



DEMENTIA 101

AN OVERVIEW

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- More than 6.7 million Americans – by 2050...nearly 14 million
- Costs the U.S. \$345 billion – 1.1 trillion by 2050
- 1 in 9 people over 65 have AD/dementia (27%)
- 1 in 3 seniors will die from AD/dementia (35%)
- 6th leading cause of death
- It kills more than breast cancer and prostate cancer combined
- 70-80% live in the community....not in facilities

What Is Dementia Anyway?

- Brain failure (2 or more areas).
- Not a specific disease, but a general term used to describe a wide range of symptoms.
- A complex syndrome of memory, mood, behavioral, & perceptual changes that evolve over time & vary among dementia type
- Alzheimer's is the most common cause of dementia...currently no cure.
- It is ***NOT*** a normal part of aging!
- Most common dementias are caused by slowly progressive diseases that are terminal.

Dementia

Treatable
Dementias

Vascular
Dementias

Mixed
Dementias

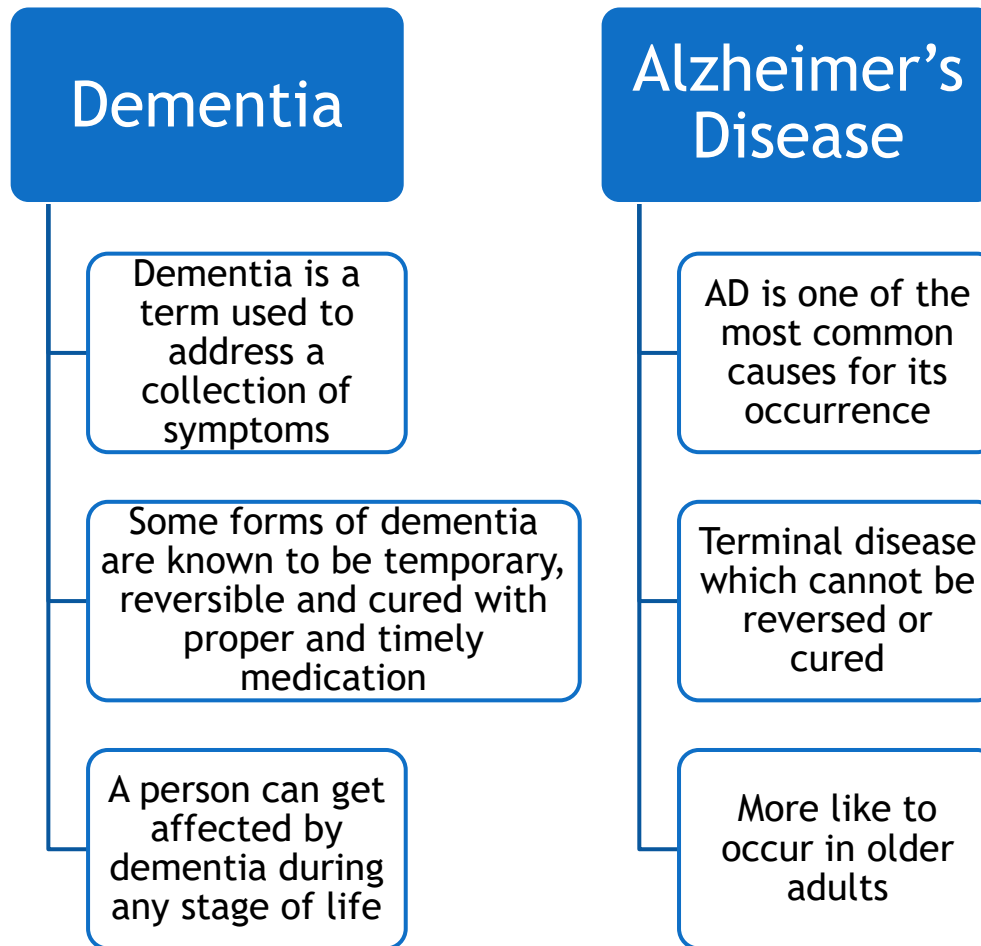
Frontotemporal
Dementia

Lewy Body
Dementia

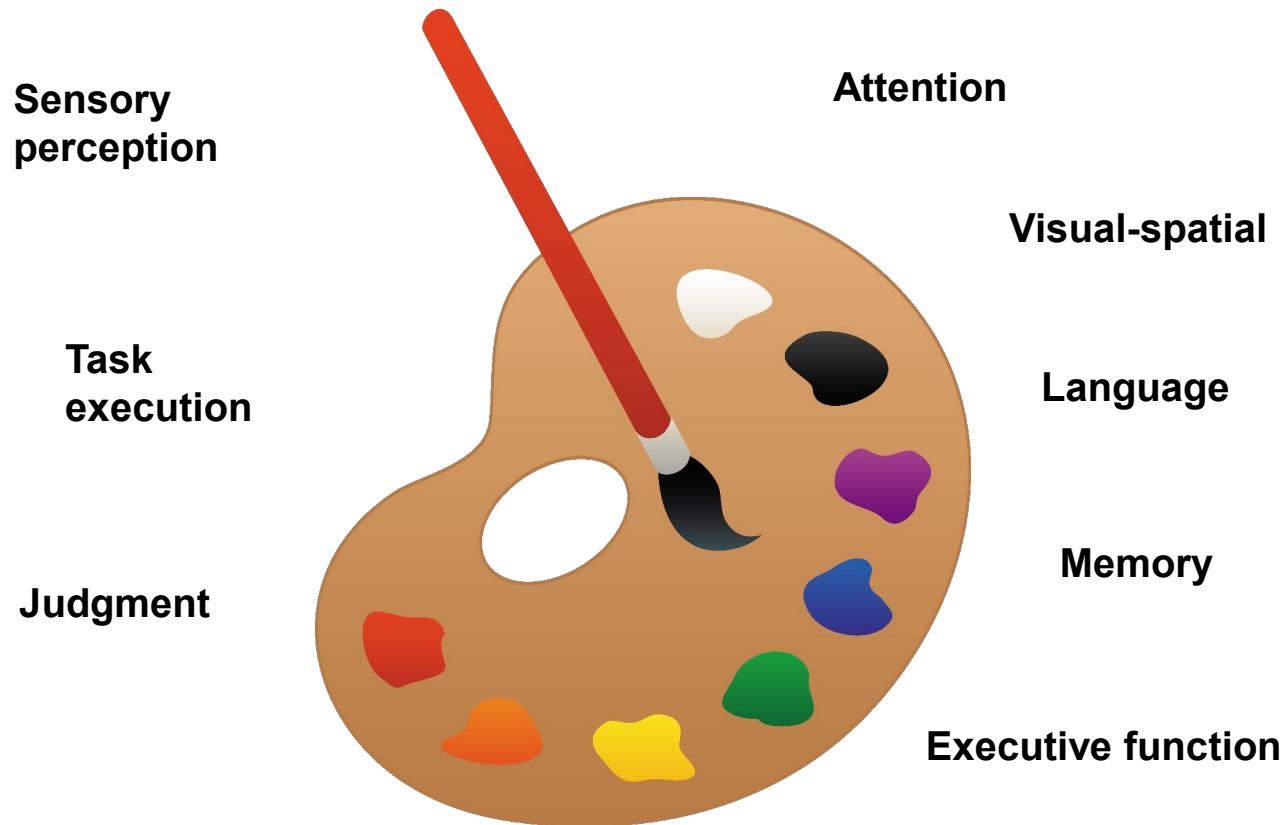
Other
Dementias

Alzheimer's Disease

Dementia vs Alzheimer's Disease



Dementia



Dementia

- What day is it?
- How do I get to the bank?
- Where are my keys?
- Did I already tell you this?
- Hand me the whatchamacallit?
- What time is my appointment?

Dementia

- It changes everything over time
- It is NOT something a person can control
- It is NOT the same for every person
- It is NOT a mental illness
- It is real
- It is very hard at times

What you don't know

Unawareness of decline or difficulties

Not a conscious act of denial

Decreasing self-awareness

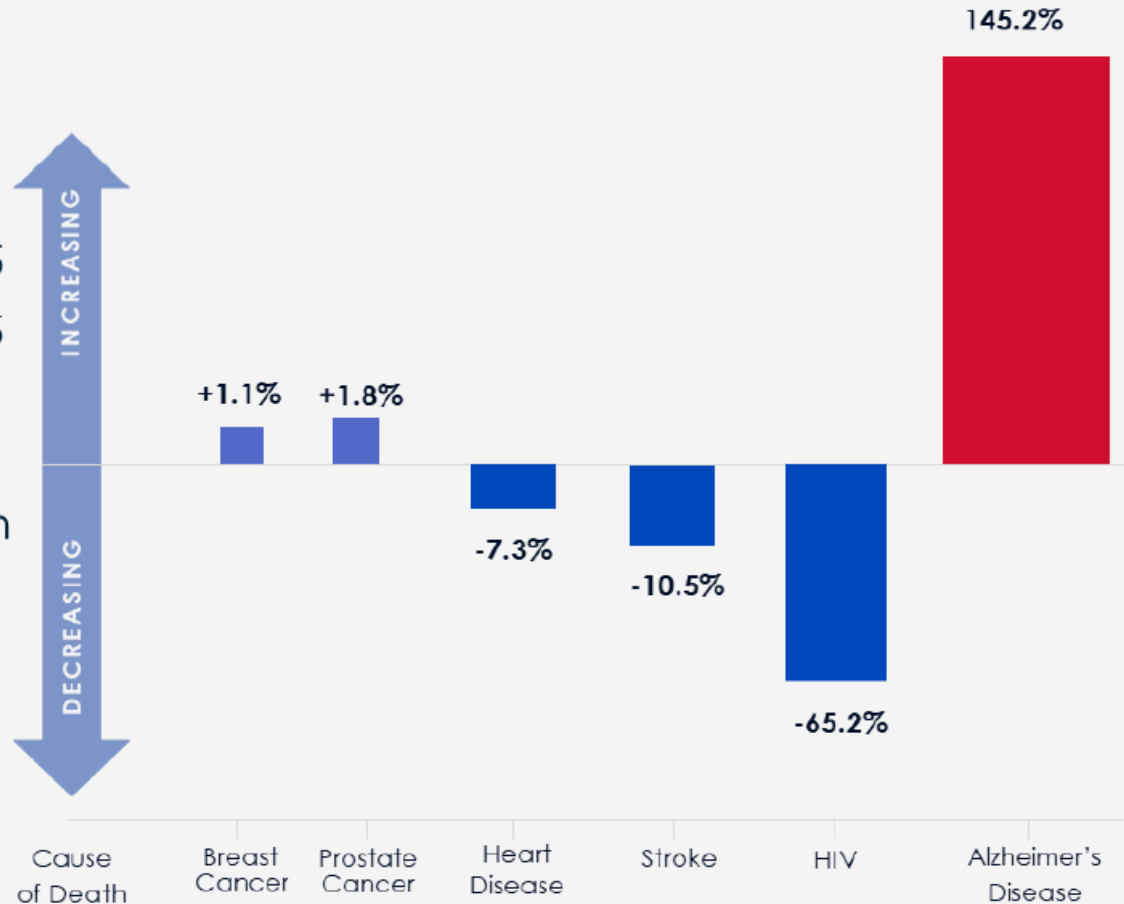


Why The Increase In Dementia?

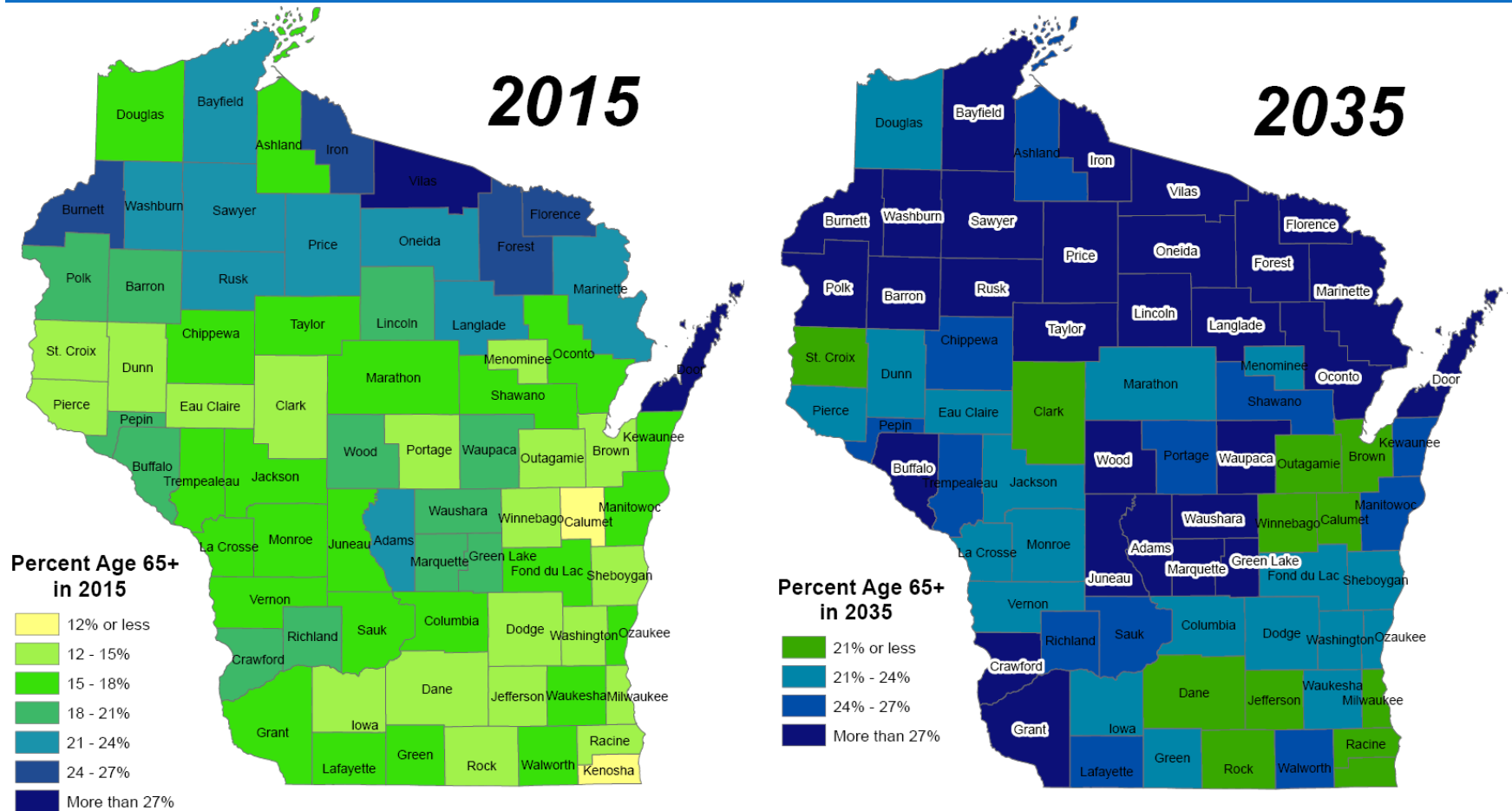
- Living longer
- Life threatening diseases have been decreased due to successful treatments:
 - ▣ Cancer
 - ▣ Heart disease
- Early detection tools:
 - ▣ Community education
 - ▣ Screening availability
- 68% increase by 2035

Scope of the Epidemic (U.S.)

6.5 million adults
1 in 9 adults age ≥ 65
1 in 3 adults age ≥ 85
2/3 are women
Alzheimer's deaths increased 145% from 2000-2019, while other top causes of death have declined



Wisconsin's Aging Population



What Does Dementia Look Like?



The Faces Of Dementia....



Where Do People With Dementia Live?

Individuals 65+ with Dementia by Setting (n=120,000)



■ Community ■ Skilled Nursing Facilities



Normal Aging Vs. Not Normal Aging

□ Normal Aging

- Sometimes forgetting names, but remember later
- Making occasional errors, i.e. balancing a checkbook
- Occasionally needing help with TV remote, microwave
- Confusion about day of the week, but later figuring it out
- Vision changes related to cataracts or trouble hearing
- Sometimes having trouble finding the right word

□ Warning Signs of Dementia

- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with place or time
- Trouble understanding visual or spatial relationships
- New problems with words in speaking or writing

Normal Aging Vs. Not Normal Aging

□ Normal Aging

- Misplacing things from time to time
- Making a bad decision once in a while
- Sometimes feeling weary of work, family and social obligations
- Becoming irritable when things change

□ Warning Signs of Dementia

- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgement
- Withdrawal from work or social activities
- Changes in mood or personality

What Else Could It Be?

- Another medical condition
- Medication side effect/interactions
- Hearing/vision loss
- Hormone imbalance
- Vitamin deficiency
- **Delirium- infection or severe pain**
- **Depression- mental health issue**

When the causative factor is removed...brain function returns

Mimics Of Dementia Symptoms

Depression

- ❑ Can't think
- ❑ Can't remember
- ❑ Not worth it
- ❑ Loss of function
- ❑ Mood swings
- ❑ Personality changes
- ❑ Change in sleep

Delirium

- ❑ Swift change
- ❑ Hallucinations
- ❑ Delusions
- ❑ On/off responses
- ❑ Infection
- ❑ Toxicity
- ❑ Dangerous



Mild Cognitive Impairment (MCI)

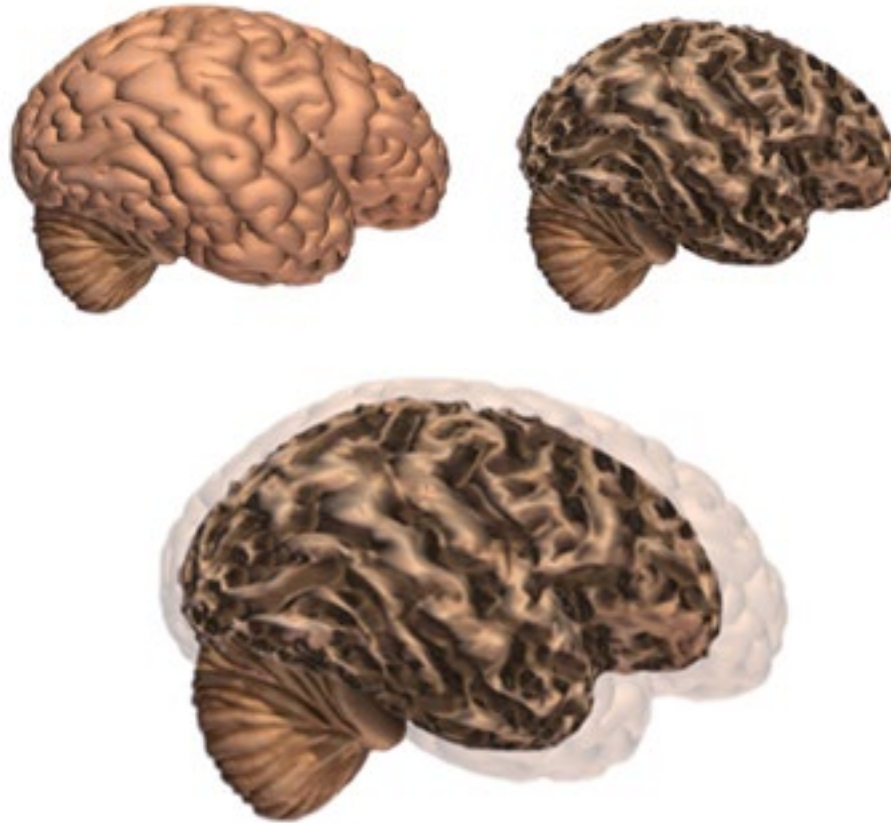
- MCI is the beginning of a not normal condition.
 - ▣ Memory
 - ▣ Language
 - ▣ Behavior
 - ▣ Motor skills

Not life altering, BUT definitely different...

Alzheimer's Disease

- New information is lost, recent memory worsens
- Challenges in planning/problem solving
- Problems with word finding (nouns)
- May misspeak
- Personality changes
- Gets lost
- Changes are noticeable every 6-12 months
- Typically lasts 8-12 years
- https://www.youtube.com/watch?v=Eq_Er-tqPsA&t=2s

Alzheimer's Changes The Whole Brain

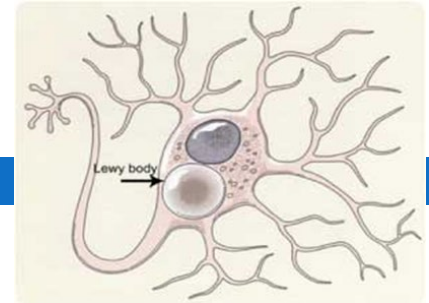


Vascular Dementia

- Presents with sudden changes, stepwise progression
- Often the consequence of other conditions like diabetes or heart disease
- Damage is related to blood supply/not primary brain disease: treatments can plateau
- Unique to person (blood/swelling/recovery)
- May bounce back and/or have very bad days
- Judgment and behavior not the same
- Emotional and energy shifts



Lewy Body Dementia



- Movement problems- lots of falls
- Visual hallucinations- animals, children, people
- Fine motor problems- hands, swallowing, tremor, gait
- Big fluctuations in abilities/alertness- come and go
- Sleep disturbances
- Visual perceptual deficits (scraping car, can't stay in lane)
- Drug responses can be extreme and strange:
 - Can become toxic, causing the person to be unable to move or even die
 - May have OPPOSITE reaction

Fronto-Temporal Dementias (FTD)

- Many types
- Frontal – change in personality/behavior
 - Says unexpected, rude, odd things to others
 - Unable to control behaviors- food, drink, sex, emotions, actions
- Temporal – language loss
 - Can't understand what is said, fluent nonsense words
 - Can't speak or get words out



Stages of Dementia

Early Stage or Mild Dementia

- Getting lost
- Poor judgement
- Difficulty managing finances
- Repeating questions
- Losing things in odd places
- Personality changes
- Taking medication as prescribed



Stages of Dementia

Middle Stage or Moderate Dementia

- ❑ Increased confusion
- ❑ Difficulty learning new things
- ❑ Challenges handling new situations
- ❑ Impulsivity (acting on sudden urges)
- ❑ Paranoia
- ❑ Hallucinations



Stages of Dementia

Late Stage or Severe Dementia

- ❑ Difficulty communicating
- ❑ Complete dependency on caregiver
- ❑ Increased sleeping
- ❑ Seizures
- ❑ Weight loss
- ❑ Difficulty swallowing
- ❑ Lack of control of bowel & bladder



All Stages



Brain Changes...

- Let's look at how a person with a changing brain interprets their world...



Dementia Is More Than Memory Loss

- Episodic memory:
 - Short-term is first to be affected, long-term is more preserved
- Emotional memory:
 - The memory of how you made a person feel is preserved longer, even in the short term
- Muscle memory:
 - Familiar movements help with preparing for what will happen next

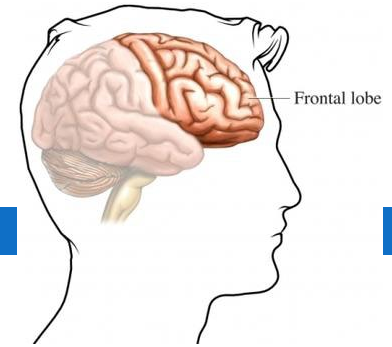


Sensory Processing System

- Picks up information from our environment in 5 different ways:
 - ▣ Visual
 - ▣ Verbal
 - ▣ Feel & Do
 - ▣ Smell
 - ▣ Taste



Frontal/Pre-frontal

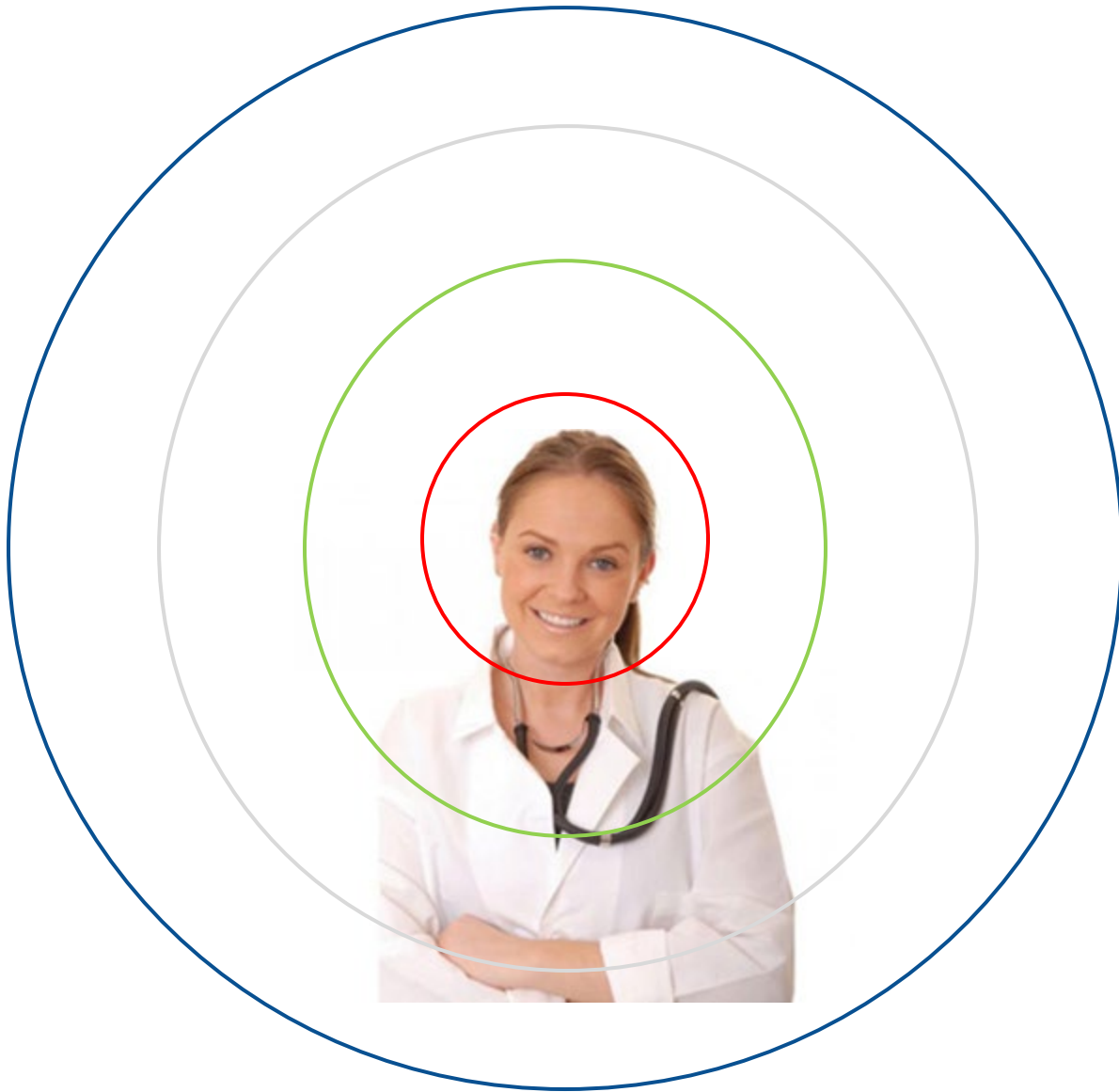


- Impulse control:
 - Delay gratification, recognize risk vs. benefit, identify long term outcomes
- Decision making:
 - Think things through, consider options, and make choices
- Perspective and empathy:
 - Last to develop and not everyone is good at it
 - Seeing things from another person's perspective

Vision Center – Big Changes

- Center field vision – preserved
 - ▣ Curiosity and interest
- Edge vision – greatly decreases even in early dementia
 - ▣ Safety awareness...a person's world becomes very small
 - ▣ Unable to scan in an organized fashion
 - ▣ Miss details






Auditory Processing

- Hear with your ears but process with your temporal lobes...
 - **Left side** – Formal language
 - Vocabulary
 - Understanding
 - Speech production
 - **Right side**– Basic rhythm skills
 - Automatic social chit chat
 - Rhythm of speech
 - Music, poetry, prayer
 - Forbidden words...swearing, sex talk, racial slurs



Skills
Lost



Skills
Retained

Sensation & Movement

- Top of your brain is an entire map of your body
 - Sensation in & movement out:
 - Feel things and do something about it
 - Do things and realize what it feels like
 - Keep curiosity but lose safety awareness
 - Loose ability to locate/express pain
 - **High sensory areas:** mouth, palms of hands, soles of feet & genitalia
 - Commonly this area of the brain is not where changes start but eventually will be affected as the brain continues to change.

Communication Is...

- Sending and receiving messages
- How we relate to each other
- An important part of our relationships
- More than talking and listening
- A way to express who we are
- About attitude, tone of voice, facial expressions and body language
 - *How would you express to me that you had to pee if you could not use words?*

How To Help A Person With Dementia Communicate:

- Be patient, calm, and supportive...show your interest
- Offer comfort and reassurance
- Give the person time
- Avoid criticizing, correcting, or quizzing
- Avoid arguing, don't take things personally
- Offer a guess
- Encourage unspoken communication
- Limit distractions
- Focus on feelings, not facts. Meet the person where they are at and be in the moment with them

Best Ways For You To Communicate:

- ❑ Identify yourself
- ❑ Call the person by name
- ❑ Speak slowly and clearly
- ❑ Give one-step directions
- ❑ Ask one question at a time
- ❑ Repeat information or questions
- ❑ Use short simple words and sentences/explanations
- ❑ Turn questions into answers/statements
 - ❑ “Here is a bowl of fruit to eat” instead of “Are you hungry”

Best Ways For You To Communicate:

- Avoid confusing expressions, vague statements
 - ▣ Here is your hat vs Here it is
- Approach from the front, maintain eye contact
- Emphasize key words
- Turn negatives into positives
 - ▣ “Say let’s go over here” instead of “Don’t go over there”
- Give visuals cues
 - ▣ Point or touch the item you want the person to use (i.e. using a fork to eat or pen to write)
- Write things down
- Treat the person with dignity and respect

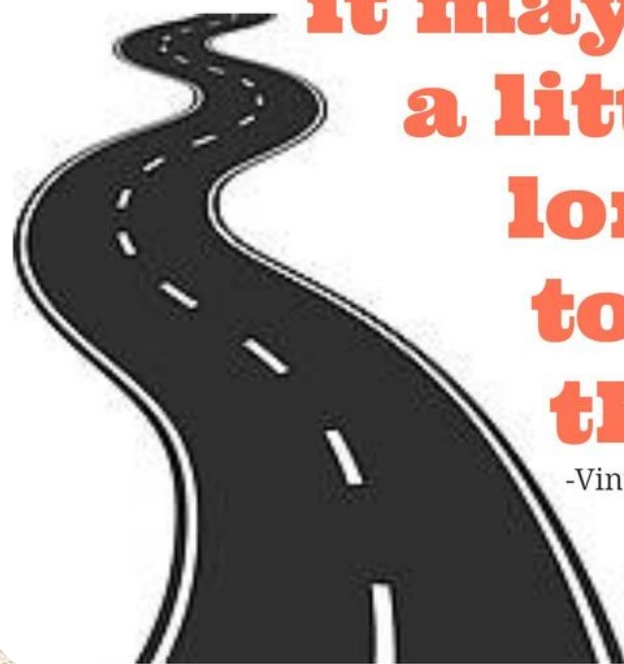
Change Your Perspective

- “At some point in the course of their illness, 90% of those with dementia are expected to develop **significant behavioral problems**. **Behavioral disturbances** occur throughout the course of dementia, irrespective of the level of cognitive impairment.”
- “At some point in the course of their illness, 90% of those with dementia are expected to communicate. Communication occurs throughout the course of dementia, irrespective of the level of cognitive impairment.”



**A small DETOUR
doesn't mean you
have to STOP!
It just means
it may take
a little
longer
to get
there.**

-Vintage News Junkie



Our Needs:

- To be useful
 - To visit places
 - To run errands
 - To be able to take care of ourselves and others
 - To have our self-esteem boosted
 - Manage day to day tasks
- *Think of all the day to day things we take for granted and be grateful**

Thank You

- Contact Information:
- 1-888-538-3031
- www.adrcconnections.org