

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



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



Possible Causes

- * Genetic Factors
- * Abnormal protein in the brain
- * Chemical imbalance
- * More than one cause

Symptoms

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



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Simulation



Diagnosis

Specialists will look into:

- * Family History
- * Medical History
- * Medication Review
- * Neurological Exam
- * Physical Exam
- * Blood Count test
- * Blood Chemistry test
- * CT Scan
- * PET Scan
- * SPECT
- * MRI
- * Psychiatric and Psychological Evaluation
- * Mental status exams

Treatment

Treatment plans may include:

- * Medication
- * Intense medical and rehabilitative intervention
- * Mental Health Support

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

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