



Dementia 101: The Foundation To Dementia Care

Karyn Skultety



- ❖ Be able to describe the factors that affect memory that are NOT dementia.
- ❖ Learn to state why dementia is different than “normal aging”.
- ❖ Be able to define and discuss types of dementia.
- ❖ Define and give examples of deficits in attention, memory, language, visual spatial processing and executive functioning.
- ❖ Describe the effects of caregiving (staff and family) for someone with a dementia diagnosis.

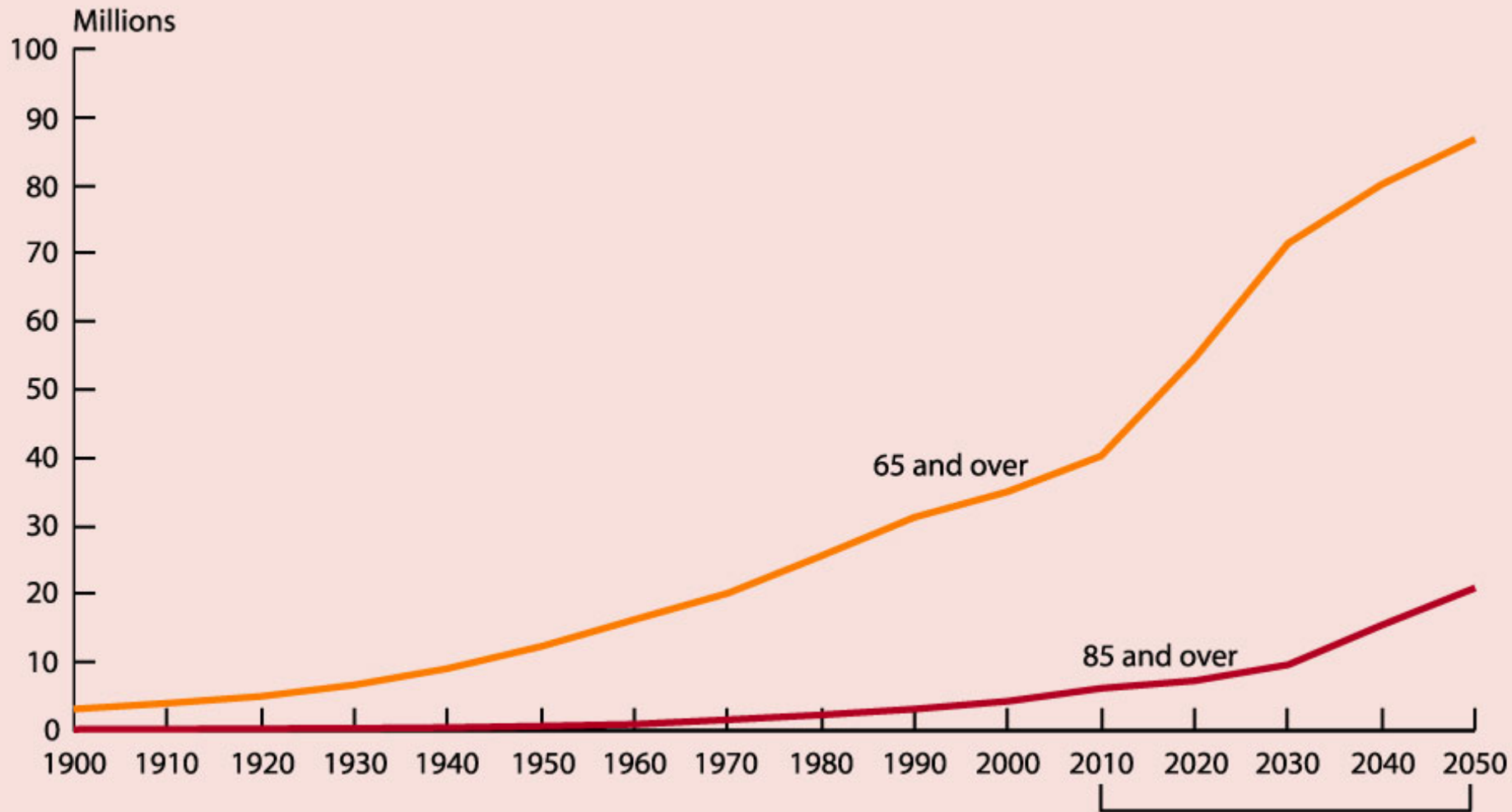


- ❖ Choose a good case example.
- ❖ Be able to facilitate “touchstone” moments.
- ❖ Identify the three main points and learn how to repeat them.
- ❖ Be able to help providers recognize caregiver stress.
- ❖ Be able to help trainees move away from asking, “what type” to “what’s the problem”.



Aging Population – 10K a Day

Number of people age 65 and over, by age group, selected years 1900-2000 and projected 2010-2050



Note: Data for 2010-2050 are projections of the population.
Reference population: These data refer to the resident population.
Source: U.S. Census Bureau, Decennial Census and Projections.

Projected

Age

- ❖ 1-2% of those age 60-70
- ❖ 5% of those age 71-79
- ❖ 24% of those age 80-89
- ❖ 37% for those age 90 and over

Types

- ❖ Alzheimer's Dementia most common diagnosis
- ❖ Vascular Dementia 2nd most common



- ❖ 5.3 million Americans with Alzheimer's now
- ❖ Every 70 seconds somebody develops Alzheimer's
- ❖ By 2050 someone will develop Alzheimer's every 33 seconds
- ❖ Beginning in 2010 - 500K new cases each year
- ❖ By 2050 there will be nearly a million new cases per year





- ❖ LOTS of media attention on dementia, esp Alzheimer's Disease.
- ❖ Memory changes may be our greatest worry about aging. We are sensitive to changes!
- ❖ If you are feeling down, you are more likely to worry. If you always worry about things, you are likely to worry about memory too.
- ❖ The more scared we are about memory, the harder it may be to work with dementia.



Many Factors Impact Memory

- ❖ Aging
- ❖ Depression
- ❖ Anxiety
- ❖ Stress
- ❖ Medication
- ❖ Physical Illness
- ❖ Boredom
- ❖ Sleep
- ❖ Energy level
- ❖ Beliefs about memory
- ❖ How active you keep your mind
- ❖ Your expectations for yourself in terms of memory
- ❖ Attention and effort to remember



What is Dementia?

- ❖ Dementia is a word describes a defined group of cognitive and functional changes
- ❖ Many diseases may cause these changes, not just Alzheimer's!
- ❖ Diseases that cause Dementia:
 - ❖ Alzheimer's Disease - Vascular Disease
 - ❖ Fronto-temporal Disease - Parkinson's Disease
 - ❖ Huntington's Disease - Lewy Body Disease
 - ❖ HIV/AIDS



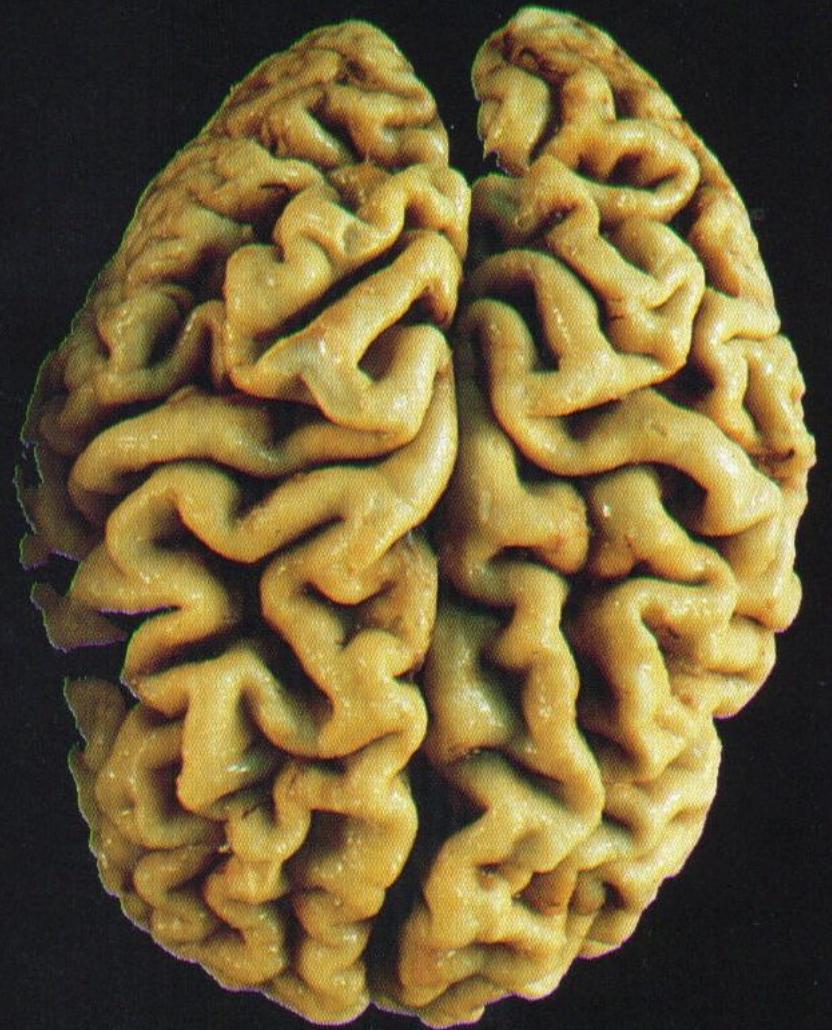
What Kinds of Problems Define Dementia

- ❖ Memory problems (Must be significant!)
- ❖ Problems in at least one other area
- ❖ Attention: Focusing and tracking information
- ❖ Language: Speaking & Understanding
- ❖ Executive Functioning: Divided attention, problem-solving, decisions. Rational. Emotional Control (Inhibition- ability to bite tongue).
- ❖ Visual-spatial Process: Understanding and navigating visual, spatial information
- ❖ Significant difficulties with day-to-day function

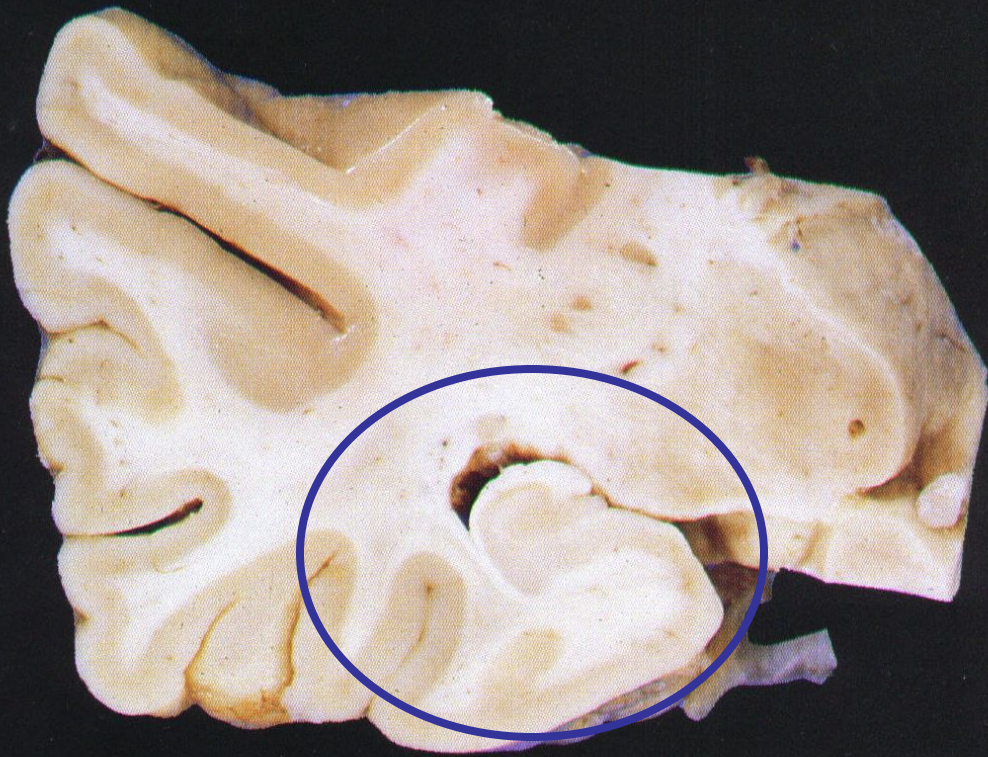
- ❖ Early Stages
- ❖ Deficits are present, complex functioning impacted, some independence
- ❖ Middle Stages
- ❖ Deficits are worsened, more simple functions impacted, caregiving required most times
- ❖ Late Stages
- ❖ Deficits are severe, all simple functions impacted (including eating), 24 hour supervision, death
- ❖ Remember that each person is different



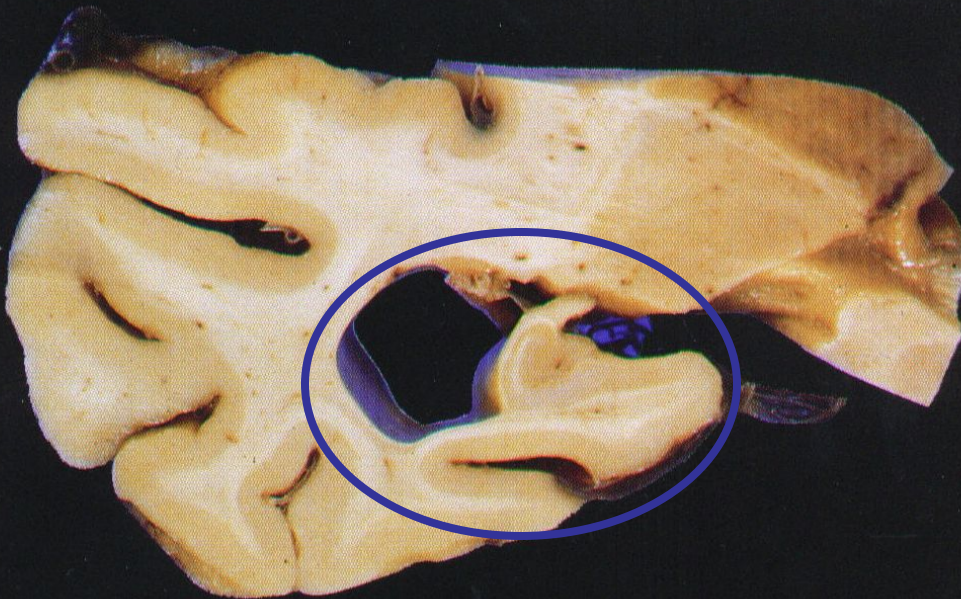
Normal Brain

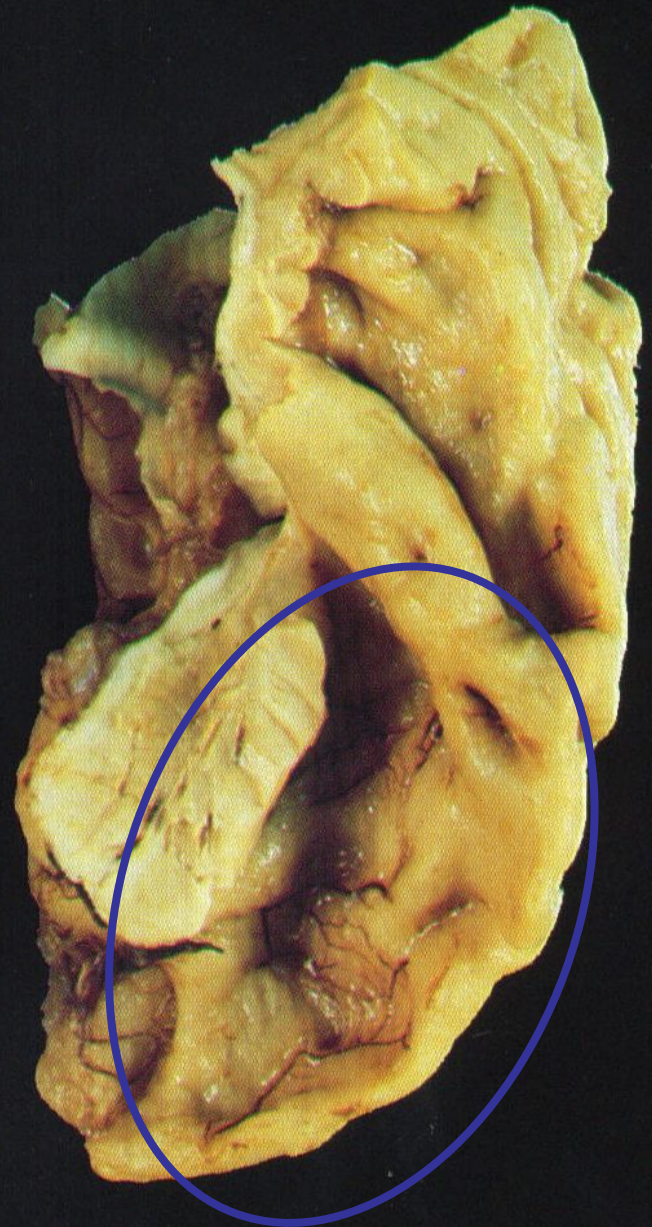


Alzheimers Brain

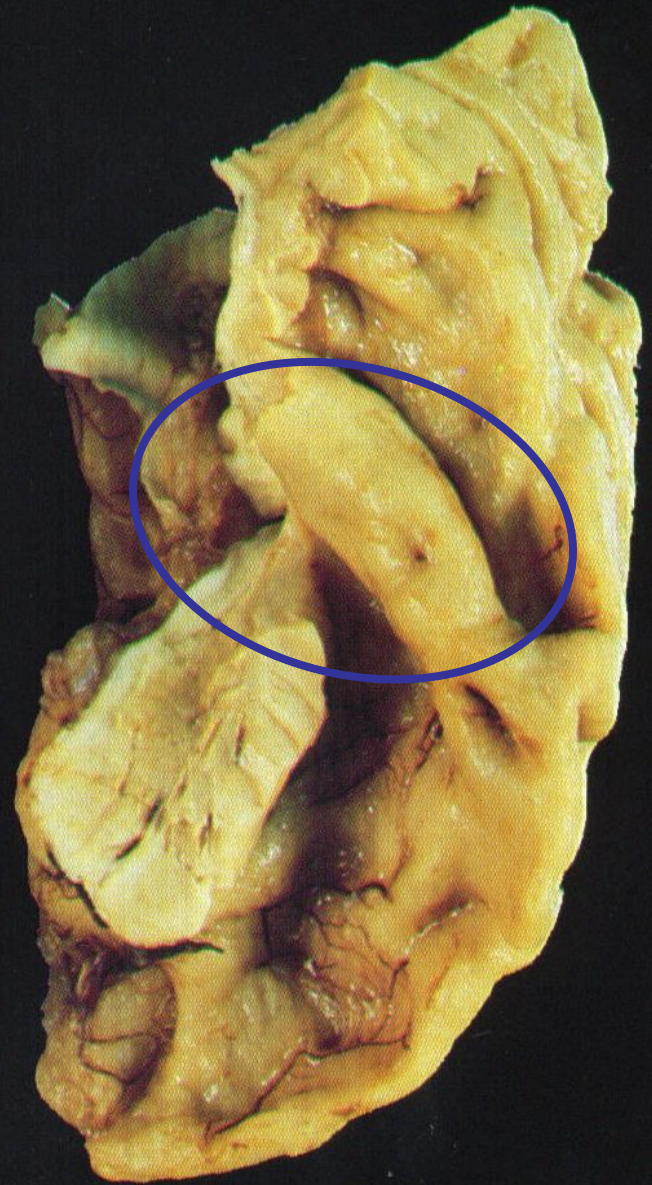
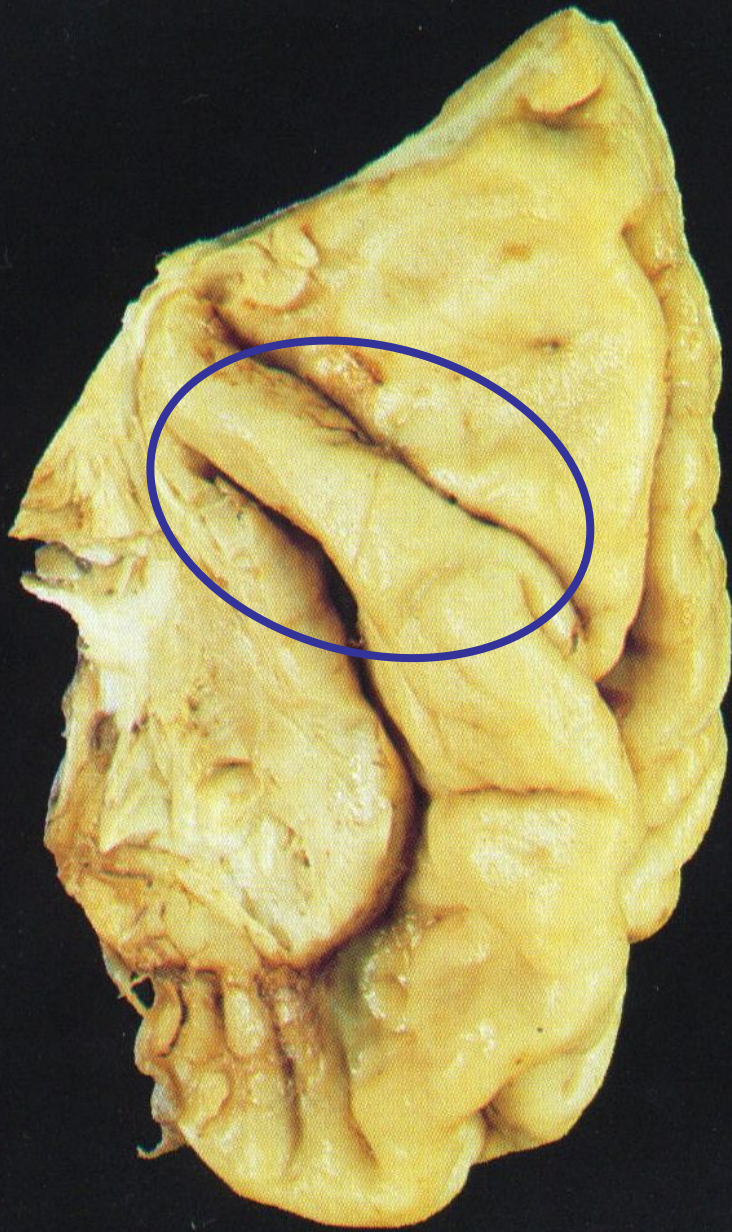


Learning &
Memory
Center
Hippocampus
BIG CHANGE

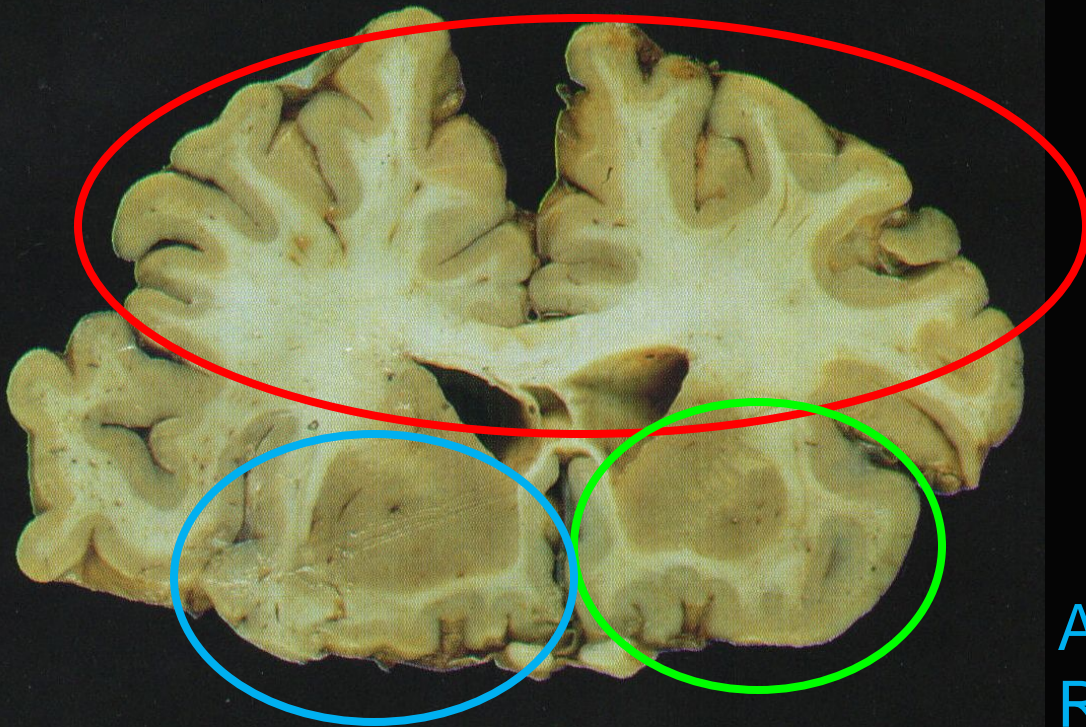




Understanding Language – BIG CHANGE

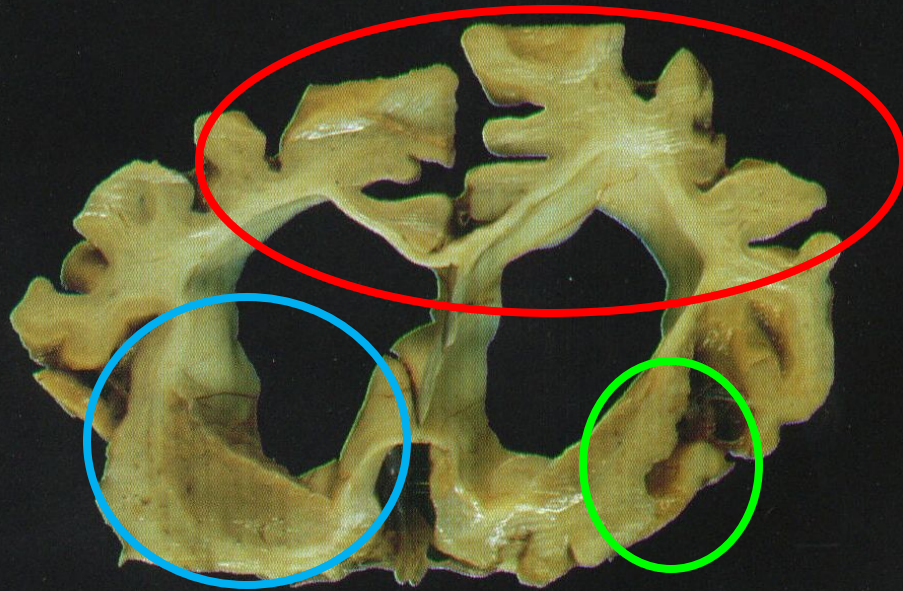


Hearing Sound – Not Changed

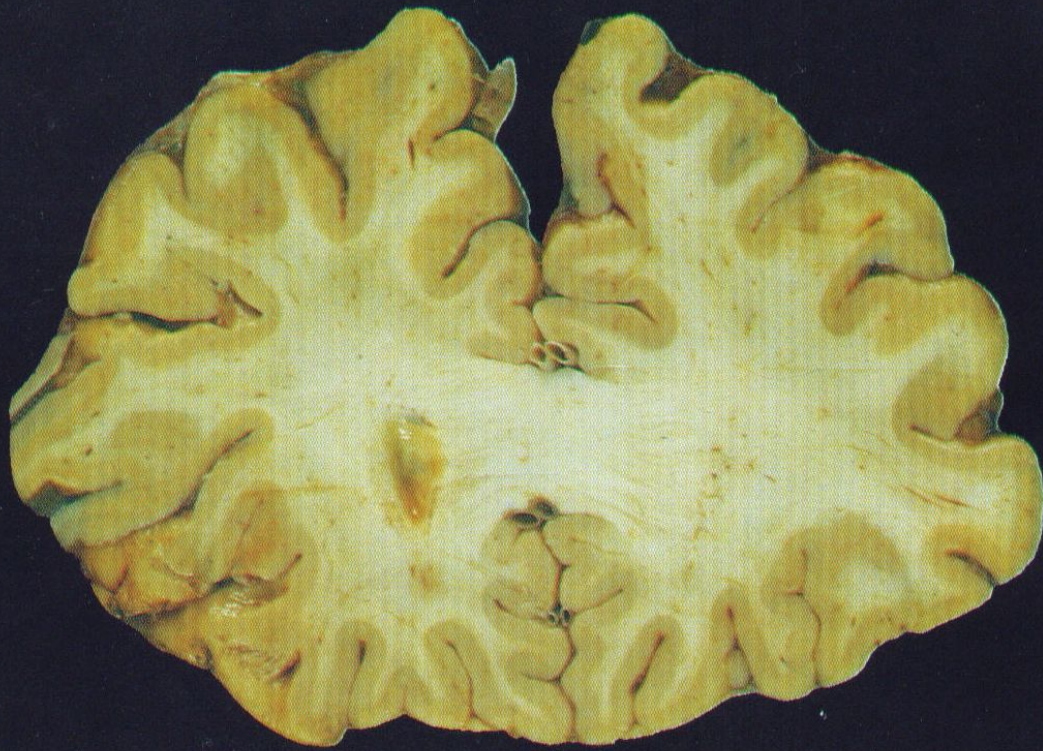


Sensory Strip
Motor Strip
White Matter
Connections
BIG CHANGES

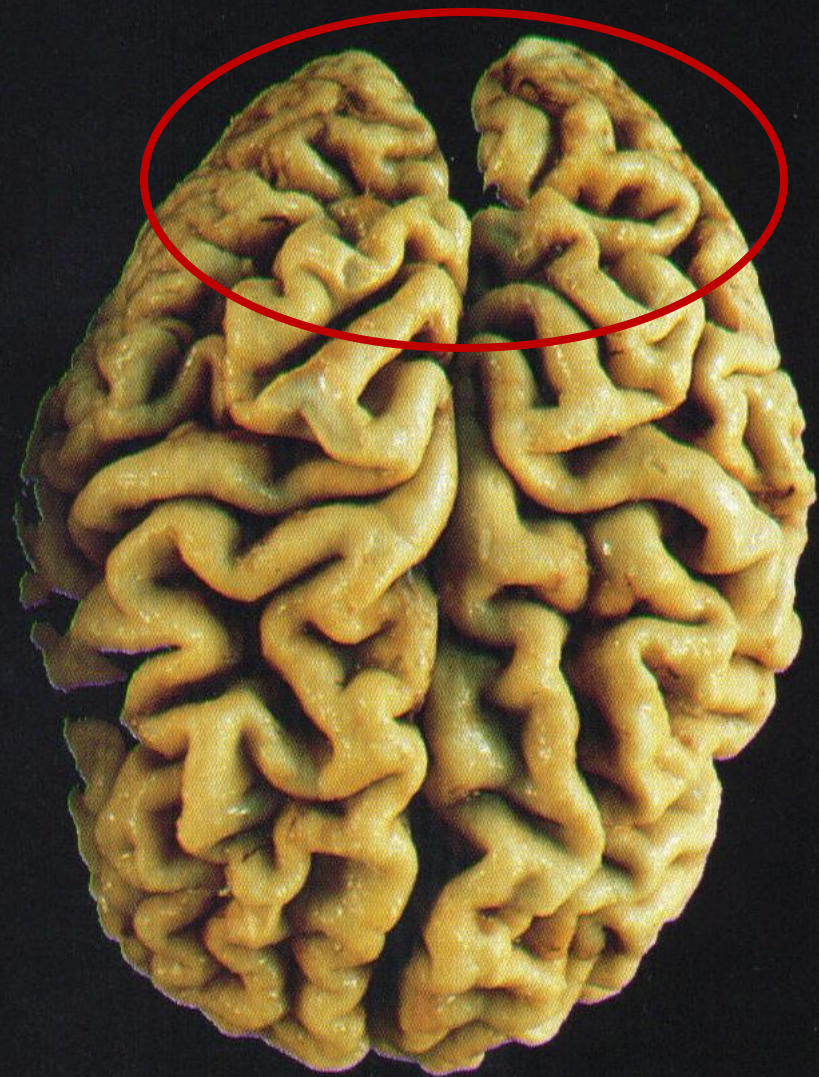
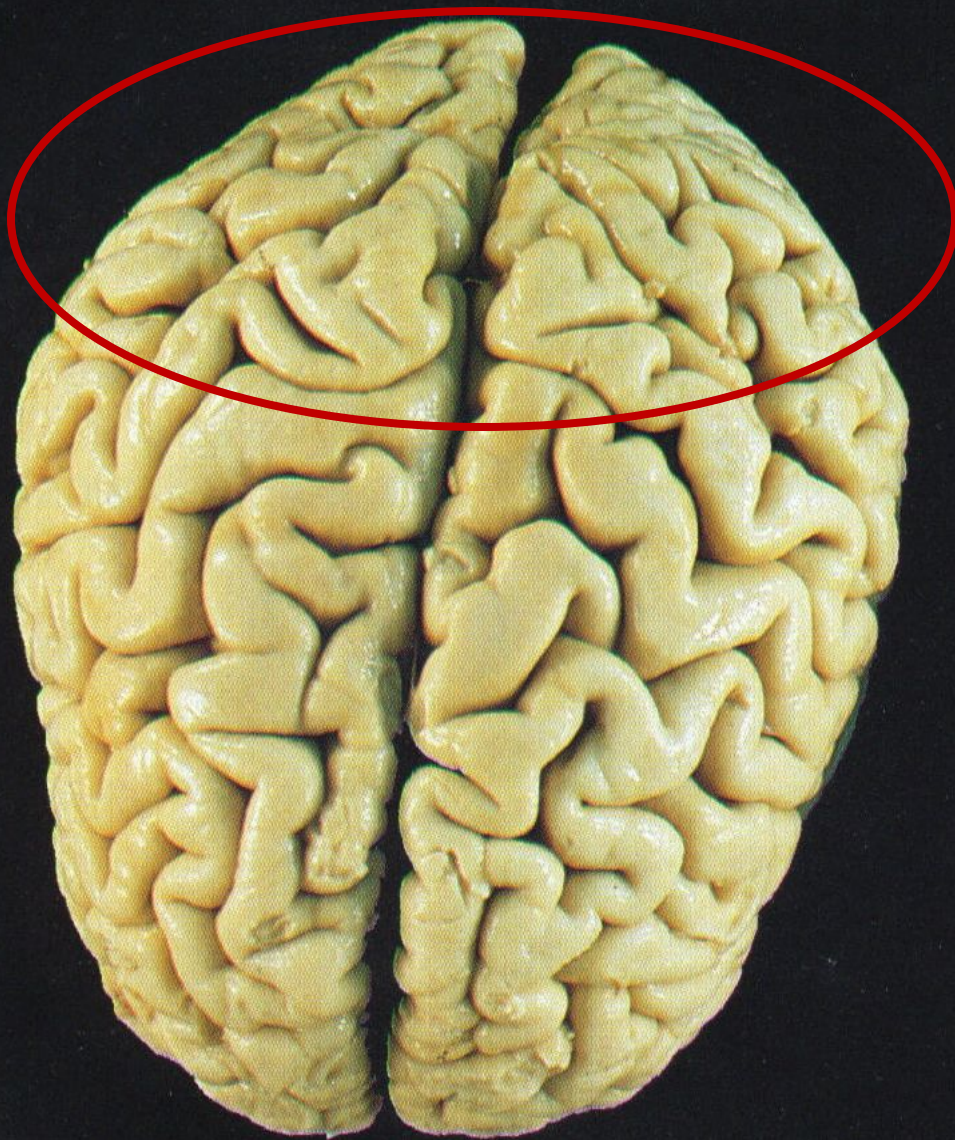
Automatic Speech
Rhythm – Music
PRESERVED



Speech & Language
Center
HUGE CHANGES



Executive
Functioning
Center
Emotions
Behavior
Judgment
Reasoning



Vision Center – BIG CHANGES



Case Example

- ❖ Spend 5 minutes writing about a client or family member or friend with dementia
- ❖ Include who they were prior to diagnosis, when they were diagnosed (if known)
- ❖ Describe the problems they are having with memory, at least one other area of cognitive functioning and problems with day to day functioning

- ❖ Lots of research documenting the effects of caring for a loved one with dementia
- ❖ Psychological: Higher risk of depression and stress. Lower well-being and self-efficacy.
- ❖ Physical: Lower immune response. Higher Blood Pressure, Heart Rate and Cortisol Levels
- ❖ Some evidence of cultural differences
- ❖ Important for providers to recognize stress and burnout in themselves!

Furthering Your Case Example

- ❖ Go back and look at the case that you wrote up
- ❖ Is there anything to add about the stress that family or professional caregivers were under?
- ❖ Any signs of stress/burnout?
- ❖ Try describing this case in 2-3 minutes to the person sitting next to you



- ❖ Need to find ways to connect with client experience and build empathy
- ❖ Touchstone Exercises
- ❖ Think of a time you forgot something really important
- ❖ What if you were given a test about something you had never studied and told you had to pass
- ❖ Think about how you feel when someone corrects you
- ❖ Others?