

# Dementia

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The Key to Your Community

# Objectives

- \* Provide an overview of dementia
- \* Discuss and practice communication skills when communicating with someone who has dementia
- \* Understand community resources to support those with dementia and their loved ones



# AD True/False Quiz

- 1) Memory loss is a natural part of aging
- 2) AD is not fatal
- 3) Only older people get AD
- 4) Drinking out of aluminum cans or cooking in aluminum pots and pans can lead to AD
- 5) Aspartame causes memory loss
- 6) Flu shots increase risk of AD
- 7) Silver dental fillings increase risk of AD
- 8) Treatment is available to stop the progression of AD



# Alzheimer's Statistics

- \* Over 5 million Americans are living with Alzheimer's
- \* As many as 16 million will have the disease in 2050
- \* The cost of caring for those with Alzheimer's and other dementias is estimated to total \$259 billion in 2017 increasing to \$1.1 trillion by mid-century
- \* Nearly 1/3 seniors who dies each year has Alzheimer's or another dementia

# What is Dementia

Dementia in itself is not a disease but loss of mental function in more than two areas. Dementia is loss of memory and other mental abilities that affect daily life. Dementia is a series of symptoms that accompany a disease. The dementia symptoms may include:

- Language
- Judgment
- Memory
- Spatial abilities
- Visual abilities



# Dementia

Alzheimer's disease

Lewy Body Dementia

Frontotemporal  
dementia

Vascular dementia

Mixed Dementia

Dementia  
associated with  
Parkinson's



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# Reversible vs Irreversible

## **Reversible Dementia (depending on severity)**

Brain tumor

Depression

Dehydration

Medication side effect

Infections

Substance abuse

## **Irreversible Diseases**

Alzheimer's Disease

Lewy Body Disease

Vascular dementia

Huntington Disease

Parkinson's Disease



NCCDP 2018

# Risk Factors for AD

- \* Age
- \* First degree relative with AD
- \* 3 genetic mutation (PS1, PS2, APP)
- \* Apolipoprotein E-e4 (APOE e4) gene correlated to late-onset AD
- \* Head trauma
- \* Lifestyle factors



# Symptoms

- \* Confusion in familiar environments
- \* Difficulty with everyday tasks
- \* Memory loss
- \* Difficulty with words and numbers
- \* Mood swings



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# Simulation



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# Treatment

# Prevention

- \* Reduce risks for heart disease and diabetes
- \* Lower cholesterol and blood pressure
- \* Maintain a healthy weight
- \* Regular exercise and good sleep
- \* Healthy diet (plenty of fruits and vegetables)
- \* Intellectually stimulating activities
- \* Social ties with family/friends and community



# Steps to Approach Memory Concerns

## Step 1: Assess the Situation

- \* Assess the situation
  - \* What changes in memory, thinking or behavior do you see?
  - \* What else is going on?
  - \* Has anyone else noticed the changes?
  - \* Share concerns with someone else



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# Steps to Approach Memory Concerns

## Step 2: Engage in Conversation

- \* I've noticed some changes and I'm concerned
- \* How have you been feeling? You haven't seemed like yourself



# Steps to Approach Memory Concerns

## Step 3:

- \* Offer to go with the person to the doctor



# Communication

- \* Alzheimer's causes changes in communication
  - \* Word finding
  - \* Using familiar words repeatedly
  - \* Describing objects rather than calling them by their name
  - \* Losing train of thought
  - \* Difficulty organizing words logically
  - \* Speaking a native language
  - \* Speaking less often
  - \* Relying on gestures more than speaking

# Tips to Communicate Successfully

## Do

- \* Acknowledge their feelings
- \* Reassure
- \* Distract
- \* Give a short explanation
- \* Accept blame
- \* Be patient
- \* Pay attention to nonverbal cues

## Don't

- \* Argue
- \* Remind them that they forgot
- \* Quiz their memory
- \* Try to reason

# Try it out

- \* Someone is stealing all my money
- \* Why are you visiting my house?
- \* Where's my husband?
- \* Where's my car?
- \* You didn't tell me you were coming over

# Community Resources

- \* CHV Caregiver Support Group
- \* Club Memory
- \* Wellness Programs
- \* Specialists - neurologists
- \* Assisted Living Memory Care
- \* Home Care
- \* Money Management
- \* Medical bracelets



# How CHV Can Help

- \* Volunteering
- \* Care Services
  - \* Programs
  - \* Education
- \* Support network



# References

- \* National Council of Certified Dementia Practitioners (2018). Certified Dementia Practitioner Manual.
- \* Sibley Memorial Hospital, January 12, 2019. Normal Aging and Impaired Brain Function presentation. Presenters: Shruti Goel and Sharon Sellers.
- \* Alzheimer's Association. Myths. <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/myths>
- \* Alzheimer's Association (2017). Alzheimer's Disease Facts and Figures.

