

The Basics of Dementia & Alzheimer's Disease

Presented by
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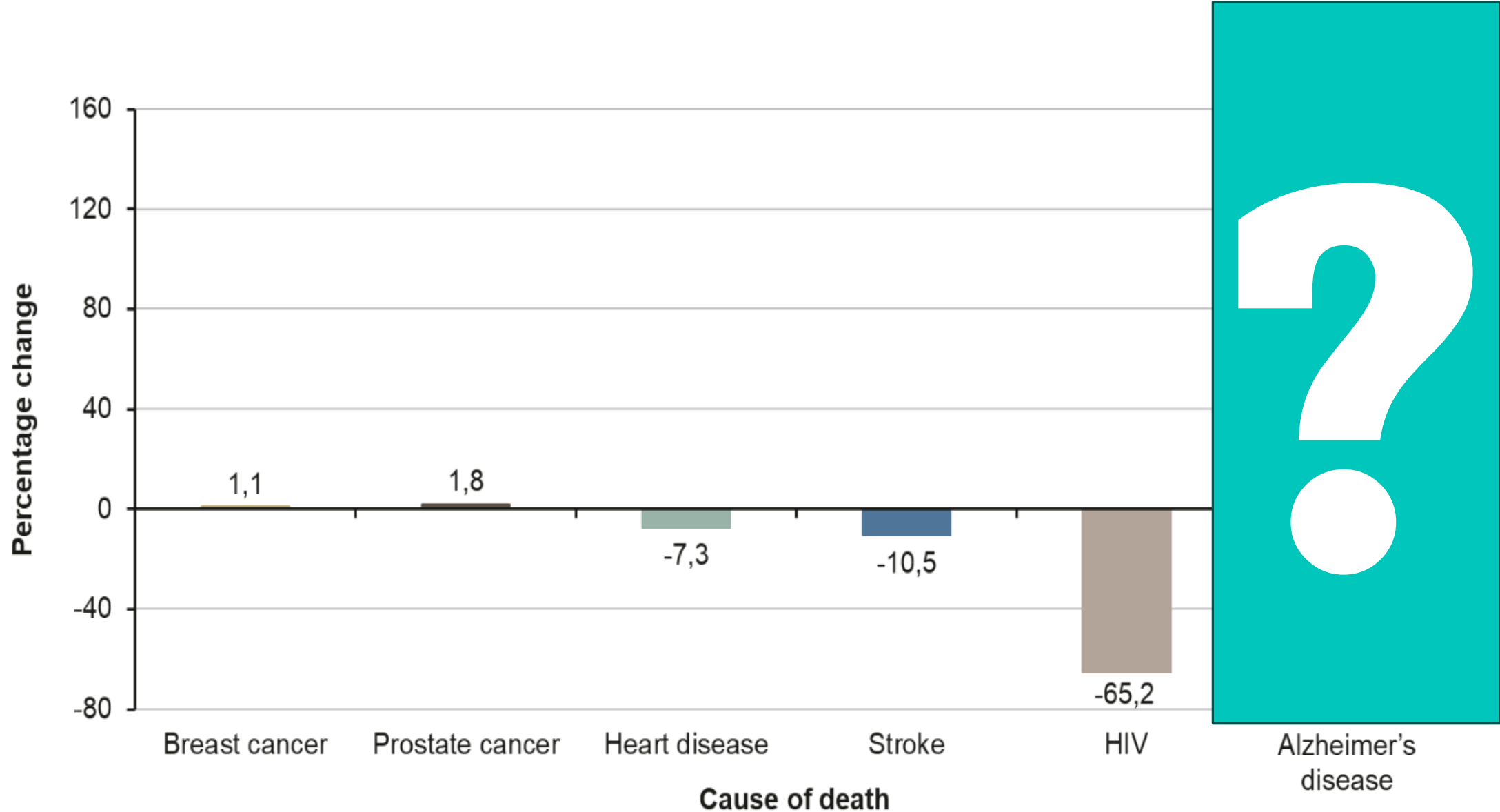
Introduction



- Alzheimer's disease is 5th leading cause of death in US
- 6.5 million Americans today
- Estimated to increase to between 13.8 million and 16 million by 2060



Percentage change in selected cause of death (all ages) from 2000–2019



Introduction



- Alzheimer's disease is the only disease among the top ten causes of death that cannot be prevented, cured, or slowed

Introduction



○ Today, 1 in 3 families is dealing with dementia

Introduction



- Within 20 years, more than 1 in 2 families will be impacted

Objective #1

- ❖ Review the most common types of dementia and their symptoms



Objective #2



❖ Define what “Dementia” is and how it differs from “Alzheimer’s disease”

Objective #3

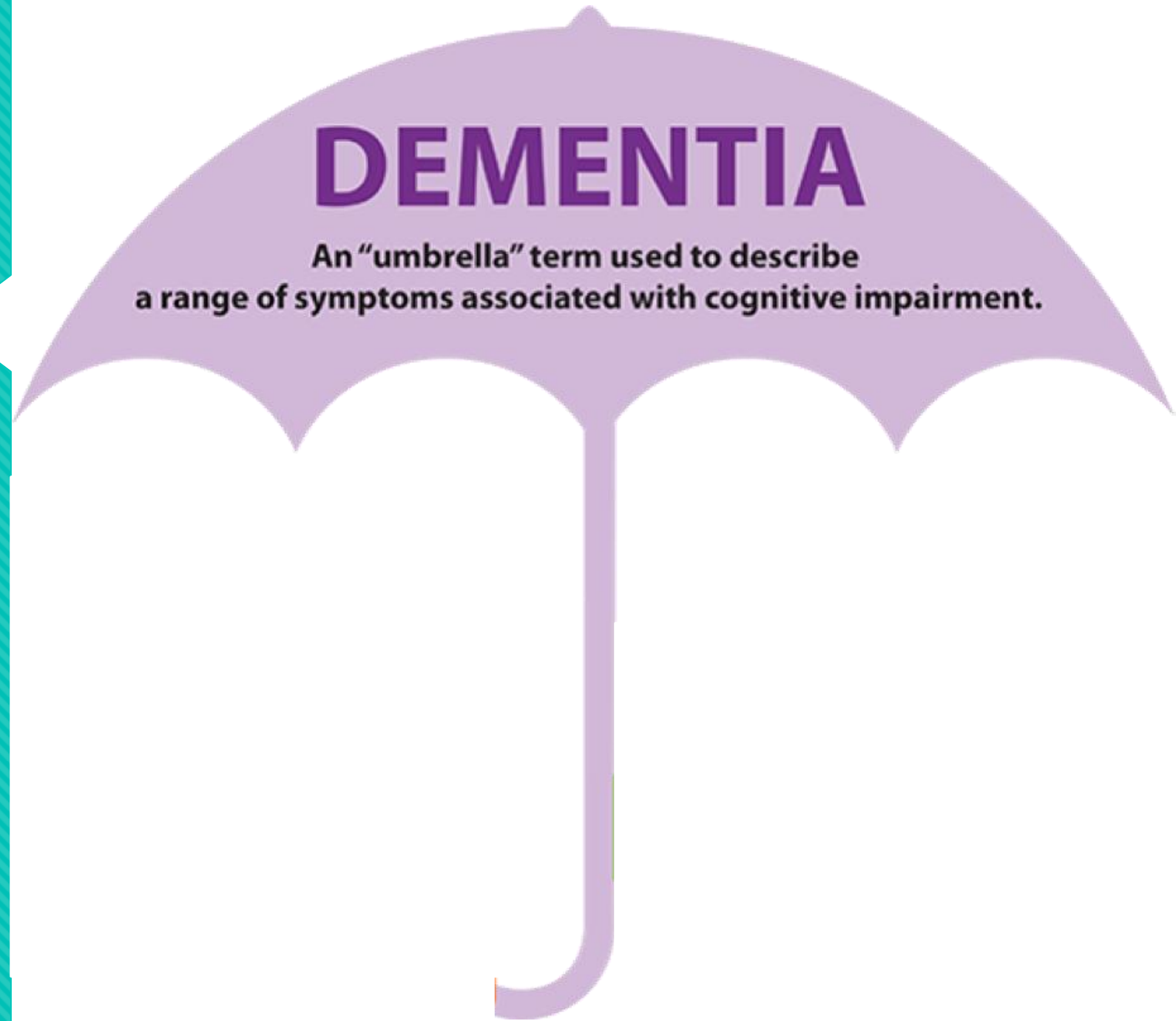


❖ Outline changes that happen in the brain of a person with Alzheimer's disease

What Is “Dementia?”

DEMENTIA

An “umbrella” term used to describe
a range of symptoms associated with cognitive impairment.



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ALZHEIMER'S
50% - 75%

What Is “Dementia?”

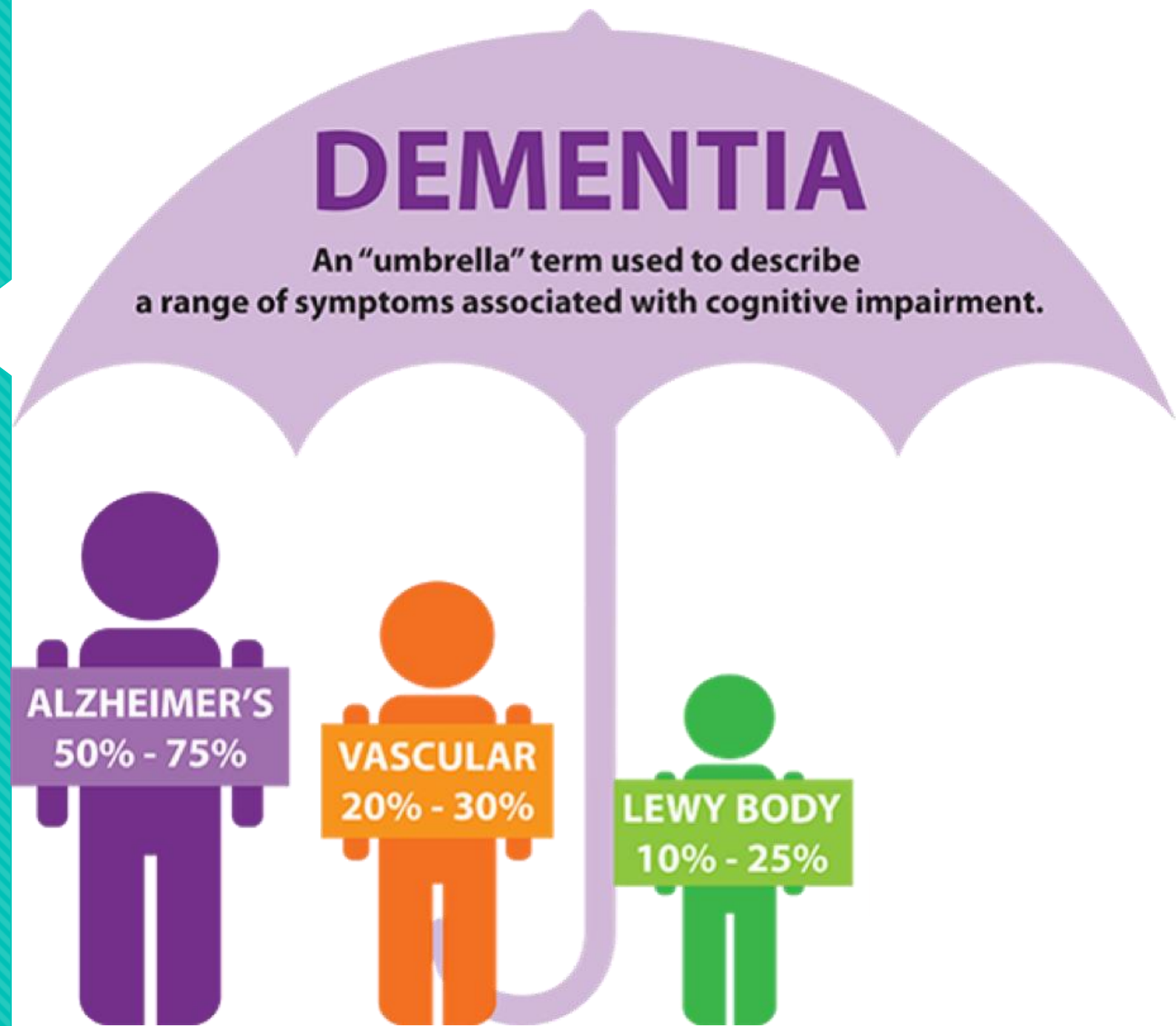
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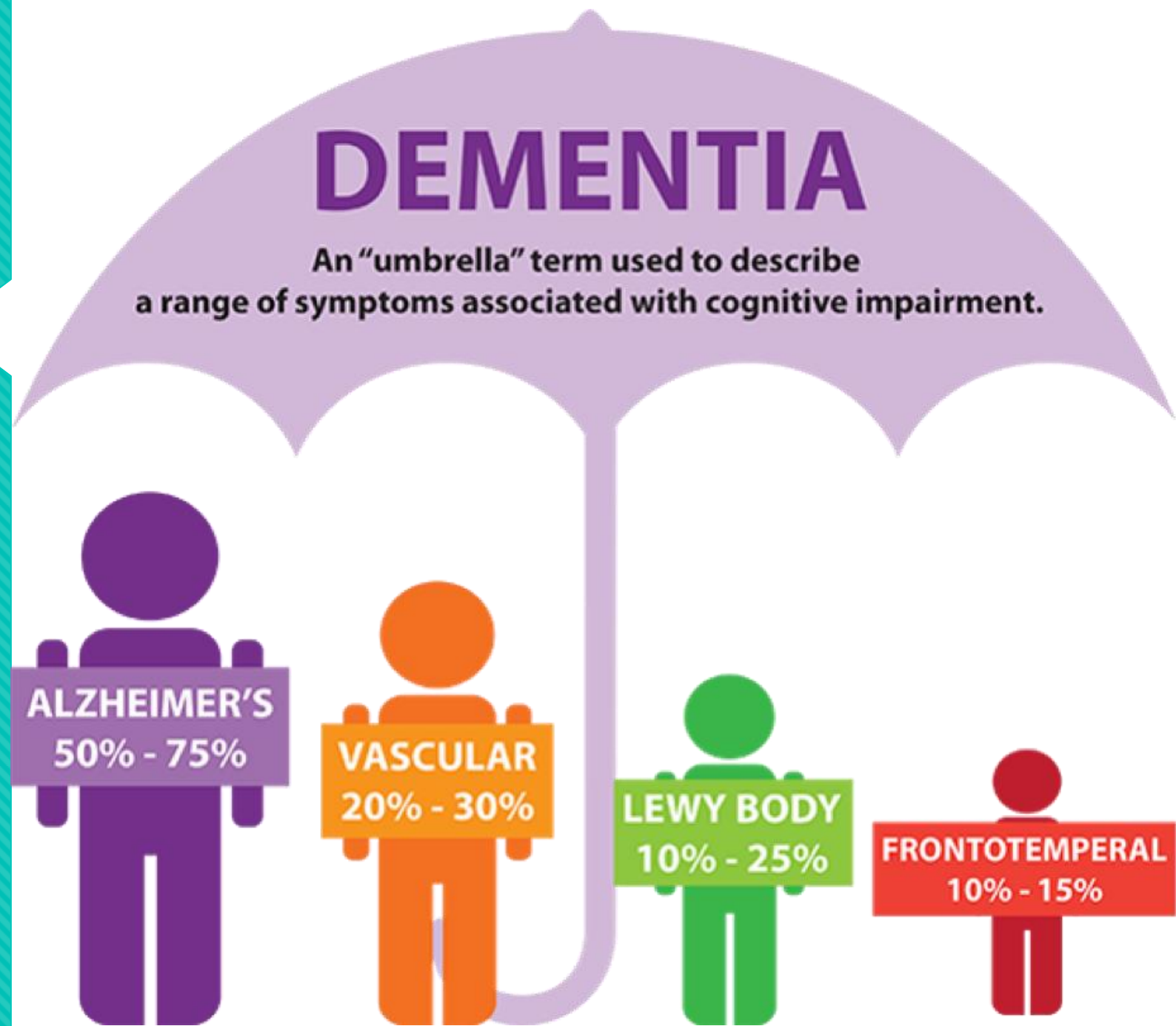
ALZHEIMER'S
50% - 75%

VASCULAR
20% - 30%

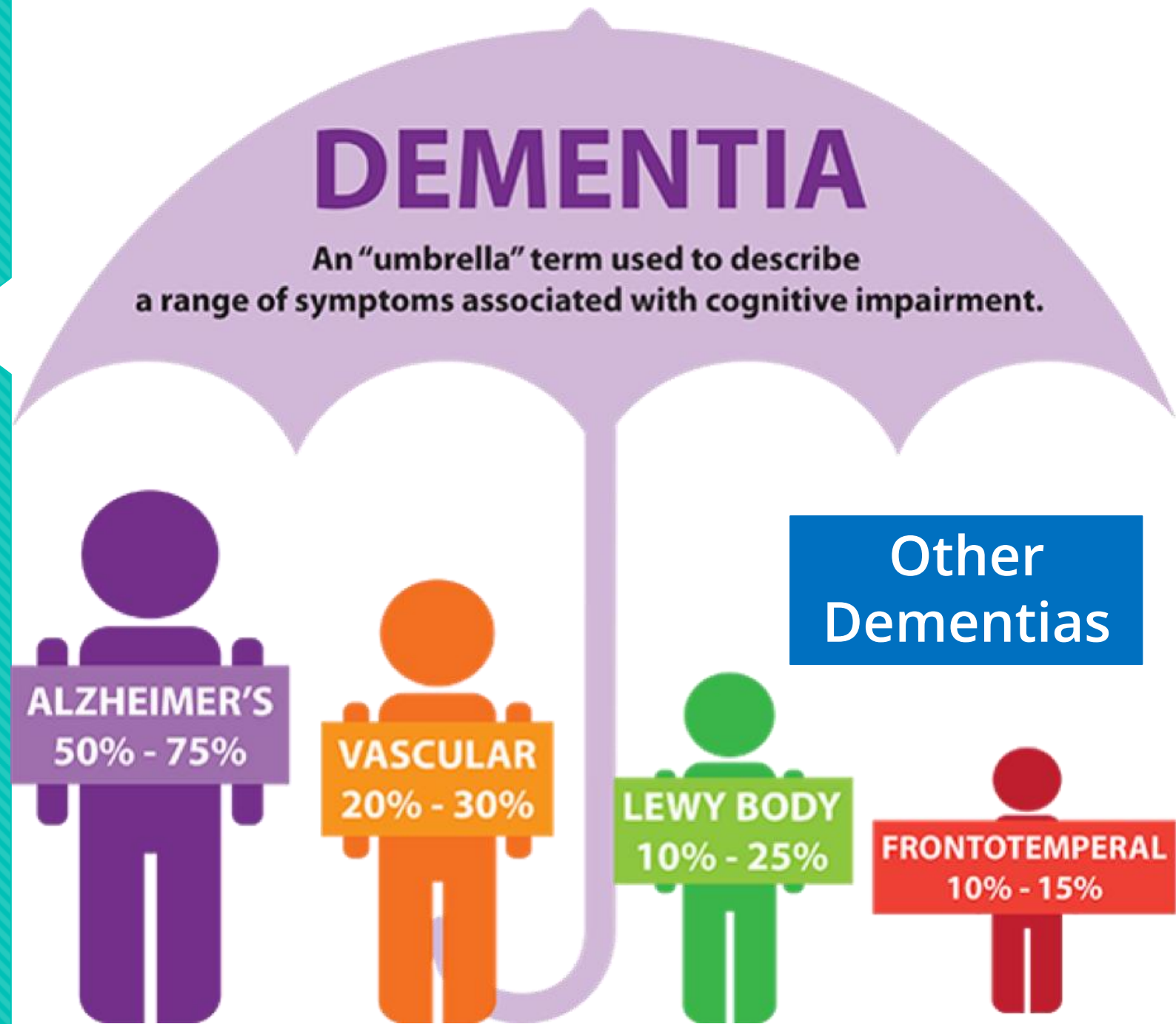
What Is “Dementia?”



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What Is “Dementia?”



“The Facts:”

The size of your brain can be reduced by 2/3 by the end of this disease.





Executive Function Changes

- Frontal lobe
- Personality lives here
- Impulse control
- Logical choices
- See things from another's point of view



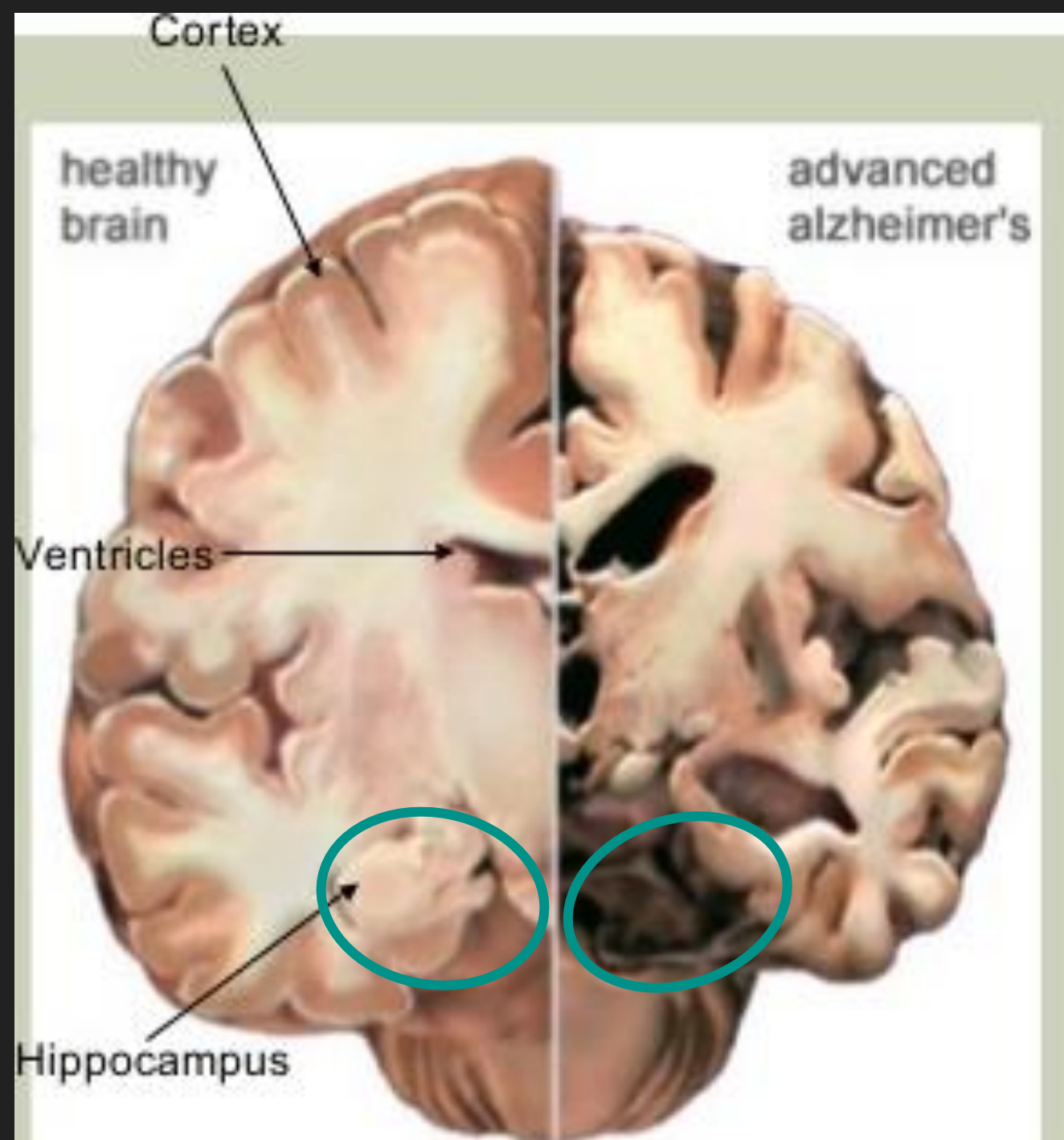
Language Changes

- Temporal lobe
- One of first areas impacted
- Difficulty understanding & processing words
- Focus more on feelings than words
- Rhythm is retained



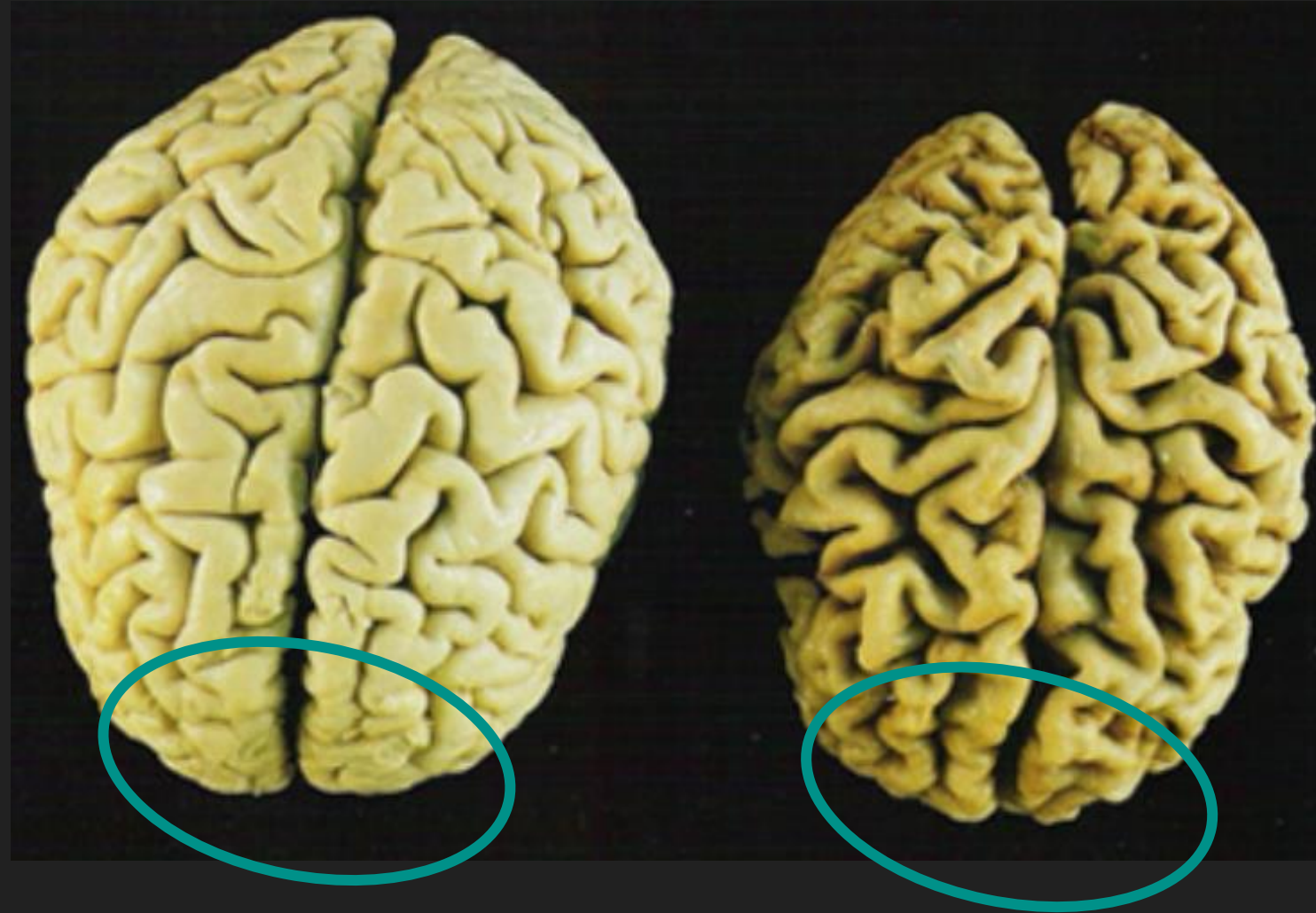
Hippocampus

- Limbic system
- Learning & memory center
- Controls our “way-finding”
- First area impacted by Alzheimer’s disease



Vision Changes

- Occipital lobe
- Peripheral vision
- Tunnel vision
- Binocular vision
- Monocular vision



Dementia Impacts Thinking

- Memory
- Language
- Attention
- Motor skills
- Perception
- Abstract thought
- Judgment



Dementia Impacts...

Memory:

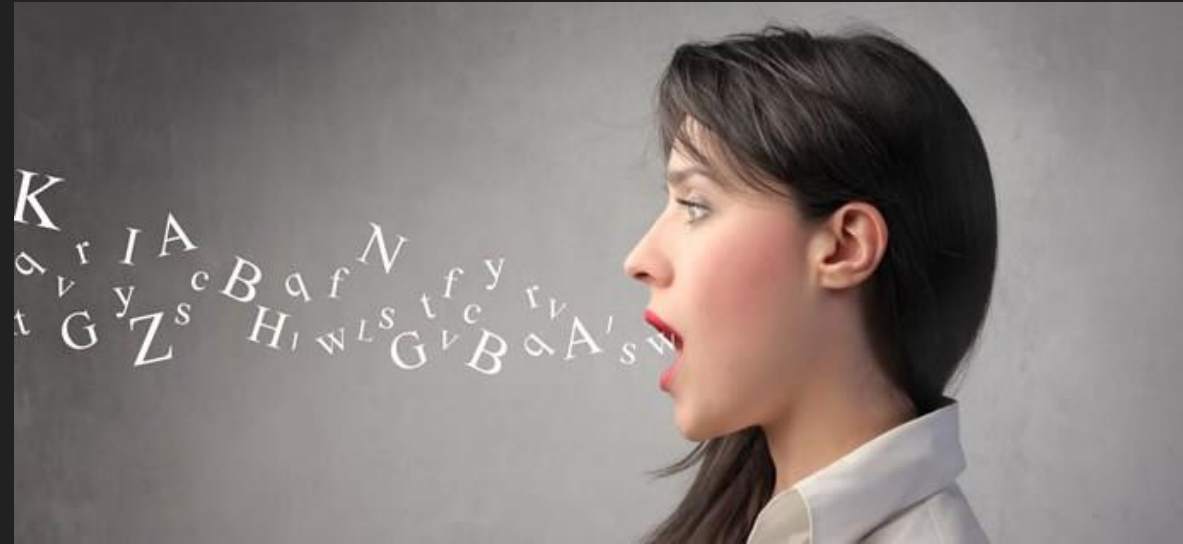
- Short-term first
- Losing the ability to get new info to “stick”
- Need to repeat, simplify, engage by talking about long-term memories



Dementia Impacts...

Language:

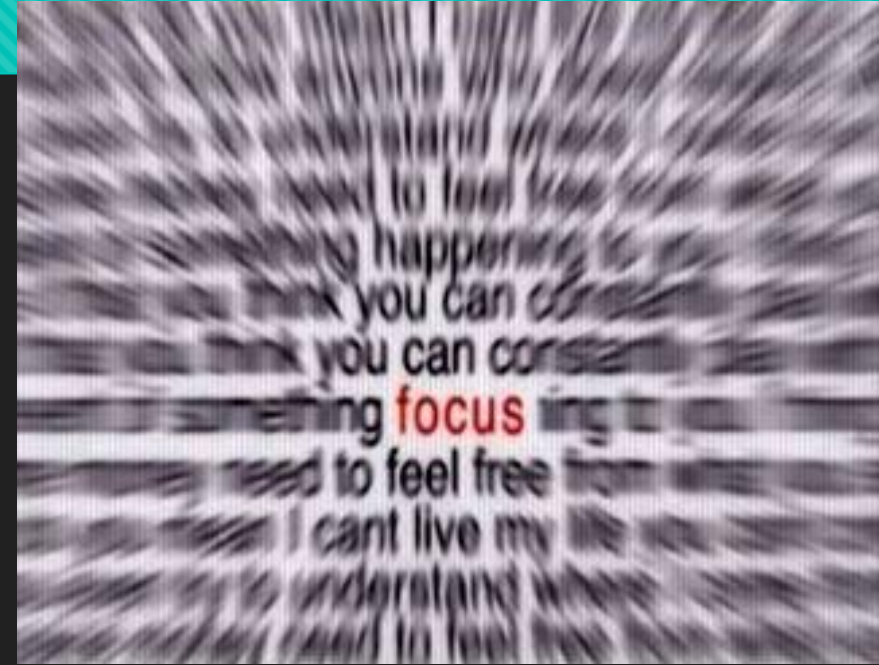
- Word-finding problems
- Understanding what is said
- Difficulty producing speech



Dementia Impacts...

Attention:

- Become more distracted
- Cannot filter out irrelevant information
- Can only focus on one thing at a time



Dementia Impacts...

Motor Skills:

- Lack of coordination
- Difficulty with fine motor skills
- Losing balance to due decreased perception
- Forgetting how to do simple things (chewing, etc.)



Dementia Impacts...

Perception:

- Hard to recognize objects
- Common things lose their meaning
- Trouble with interpreting directions



Dementia Impacts...

Abstract Thought:

- Meanings are not tangible
- Includes things like time, sarcasm, and old sayings
- Need to say exactly what you mean



Dementia Impacts...



Judgment:

- Accumulation of problems in other areas
- Example: Memory loss combined with not being able to realize I have deficits and the inability to identify all my options can result in poor choices

Communication Tips:

- Smile!!

- Remain calm



Communication Tips:

- Try not to take things personally



Communication Tips:

- Keep language simple
- Give them plenty of time to process



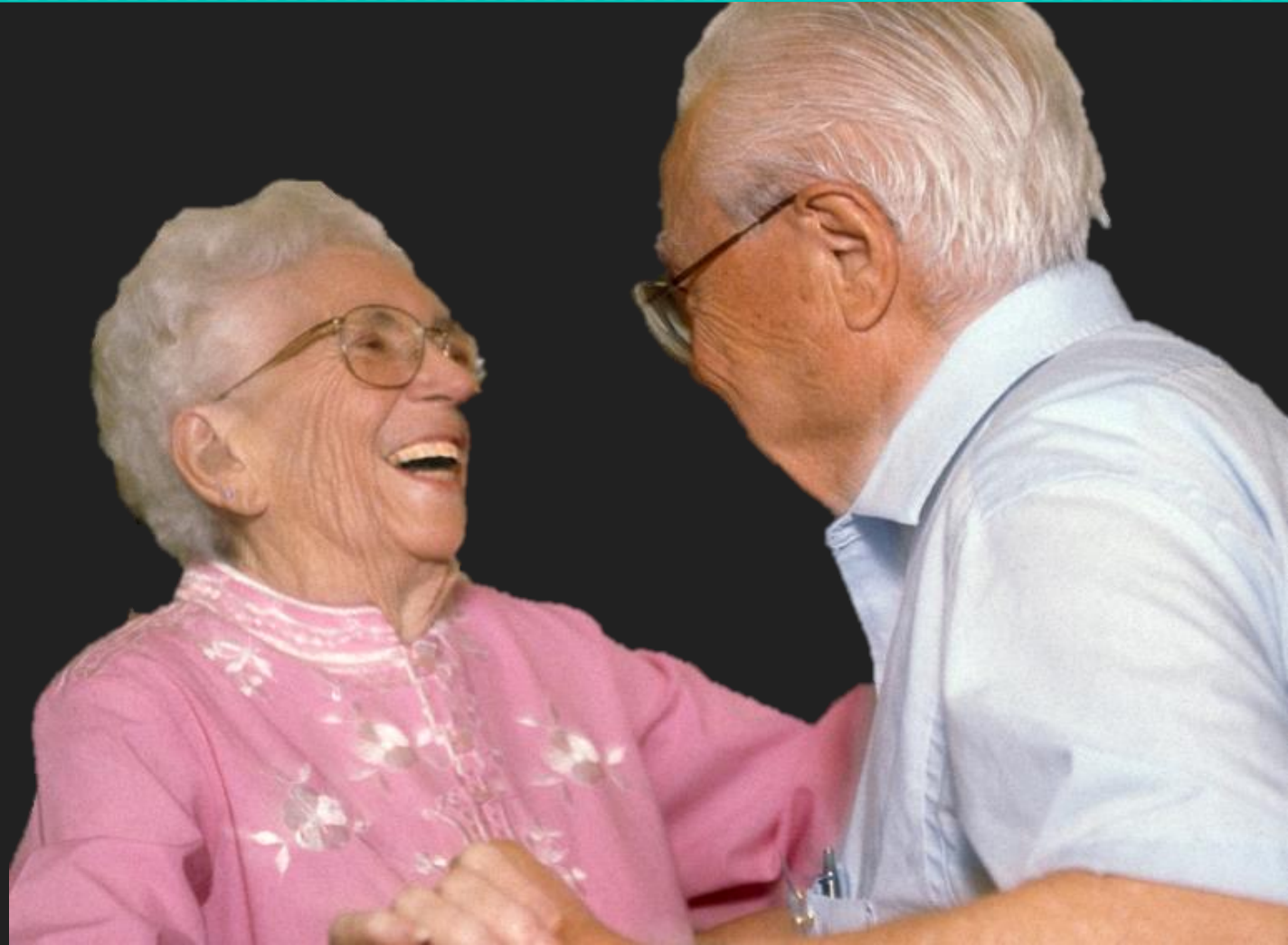
Communication Tips:

- Travel with the person to where he or she is in time

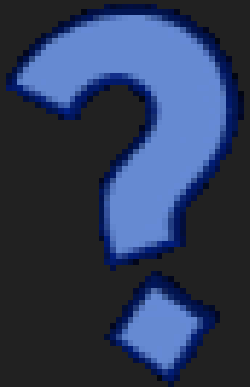
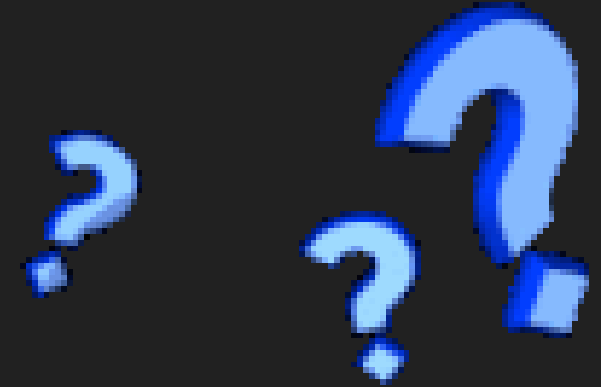
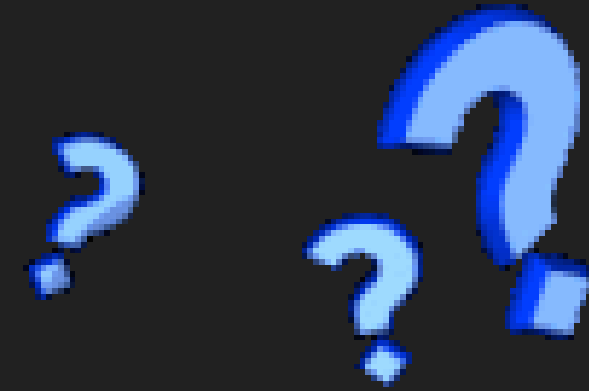


Communication Tips:

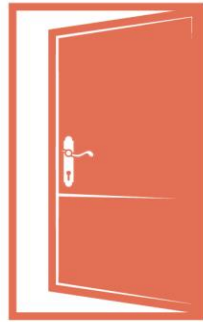
- They are doing the best they can do with what they have



Questions?



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