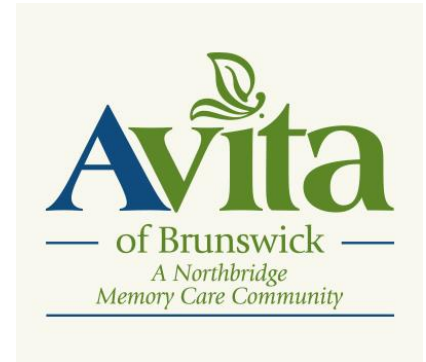
Dementia Discussion: A Look at the Fundamentals of Memory Loss

Presented by:

Heather LaFramboise, CTRS

Avita Program Director

Avita of Brunswick, Northbridge Companies

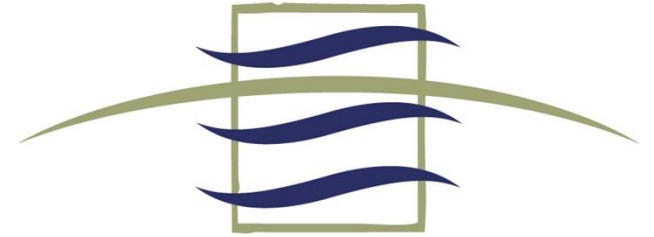


avitaofbrunswick.com

///

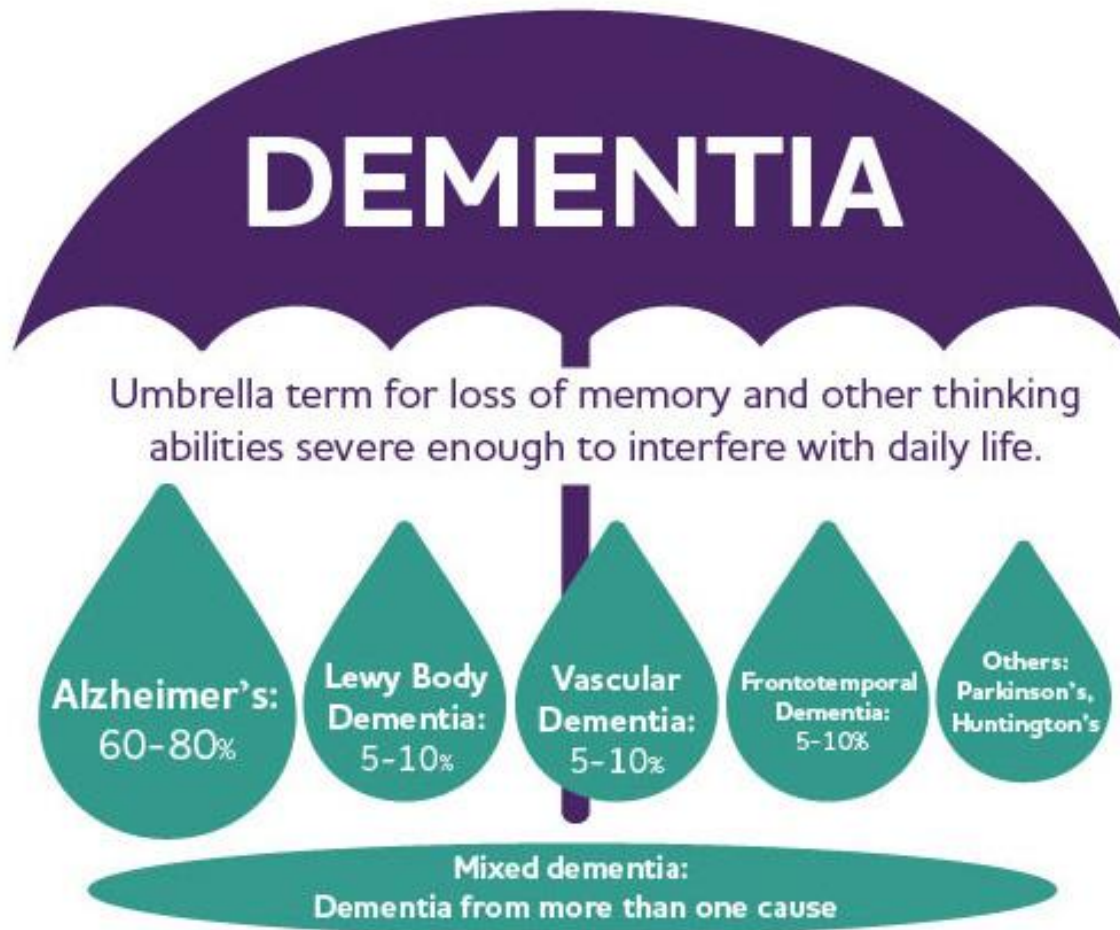
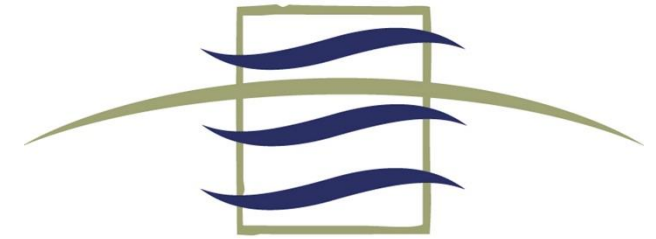
facebook.com/avitaofbrunswick

What is Dementia?



- Dementia is an umbrella term describing symptoms that affect thinking and function severely enough to interfere with daily life.
- Affects more than one of the following areas of the brain:
 - Recent memory
 - Language
 - Visuospatial functioning (perception)
 - Executive functioning (planning)
- A general term of a group containing more than 70 brain disorders.

The Dementia Umbrella

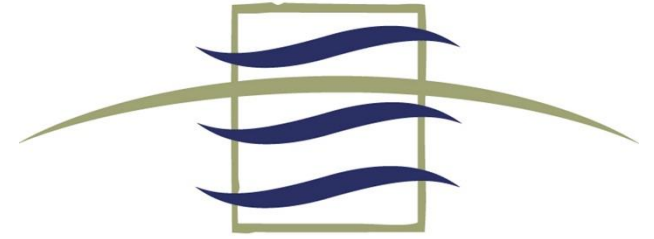


A Diagnosis of Dementia can be made with a high level of certainty, however, diagnosing a specific type of dementia can prove to be more difficult because symptoms can overlap.

In some cases, a diagnosis of dementia may be made without specifying what type. "Dementia, Unspecified" or "Dementia, Mixed Picture"

The main differences between many forms of dementia are the areas of the brain that is impacted and way they progress

Risk Factors

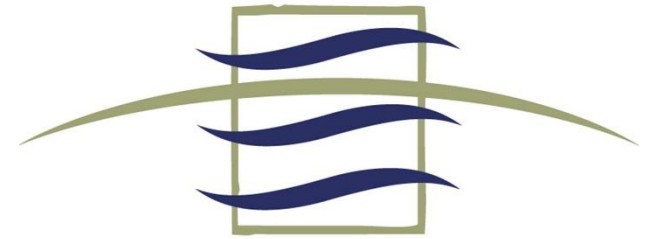


There is no one cause of Dementia, however there are factors that may contribute to the likelihood that someone may develop some form of Dementia

- Age
- Genetics & Family History
- Atherosclerosis
- Mild Cognitive Impairment
- Head Injury (TBI)



Manageable Risk Factors

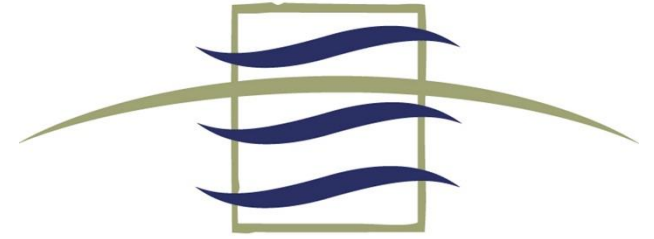


- Nutrition
- Exercise
- Heart Health
- Alcohol/Drug Consumption & Smoking
- Diabetes Management
- Sleep Apnea Treatment
- Treatment of Vitamin and Nutritional Deficiencies



Taking charge of these areas does not guarantee prevention of Dementia, however taking measures to manage these areas may help reduce the risk.

Diagnosis of Dementia



There is no one test to determine if someone has dementia.

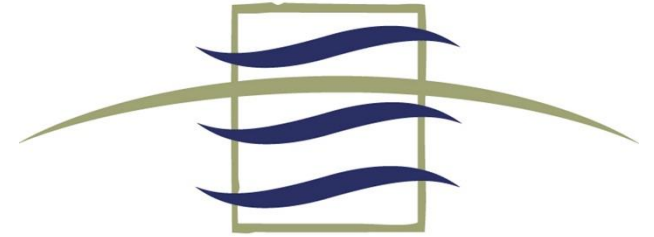
Diagnosis of Dementia is made based on

- Medical History
- Physical Examination,
- Laboratory Tests
- Type Specific characteristic changes in
 - Thinking
 - Day-to-day function
 - Behaviors associated with each type of dementia.



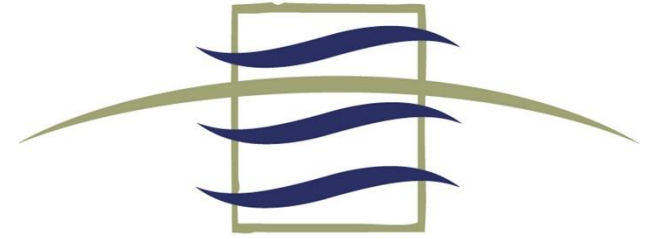
If an unspecified diagnosis of Dementia is made, it may be necessary to see a specialist such as a neurologist or gero-psychologist.

10 Warning Signs of Alzheimer's Disease



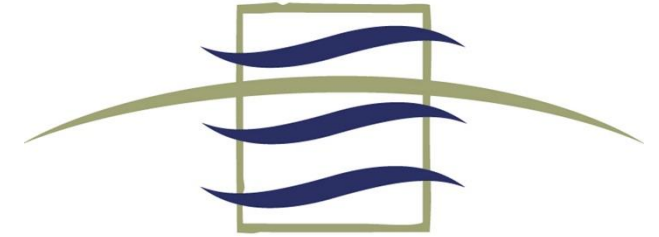
- 1. Memory loss that disrupts daily life.**
- 2. Challenges in planning or solving problems.**
- 3. Difficulty completing familiar tasks at home, work, or leisure.**
- 4. Confusion with time or place.**
- 5. Trouble understanding visual images and spatial relationships.**

10 Warning Signs of Alzheimer's Disease



6. **New problems with words in speaking or writing.**
7. **Misplacing things and losing the ability to retrace steps.**
8. **Decreased or poor judgment.**
9. **Withdrawal from work or social activities.**
10. **Changes in mood and personality.**

Symptoms of Dementia



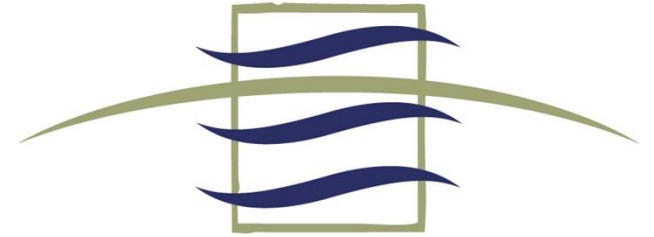
Symptoms of Dementia vary from person to person and depends on the Diagnosis

Common symptoms include

- Memory Loss
- Changes in thinking and processing
- Confusion
- Changes in behavior



Areas affected by dementia



Memory Loss

Personality

Judgment

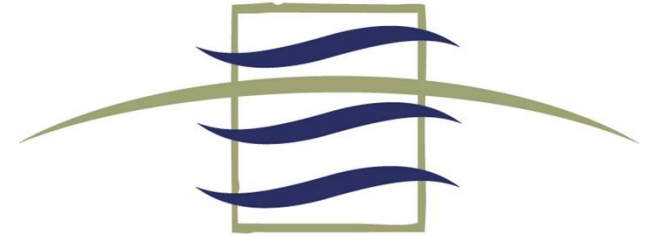
Intellect

Perception

Communication



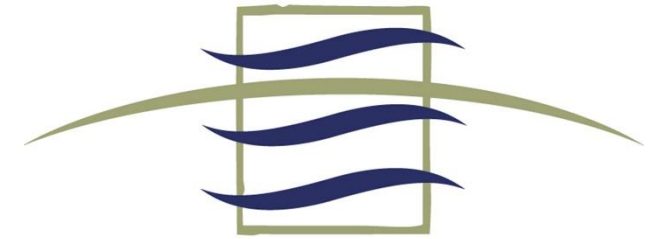
Mild Cognitive Impairment (MCI)



- Memory changes that are slight but noticeable to the person affected and/or by family members and close friends. These changes do not affect one's daily functioning
- Some cases of MCI can be related to treatable conditions, however, most cases are early signs of some forms of dementia.
 - Examples:
 - Going to the grocery store for milk and forgetting milk
 - Forgetting what is being said in the middle of a sentence
 - Easily distracted and unable to regain train of thought
 - Impairment of ability to make decisions



Stages of Dementia



Early:

- Short term memory loss
- Changes in mood/personality
- Loss of initiative
- Depression
- Isolation
- Confusion
- Confabulation

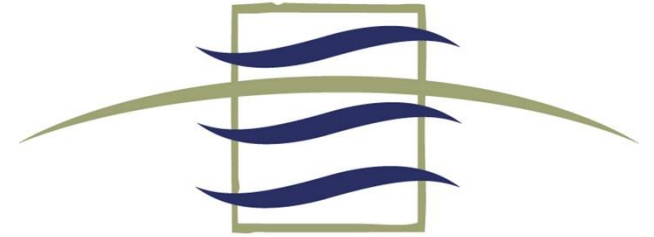
Middle:

- Beginning of functional losses
- Loss of long-term memory
- Loss of language skills
- Visual/spatial disturbances more present
- Increased incontinence
- Wandering
- Increased “sundowning”

Late:

- Dependent in all ADL’s
- Non-ambulatory
- Little, if any, verbalizations
- Inability to chew or swallow
- Complete incontinence
- High risk for pneumonia or illness

Treatment and Interventions



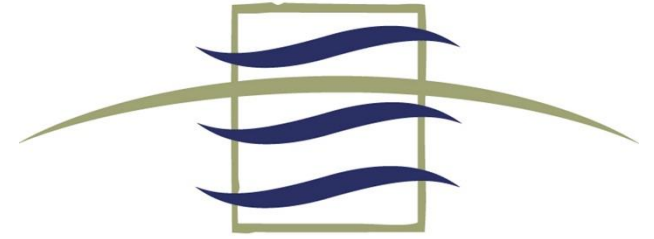
Currently, there is no cure for Dementia, however there are both pharmacological and non-pharmacological treatments and interventions for some of the symptoms of Dementia

Treatments include:

- Medications
- Alternative Treatments
- Interventions for Behaviors
- Interventions for Sleep Changes



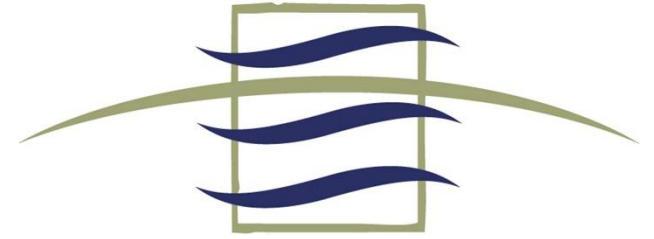
What can you do to help a friend?



- First and foremost be a friend and give support.
- Encourage a physical exam, lead by example.
- If you feel you need to, call family members.
- Limit correcting the person, or increasing their feeling of memory loss.
- Tell the person you are concerned about them.
- Be prepared that any assistance may be met with thinking you are the person with the problem.



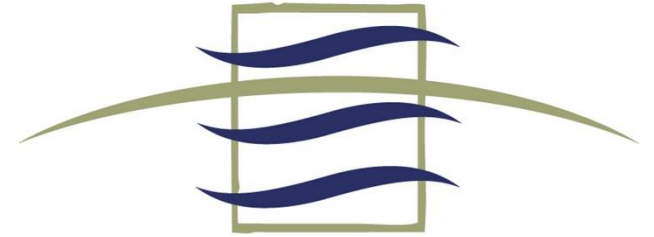
What can you do to help a friend?



- Don't settle for a diagnosis of dementia from an MD.
- Know there are many diseases that can be causing the changes that could be treated.
- Know that how they're behaving is not in their control.
- Don't argue, it does no good.
- Don't give up on them.



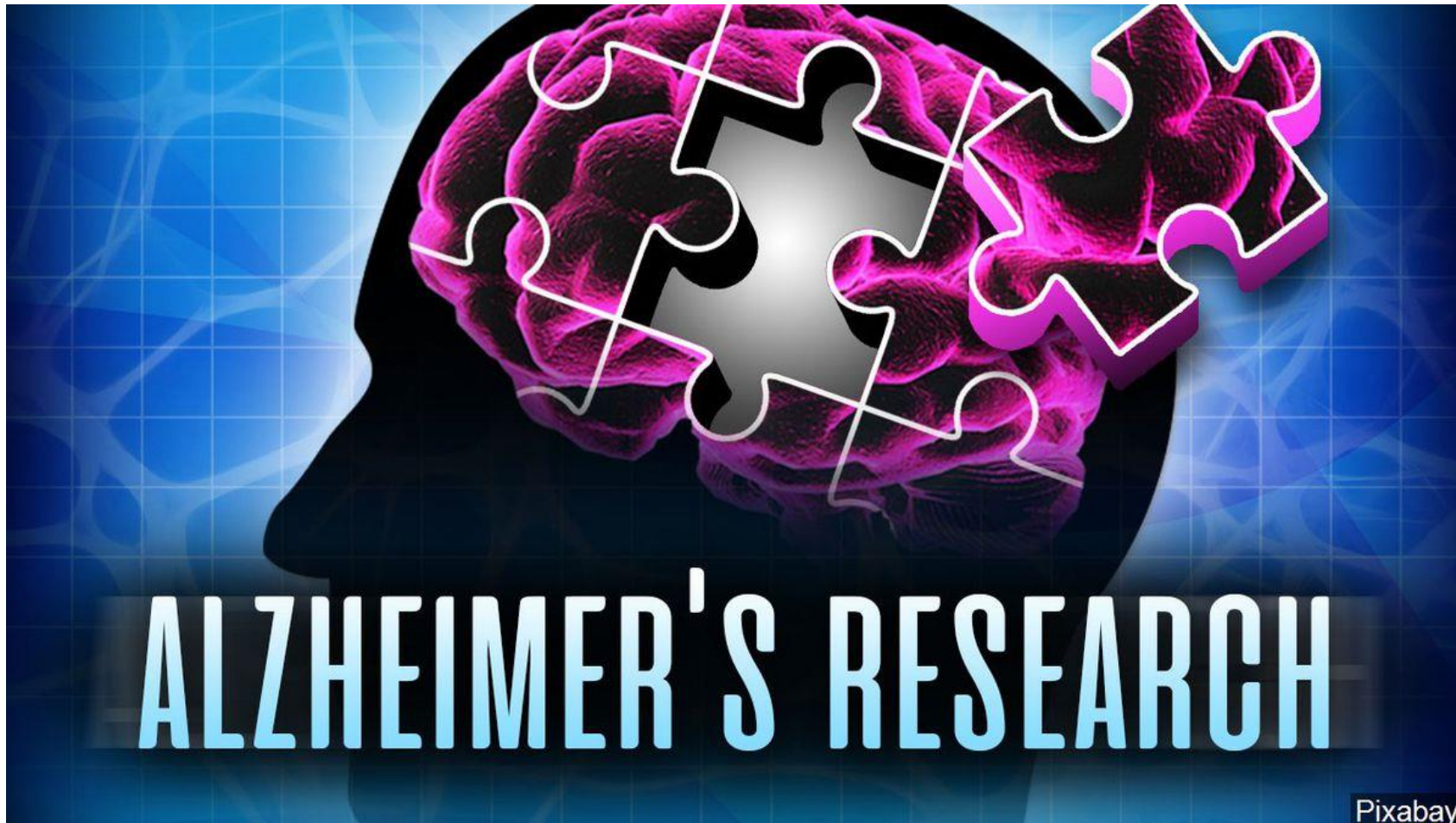
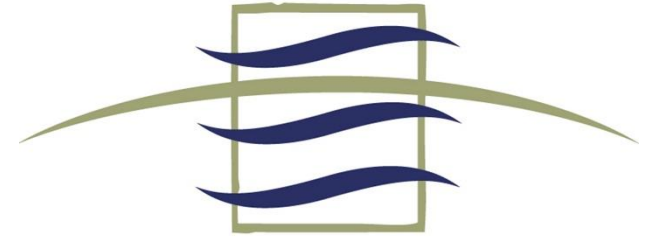
Family and Caregiver Support



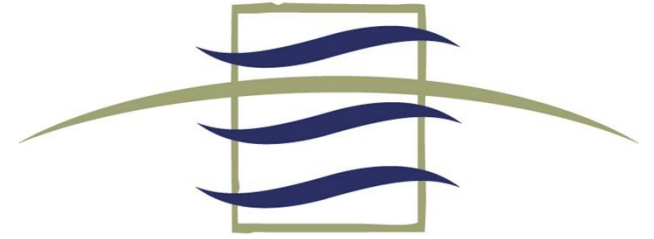
- Support Hotline
 - **ALZHEIMER'S ASSOCIATION 24/7 HELPLINE [800.272.3900](tel:800.272.3900)**
- Local Support Groups
- Internet based Resources
 - Alz.org
 - Helpguide.org
 - Alzheimers.net
- Print and Online Resources
 - Books: *Learning to speak Alzheimer's* or *The 36 Hour Day*
 - Journal Articles: *Online Dementia Journal*



Research



Resources and References

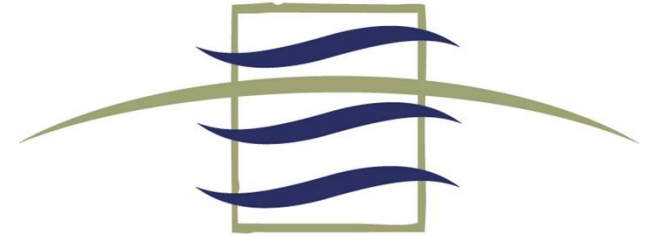


- alz.org – Alzheimer’s Association
- curealz.org – Cure Alzheimer’s Fund
- alzheimers.net
- Teepasnow.com – Teepa Snow, Positive Approach to Care

alzheimer’s  association®



References



- <https://my.clevelandclinic.org/health/diseases/17990-mild-cognitive-impairment>
- <https://www.helpguide.org/articles/alzheimers-dementia-aging/tips-for-alzheimers-caregivers.htm>