

Facts about dementia

100
there are over 100
types of dementia

alzheimer's
the most common type
accounting to 60%-70% of
all dementia cases

36.5 million
number of people living
with dementia in 2011

1 new dementia
case per 4
seconds

2011	65.7 million	115.4 million	2050
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prevention
countering risk factors for
vascular disease, such as
diabetes, midlife hypertension,
midlife obesity, smoking, &
physical inactivity.

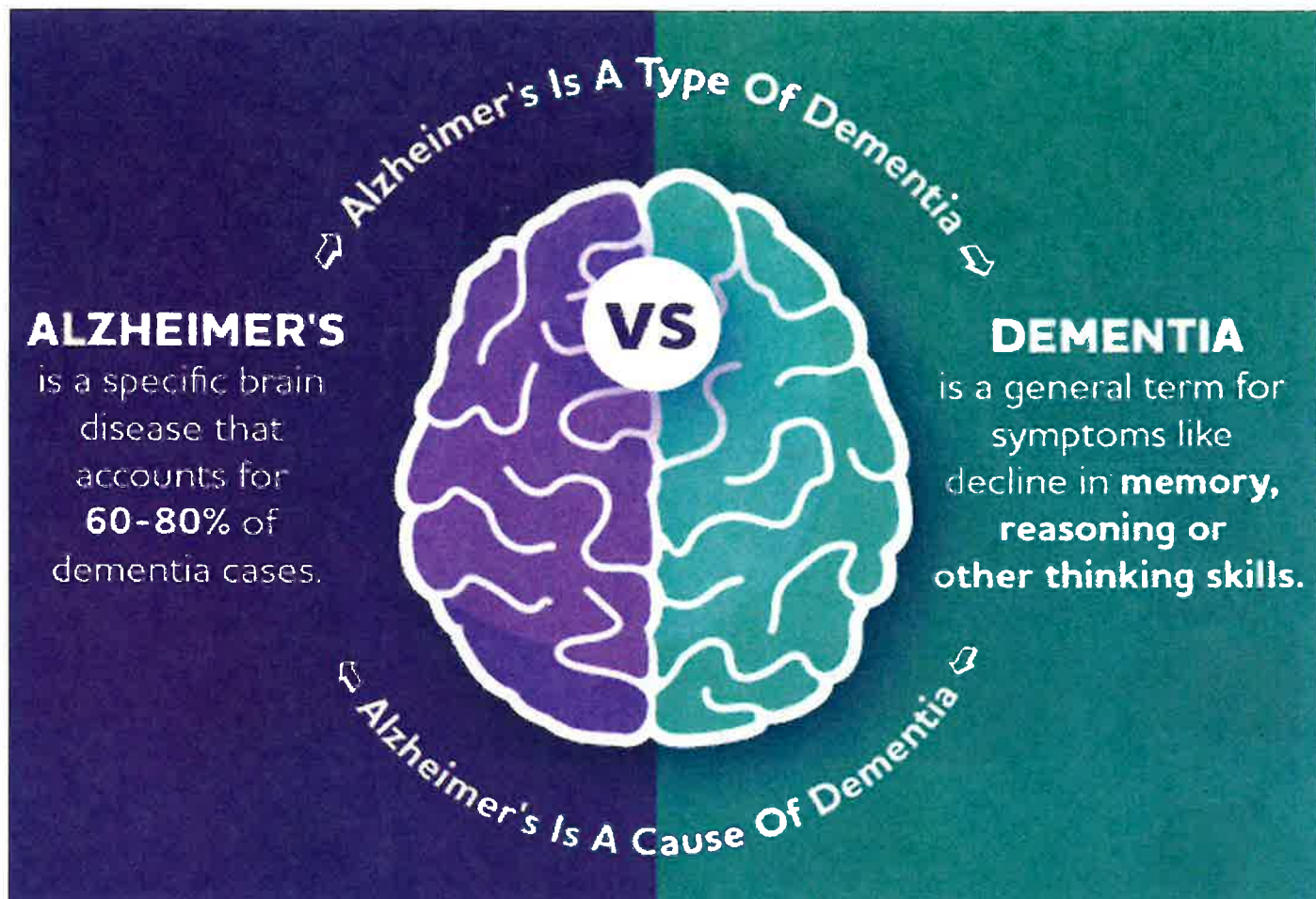
3 Main
symptoms:
COGNITIVE,
FUNCTIONAL,
& MOOD
CHANGES

**Dementia
in a nutshell**

\$604
billion
(in 2010)
estimated
worldwide
cost of
dementia

challenges

- (1) **NO TREATMENT**
currently available to
cure dementia or alter
its progressive course
- (2) **Research**
identifying modifiable
risk factors of dementia
is very limited



Making sense of Memory Loss

SYMPTOMS OF ALZHEIMER'S

VS

MEMORY LOSS FROM NORMAL AGING

Forgetting **whole experiences**

Forgetting **part of an experience**

Rarely able to remember later

Often able to remember later

Gradually unable to follow written/spoken directions

Usually able to follow written/spoken directions

Gradually unable to use notes as reminders

Usually able to use notes as reminders

Gradually unable to care for oneself

Usually able to care for oneself

Normal Ageing

VS

Dementia

Making a bad decision occasionally



Poor judgement and decision-making

Missing a monthly payment



Inability to manage a budget

Forgetting which day it is and remembering it later



Losing track of the date or the season

Sometimes forgetting which word to use



Difficulty having a conversation

Losing things from time to time



Misplacing things and being unable to retrace steps to find them

Forgetting the food on the stove until the meal is over



Forgetting that the meal was prepared

Difference Between Alzheimer's & Lewy Body Dementia

Alzheimer's

Lewy Body Dementia

Women have a higher chance of developing

Men at higher risk

Median survival age is 84.6 years old

Median survival age is 79 years old

Caused by amyloid plaques and neurofibrillary tangles in the brain

Second most common type of dementia

Most common type of dementia

Caused by a buildup of Lewy body proteins in the brain

verywell

Stages of Alzheimer's

- **-Stage 1: Normal**
- Mentally healthy person
- **-Stage 2: Normal aged forgetfulness**
- Persons over the age of 65 experience subjective complaints of cognitive and/or functional difficulties
- **-Stage 3: Mild cognitive impairment**
- The capacity to perform executive functions also becomes compromised. Commonly, for persons who are still working, job performance may decline.
- **-Stage 4: Mild Alzheimer's disease**
- The most common functioning deficit in these patients is a decreased ability to manage instrumental (complex) activities of daily life.(ability to manage finances and to prepare meals for guests etc.)
- **- Stage 5: Moderate Alzheimer's disease**
- This is manifest in a decrement in the ability to choose proper clothing to wear for the weather conditions and/or for the daily circumstances (occasions).
- **-Stage 6: Moderately severe Alzheimer's disease**
- At this stage, the ability to perform basic activities of daily life becomes compromised.
- **-Stage 7: Severe Alzheimer's disease**
- At this stage, AD patients require continuous assistance with basic activities of daily life for survival.

Alzheimer's and dementia care: Tips for daily tasks

Reduce frustrations - A person with dementia might become agitated when once-simple tasks become difficult. To limit challenges and ease frustration:

- **Schedule wisely.** Establish a daily routine. Some tasks, such as bathing or medical appointments, are easier when the person is most alert and refreshed. Allow some flexibility for spontaneous activities or particularly difficult days.
- **Take your time.** Anticipate that tasks may take longer than they used to and schedule more time for them. Allow time for breaks during tasks.
- **Involve the person.** Allow the person with dementia to do as much as possible with the least amount of assistance. For example, he or she might be able to set the table with the help of visual cues or dress independently if you lay out clothes in the order they go on.
- **Provide choices.** Provide some, but not too many, choices every day. For example, provide two outfits to choose from, ask if he or she prefers a hot or cold beverage, or ask if he or she would rather go for a walk or see a movie.
- **Provide simple instructions.** People with dementia best understand clear, one-step communication.
- **Limit napping.** Avoid multiple or prolonged naps during the day. This can minimize the risk of getting days and nights reversed.
- **Reduce distractions.** Turn off the TV and minimize other distractions at mealtime and during conversations to make it easier for the person with dementia to focus.

Be flexible - Over time, a person with dementia will become more dependent. To reduce frustration, stay flexible and adapt your routine and expectations as needed.

Create a safe environment - Dementia impairs judgment and problem-solving skills, increasing a person's risk of injury. To promote safety:

- **Prevent falls.** Avoid scatter rugs, extension cords and any clutter that could cause falls. Install handrails or grab bars in critical areas.
- **Use locks.** Install locks on cabinets that contain anything potentially dangerous, such as medicine, alcohol, guns, toxic cleaning substances, dangerous utensils and tools.
- **Check water temperature.** Lower the thermostat on the hot-water heater to prevent burns.
- **Take fire safety precautions.** Keep matches and lighters out of reach. If the person with dementia smokes, always supervise smoking. Make sure a fire extinguisher is accessible and the smoke and carbon monoxide detectors have fresh batteries.

Focus on individualized care - Each person with Alzheimer's disease will experience its symptoms and progression differently. Tailor these practical tips to your family member's needs.

Patience and flexibility — along with self-care and the support of friends and family — can help you deal with the challenges and frustrations ahead.

Dealing with Dementia Behavior:



Do's & Don'ts

Do :

- 1. Try and Identify the Trigger that Causes Behavior Change** - Caregivers may be in a position to identify some of the things that make dementia sufferers yell, get physical, or change their mood. Try and distract them with something else that allows them to relax and calm down.
- 2. Keep Eye Contact When Speaking** - Talk in a place that has good lighting, a place that is quiet and without too many distractions. Be relaxed and open. Prepare to spend quality time with the person so that they do not feel rushed or like they are a bother.
- 3. Introduce Yourself** - Dementia comes with memory loss which means that the patient may forget your name. When starting a conversation always remind them your name and tell them something nice that will make them smile.
- 4. Stick to Routine** - Routine helps dementia patients to know what to do on a daily basis. Include meaningful activities in the routine for as long as possible as a way of ensuring that they have a sense of independence and purpose in life. Remove things that may agitate, depress or make the person feel unsettled.
- 5. Offer Assurance Often** - Many times, people with dementia may experience feelings of isolation, fear, loneliness or confusion. Assure them that they are safe and in a good place. Hug them and remind them that they are in a place that has their best interest at heart. Exercise or take a walk, even light physical activity may help to reduce agitation, restlessness and anxiety.
- 6. Make Sure They Get Enough Rest, Food and Water** - Fatigue, hunger and thirst may cause combativeness. Make sure they are well fed, hydrated, and get adequate sleep and rest. Make sure they have enough bathroom breaks. Reduce loud noises as well as clutter in the space where the patient spends most of his/her time, both loud noises and clutter tend to over-stimulate people with dementia.
- 7. Share Photos** - As a caregiver, go through as many photos as possible with the person. Going through family photos has been known to play a significant role when it comes to the patients remembering the pleasant times they had. Try and select meaningful moments, and you can also make it an activity where patients can create scrapbooks with the people they love.
- 8. Try to be Pleasant** - Caregivers are also humans who are prone to emotions like anger, stress, impatience, and irritation. Where possible, shelve the "bad" feelings and try and deal with them later. Dementia patients deal with a lot and they do not need more on their plate if they are to lead fulfilling and happy lives.
- 9. Try to be Forgiving and Patient** - Do not forget that dementia is the condition that results in irrational behavior and causes dementia sufferers to act the way they do. The patients demand plenty of patience and forgiveness from the people looking after them. Have the heart to let things go instead of carrying grudges around for something that the patient may not be in control of.

Dealing with Dementia Behavior: Don'ts

- 1. Do Not Engage in Arguments**
- 2. Do Not Be Impolite**
- 3. Do Not Keep Correcting the Patient**
- 4. Do Not Get Angry or Upset**
- 5. Do Not Try and Alter Undesirable Behavior**
- 6. Do Not Try to Stop a Person Who Wants to Leave a Room**
- 7. Do Not Expect Too Much**
- 8. Do Not Shy Away From Asking For Help**
- 9. Do Not Panic**
- 10. Do Not Ignore Physical Abuse**