

A stylized, light-colored illustration of a plant with several leaves and a cluster of small, round berries or flowers, positioned on the left side of the slide against a dark brown background.

UNDERSTANDING DEMENTIA

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Understanding What Dementia Is

- An umbrella term for a decline in mental ability
 - SEVERE enough to interfere with daily life
 - Memory
 - Language
 - Reasoning
 - Judgment
 - Visuospatial Skills
 - Orientation
- Over 60 known forms of Dementia
- Mild/Moderate/Severe Stages

Grasping What Dementia is NOT

- Dementia is **NOT** Alzheimer's
- Memory Loss means Dementia
- A diagnosis of Dementia means my life is over
- My aunt has it, so I will too.

Top 10 Symptoms

- Memory Problems
 - Dates/Events
 - Well-traveled routes
 - Names/Faces of Friends and Family
- Difficulty planning and problem solving
 - Paying Bills, Following a Recipe
- Language Problems
 - Football=Kickball
- Confusion to Date and Time
- Poor Judgment
 - Wearing a t-shirt and sandals during the winter

Top 10 Symptoms

- Visuospatial Difficulties
 - Seeing Water/Holes, Increased Clumsiness
- Misplacing things
 - Inability to replace steps
 - Putting items in incorrect places
- Changes in Mood
 - Extreme highs and lows
 - Depression very common
- Loss of Initiative
- Personality Changes



BIG FOUR

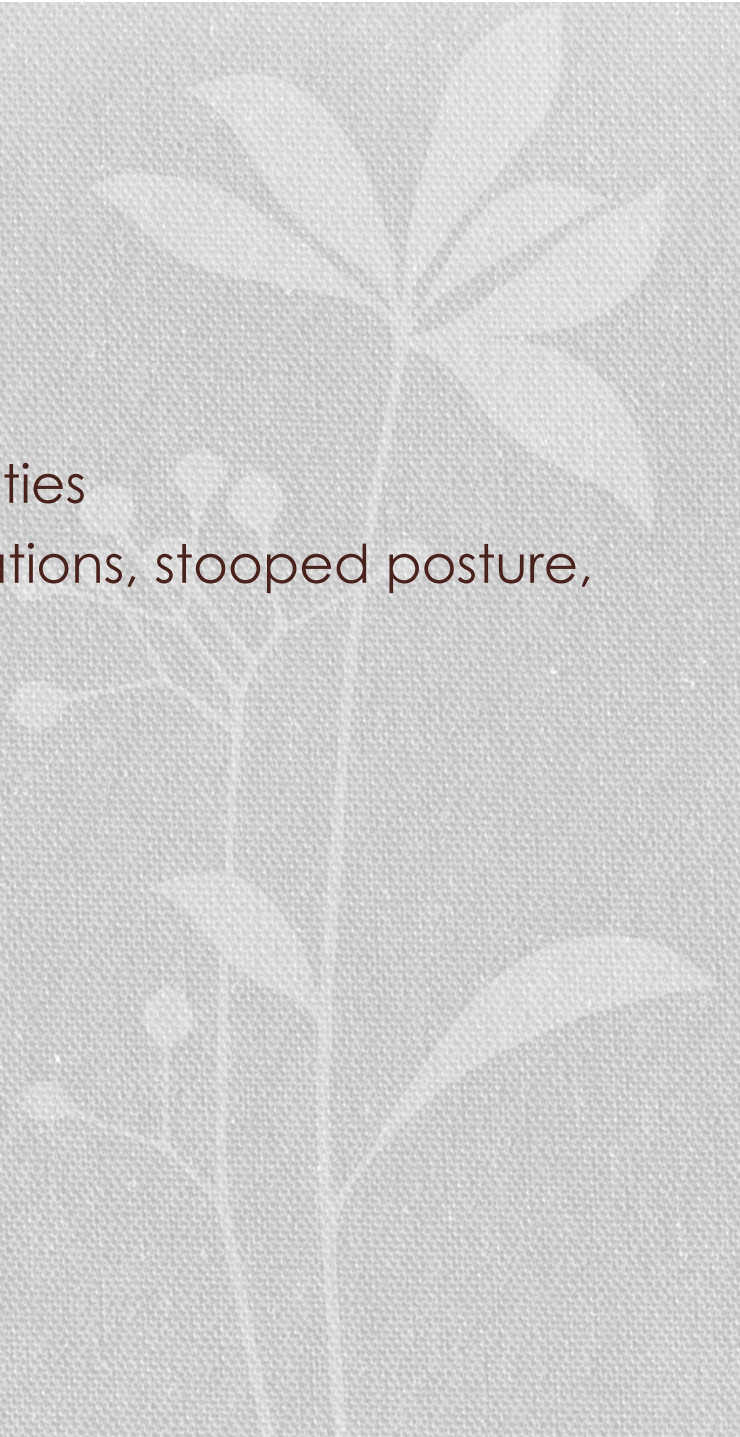
- Alzheimer's Disease (AD)
 - Most common form of Dementia (60%)
 - 5.3 million Americans affected
 - 2/3 of affected are women.
 - Irreversible, progressive brain disease
 - Abnormal deposits of specific proteins that affect normal brain function
 - Only 100% diagnosis is an autopsy

BIG FOUR

- Vascular Dementia
 - Second most common (40%)
 - Symptoms vary by what part of the brain experienced oxygen deprivation was affected by a stroke and in turn the cells affected
 - Typically is paired with weakness or paralysis of limbs as well as speech difficulties

BIG FOUR

- Lewy Body Disease
 - Much rarer form of Dementia
 - Lewy Bodies are those brain abnormalities
 - Symptoms include confusion, hallucinations, stooped posture, rigidity and shuffled gait
 - No treatment



BIG FOUR

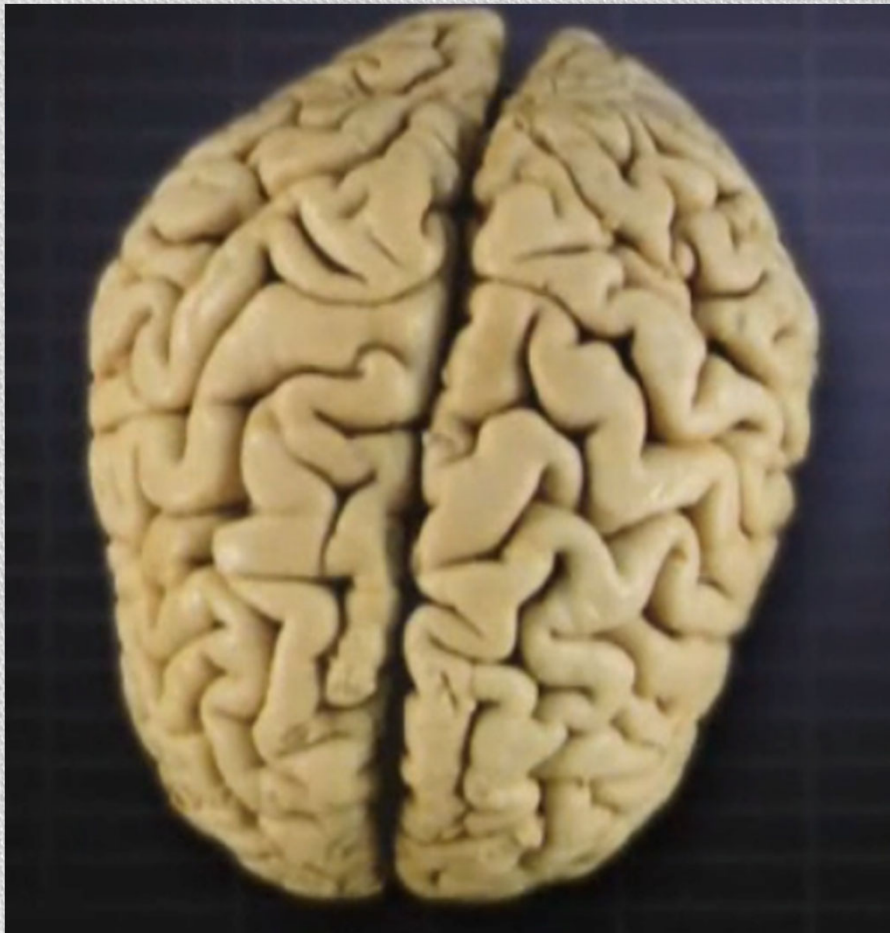
- Frontotemporal Dementia
 - Least common of the “big four”
 - 50,000 people in US
 - 2% of cases
 - Affects the frontal and temporal lobes
 - Symptoms include strange or sexually disinhibited behavior,, ;ack of empathy, poor personal hygiene, loss of motivation, repetitive and compulsive speech and actions

MCI=Dementia Lite?

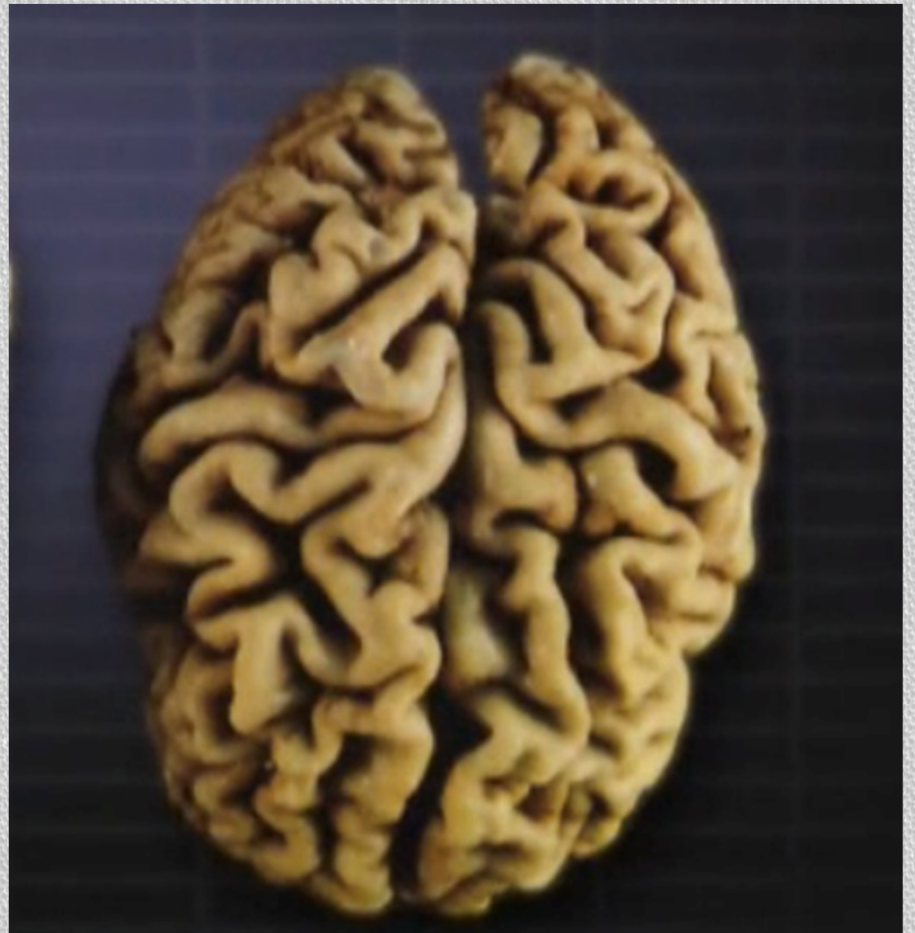
- More limitations than a normal aging brain, but not enough to constitute as Dementia
- Can affect a variety of normal thought processes, but does not impact mood or the ability to function day-to-day
- Can be a sign of obtaining Dementia in the future, but around 60% of people who develop MCI's don't get worse and some even get better

Brain Basics

NORMAL BRAIN



BRAIN AFFECTED BY DEMENTIA



Mild Dementia

- Problems coming up with the right word or name
- Hard time performing tasks in social or work settings
- Losing or misplacing a valuable object
- Increasing difficulty with planning or organizing



Moderate Dementia

- Forgetting own personal history
- Moody or withdrawn, especially with mental or social situations
- Confusion to time and place
- The need for help choosing proper clothing
- Incontinence issues
- Changes in sleep patterns
- Personality and behavioral changes



Severe Dementia

- Round the clock care
- Changes in physical abilities, including walking, sitting, and eventually swallowing
- Increasing difficulties with communicating
- Become more vulnerable to infections, especially pneumonia



Memory

- Short Term
 - Limited Capacity
- Long Term
 - Stored
 - Ability to obtain the memory
- Think of Maya Angelou!
 - “People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Understanding the Anatomy

- Frontal Lobe
 - Higher intellectual functioning
- Parietal Lobe
 - Movement and ability to make sense of your sense organs
- Temporal Lobe
 - Most affected lobe in Dementia due to the locations of:
 - Hippocampus, Auditory Cortex, and Wernicke's Area
- Occipital Lobe
 - Vision
- Brain Stem

Aphasia

- Communication Principles
 - Change
 - Context
 - No Expectations
 - Reassurance
 - Consistency
- More than Speech
 - My Sweet JoAnn
- Successful Strategies
 - Talk to them, not about them
 - Use sounds for encouragement
 - Speak at a slower pace, with pauses in-between topics
 - Avoid Infantilizing Communication

Lost & Wandering

- Reasons for Wandering
 - Continuing with a habit
 - Relieving boredom
 - Using up energy
 - Being confused
 - Relieving pain
 - Searching for loved ones or animals
- Wanderers Information Sheet
 - Beneficial in all situations



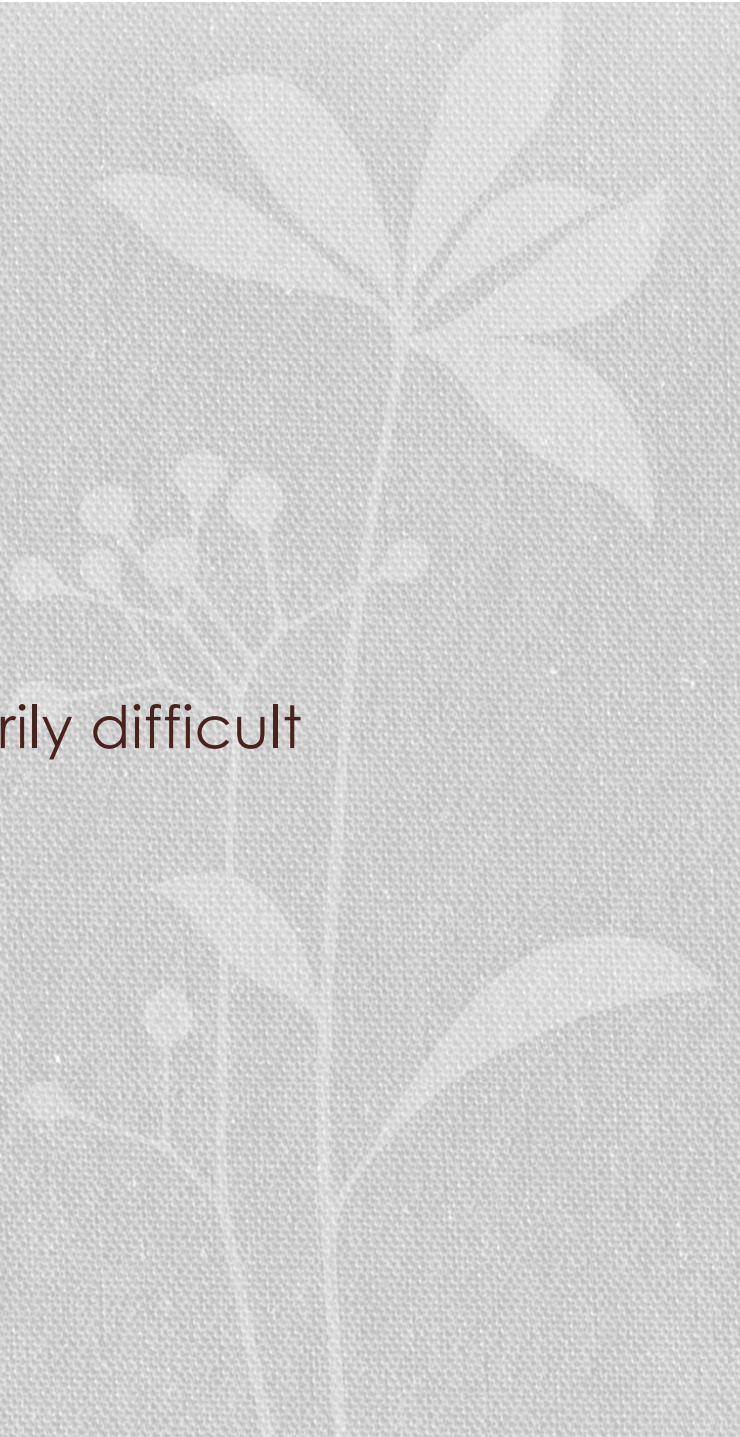
Aggression & Agitation

- Verbal
- Physical
- Drawing the Square
 - Muscle Memory
- Reasons behind Aggression
 - Physical
 - Medication
 - Paranoia
 - Delusion
 - Hallucination
 - Well-meaning but poorly executed caregiving



Functional Problems

- Executive Functioning
 - Planning
 - Organizing
 - Sequencing
 - Abstracting
- Planning tasks become extraordinarily difficult
- Peanut Butter Jelly Time



Risk Factors

- APOE
- Lifestyle
 - Drugs
 - Alcohol
- Smoking
- Diet
- Exercise
- Newspaper Headlines...
 - Pollutants, Medications, Aluminum, Diet Sodas, Sugar, Salt!

Caring for Dementia

- Control
 - Sun Setting and Rising
- Daily Routine
 - Positive
- Dignity
 - “Do Unto Others”
- Simplified
 - Choose your words wisely



Managing Incontinence

- Causes:
 - Brain Deterioration
 - UTI
 - Medications
 - Inadequate Hydration
- Best Practices for All
 - Scheduled Toileting
 - Prompted Voiding
 - Habit Training



Managing Diet & Eating Difficulties

- Observe
- Create a natural feeling
- Slower eaters
- Weight gain
- Medications
- Interest
- Hydration
- Swallowing/Choking

Patient Proofing

- Tips and Tricks
 - Visuospatial Issues
 - Locks
 - Neighbors/Staff Training
 - Stairs/Ramps
- Keeping Track of Loved Ones
- Easy to Read Signs
 - Thermostat
 - Fridge
 - Bathroom
 - Grandma's House



What We Can Do as Professionals

- Educate
 - Yourself
 - Staff
 - Family
- Advocate
 - For the individual
 - For the family
- Assist
 - Dementia Focused
- Judgment Free Zone
 - Airports Study for Dementia

Resources

- www.NCDDP.org
- www.alz.org
- www.hartforddign.org
- www.nursinghomemagaine.ca
- www.ninds.nih.gov
- www.consultgerin.org
- www.aoa.gov
- www.care4elders.com
- www.theaftd.org
- www.dbs-sar.com
- www.caregiver.org
- www.ideasconsultinginc.com
- www.lbda.org
- www.mayoclinic.org
- www.psychguides.com

