



Dementia 101

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DEMENTIA CARE SPECIALIST

Objectives

Dementia Care Specialist Role

What is Dementia?

Warning signs

Normal Aging

Stages of Dementia

Types of Dementia

Risk Factors

Early Detection

Memory Screenings

Dementia Care Specialist- My Role

- ❖ To support the ADRC staff and county programs to be better prepared, with knowledge and resources, to support individuals with dementia and their families.
- ❖ Act as a catalyst to create a dementia friendly community.
- ❖ Work with businesses, employers, local organizations and the community to raise awareness of the unique needs of individuals with dementia and their families.
- ❖ To assist individuals with dementia remain active and in their homes longer and provide support to their caregivers.

Ice breaker

[Brett Eldredge - Raymond \(Official Music Video\) - Bing video](#)

- What do you think of when you hear when you hear the word “Dementia”?
- What are you seeing in the community related to dementia?

Know the Facts

- ❖ Someone in the world develops dementia every 3 seconds.
- ❖ Over 55 million people worldwide living with dementia as of 2020.
- ❖ Expected to reach 78 million in 2030 and 139 million in 2050.
- ❖ 6th leading cause of death in the US.
- ❖ 70% live in the community in their own homes.



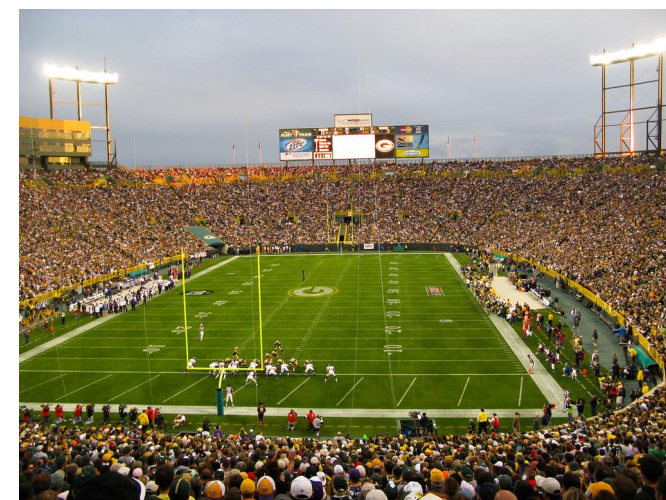
Know the facts

- ❖ 1 in 9 people have Alzheimer's by age 65.
- ❖ 1 in 3 people experience a cognitive decline by age 72.
- ❖ At age 85, the risk of having dementia is 50%.
- ❖ 2/3 suffering from dementia are women.
- ❖ 3/4 of people with dementia have not received a diagnosis.



Demographics

- ❖ Wisconsin 114,126 people diagnosed and living at home.
- ❖ By 2040= 213,128 people living at home with dementia.
- ❖ Door county- 926 diagnosed living at home.
- ❖ By 2040, Door county= 1,567 living at home.
- ❖ This doesn't count the people institutionalize living in nursing homes or assisted living facilities!



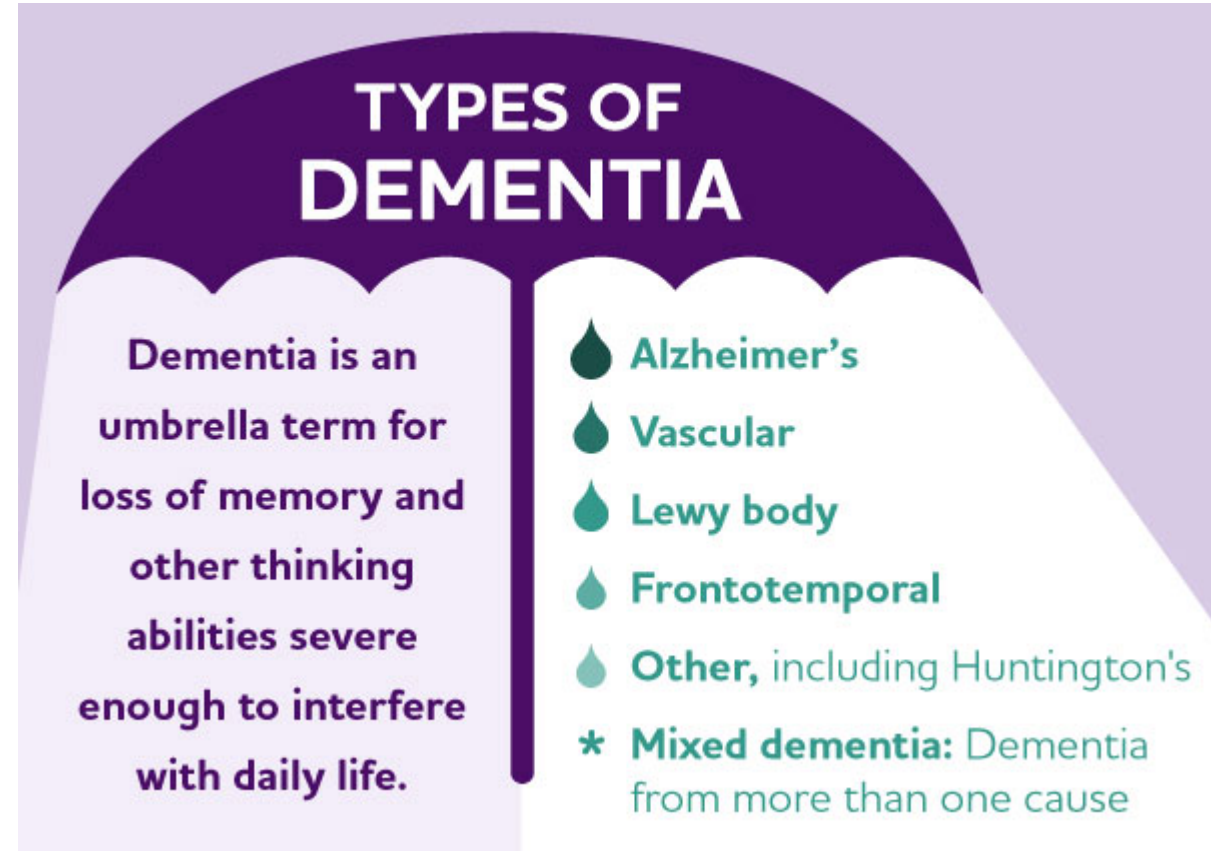
Inside Dementia

[Activity](#)

[How does a person with dementia see the world? - Bing video](#)

What is Dementia?

- ❖ A group of symptoms caused by changes in the brain.
- ❖ These symptoms can affect thinking, memory, reasoning, planning, language, & social skills to the point that it affects everyday life.
- ❖ Dementia is not limited to just older adults.
- ❖ **Dementia is NOT a normal part of aging.**
- ❖ The most common dementias are caused by terminal diseases and are slowly progressive.



The different kinds of dementia

Dementia is not one thing. There are several routes to similar symptoms

ALZHEIMER'S 62%

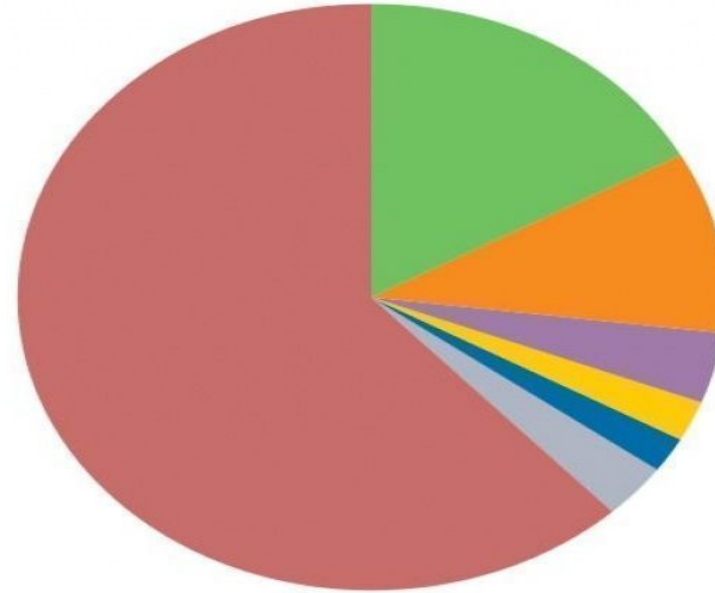
Causes problems with memory, language and reasoning. 5% of cases start before age 65

VASCULAR DEMENTIA 17%

Impaired judgement, difficulty with motor skills and balance. Heart disease and strokes increase its likelihood

MIXED DEMENTIA 10%

Several types of dementia contribute to symptoms. Most common in people over 85



OTHER 3%

Conditions such as Creutzfeldt-Jacob disease; depression; multiple sclerosis

DEMENTIA WITH LEWY BODIES 4%

Caused by Lewy body proteins. Symptoms can include hallucinations, disordered sleep

FRONTOTEMPORAL DEMENTIA 2%

Personality changes and language problems. Most common onset between the ages of 45 and 60

PARKINSON'S DISEASE 2%

Can give rise to dementia symptoms as the condition progresses

1 Memory loss



2 Difficulty performing familiar tasks




3 Problems with language



Shopping list
Apple
Milk

4 Disorientation to time and place



10 warning signs of dementia

5 Poor or decreased judgement



6 Problems keeping track of things



7 Misplacing things



8 Changes in mood and behaviour



9 Challenges understanding visual and spatial information



10 Withdrawal from work or social activities



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If these signs are new, they may be a sign of dementia.
Dementia is not a normal part of ageing.
Speak to your doctor or contact your dementia and Alzheimer association.

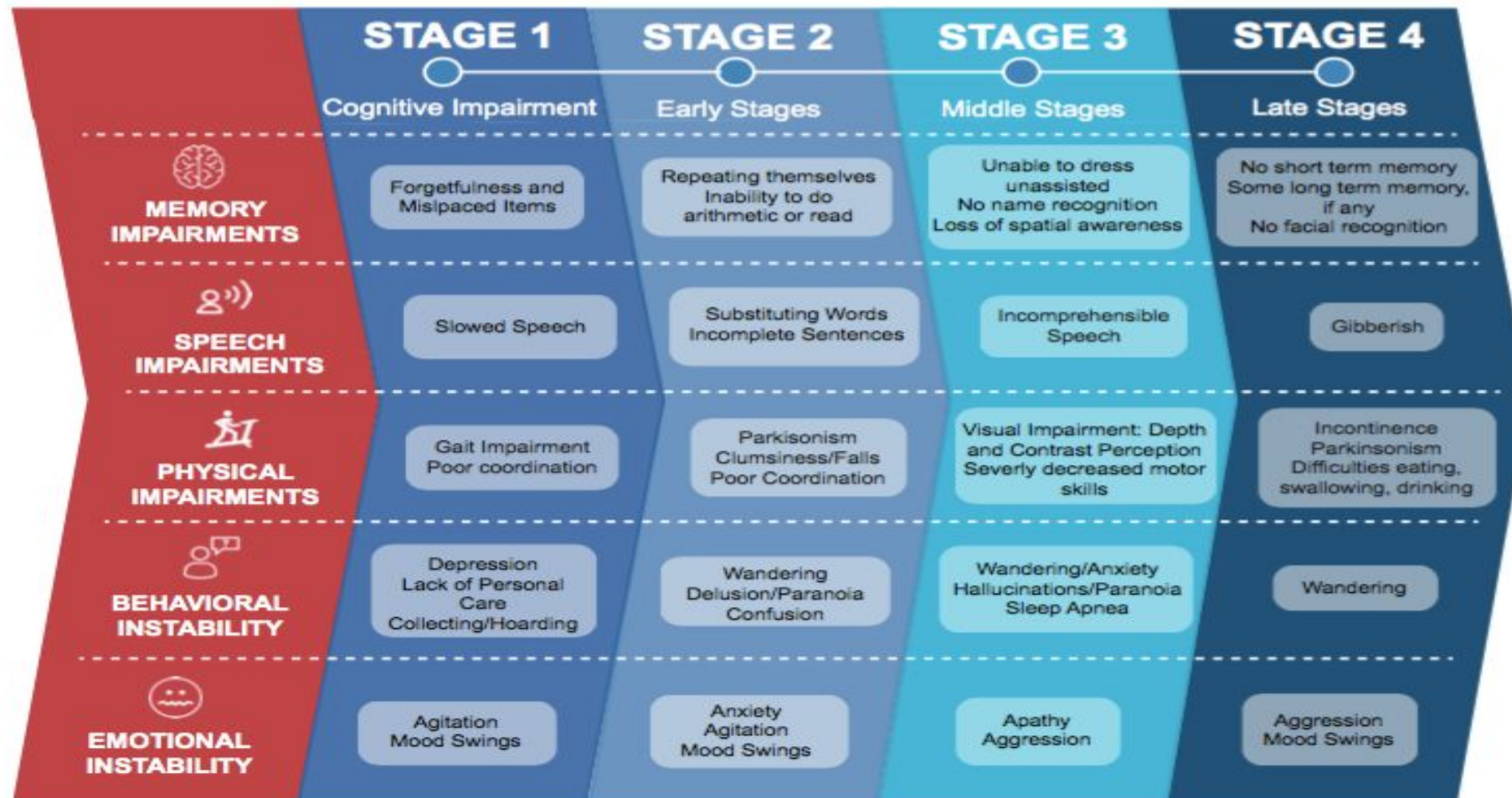
Normal Part of Aging

- ❖ Sometimes forgetting names or appointments but remembering them later.
- ❖ Making occasional errors when balancing a checkbook .
- ❖ Needing occasional help to use the settings on a microwave or to record a TV show.
- ❖ Confused about the day of the week but recalling it later.
- ❖ Vision changes related to cataracts.
- ❖ Sometimes having trouble finding the right word.
- ❖ Misplacing things from time to time and retracing steps to find them.
- ❖ Making a bad decision once in awhile.
- ❖ Sometimes feeling weary of work, family and social obligations.
- ❖ Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Early Stages

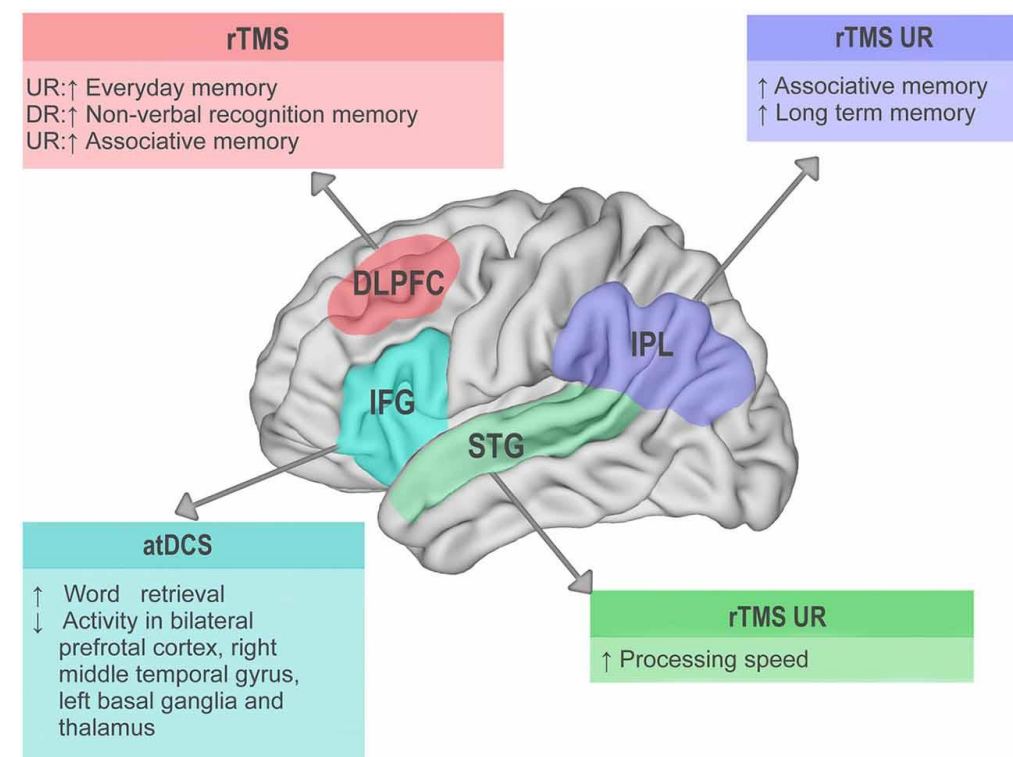
1. Memory loss disrupts daily life.
2. Challenges in planning and problem solving.
3. Difficulty completing familiar tasks at home, work or leisure.
4. Confusion about time and place.
5. Trouble understanding visual and spatial relationships.
6. New problem with words in speaking and writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment
9. Withdrawal from work and social activities
10. Mood and personality changes

Stages of Dementia

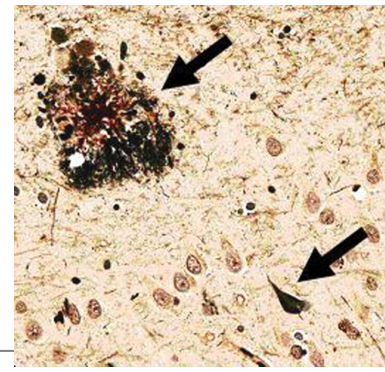


Mild Cognitive Impairment (MCI)

- ❖ Causes cognitive changes that are serious enough to be noticed by the person affected and by family members and friends.
- ❖ May not affect the individual's ability to carry out everyday activities.
- ❖ Not considered a type of dementia, but can progress into dementia.

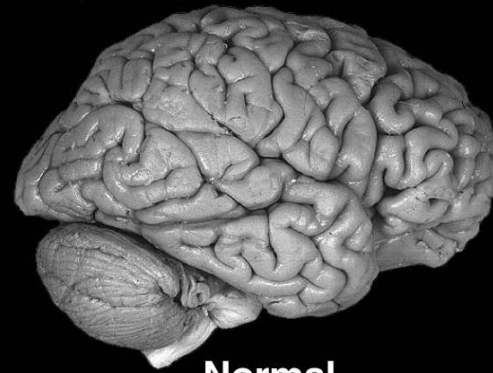


Alzheimer's Disease

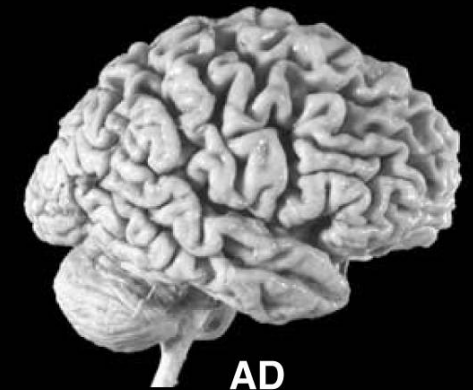


- ❖ Most common form of dementia.
- ❖ Alzheimer's is a degenerative brain disease.
- ❖ Caused by [complex brain changes](#) following cell damage.
- ❖ Accounts for 60-80% of cases.

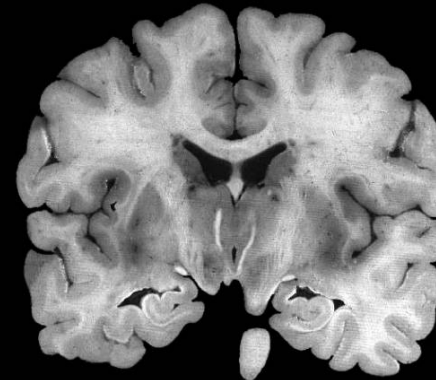
Brain Atrophy in Advanced Alzheimer's Disease



Normal

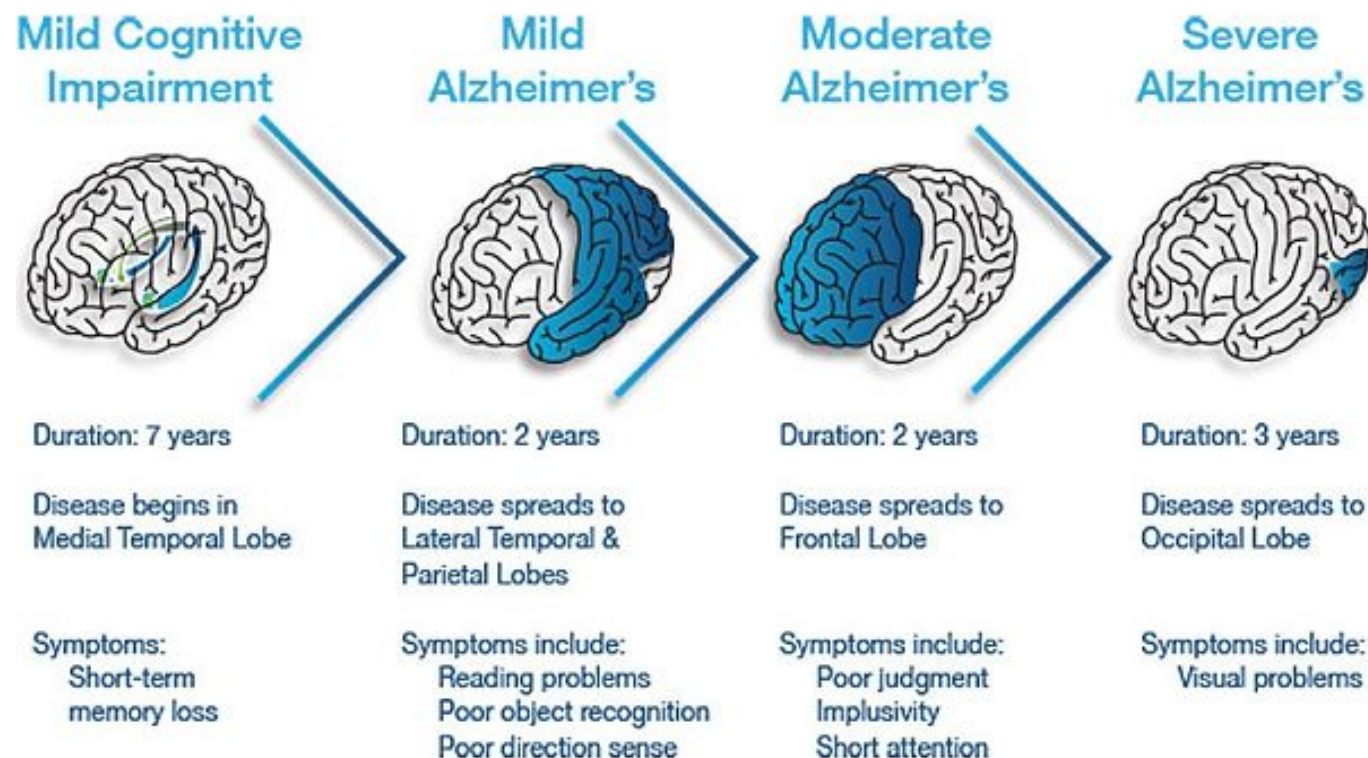


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Stages of Alzheimer's



- ▶ These are approximate timeframes.
- ▶ The disease may progress more quickly or slower and varies from person to person.

Frontotemporal Dementia (FTD)

- ◆ **Caused by cell death in the brain's frontal and/or temporal lobes.**
- ◆ **Often affecting younger people.**

Three Basic Types

- ◆ **Behavior variant frontotemporal dementia**

- Changes in personality, interpersonal relationships, conduct, judgment, empathy and foresight.

- ◆ **Primary progressive aphasia**

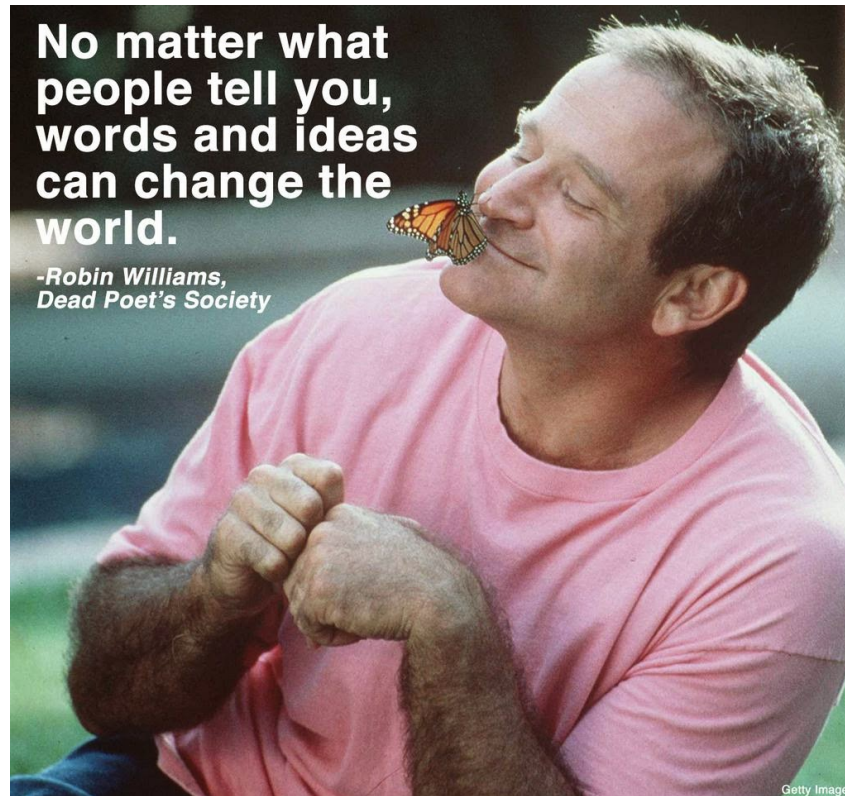
- Affects language skills, speaking, writing and comprehension.

- ◆ **Disturbances of motor (movement or muscle) function.**

- Muscle weakness, stiffness, lack of coordination, difficulty walking and changes in posture.

Lewy Body Dementia

- ❖ Decline in thinking, reasoning & function due to abnormal microscopic deposits that damage brain cells.



Lewy Body Dementia Symptoms

- Changes in thinking & reasoning; memory loss
- Confusion & alertness that varies significantly from days to hours to minutes
- Parkinson's symptoms – hunched/ hand posture, balance problems, shuffling feet, tremors, & rigid muscles
- **Visual hallucinations**
- Delusions
- Trouble interpreting visual information
- Acting out dreams, sometimes violently, a problem known as rapid eye movement (REM) sleep disorder

Vascular Dementia

- ❖ Decline in thinking caused by conditions that block or reduce blood flow to the brain.
- ❖ “Stroke related” dementia (Blood vessel disease)
- ❖ Step progression – control vascular risk factors.

Vascular Dementia Symptoms

- ❖ Confusion
- ❖ Disorientation
- ❖ Speaking or understanding speech
- ❖ Vision loss
- ❖ **Flat affect**
- ❖ Impaired planning/judgment
- ❖ Uncontrolled laughing/crying
- ❖ Decline in social situations
- ❖ Decline in attention

Dementia Progression

◆ Predicting progression depends on many factors

beyond diagnosis

- Rates of progression differ.
 - Can progress quickly for some people while for others it can take years.
 - Heart conditions, diabetes and those who have had several strokes or infections are likely to have a faster deterioration.
 - Dementia is likely to limit life expectancy.

Reversible Dementia

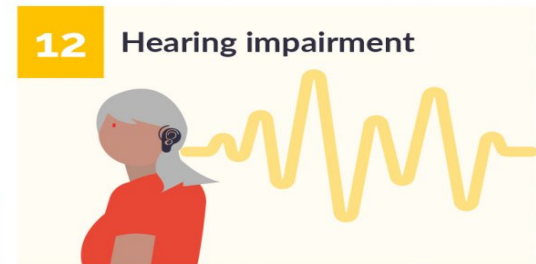
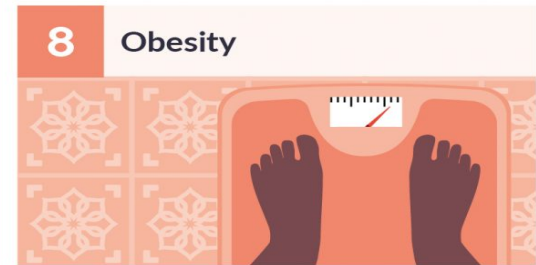
❖ When the causing factor is removed, the brain returns to it's normal function.

CAUSES

- ❖ Medication side effects or interactions
- ❖ Medical conditions- Dehydration
- ❖ Malnutrition/Vitamin Deficiencies- Ex: vitamin B12
- ❖ Depression- mental health issue
- ❖ Alcohol and drug abuse
- ❖ Delirium-infection or severe pain
- ❖ Hormone Imbalance



12 dementia risk factors

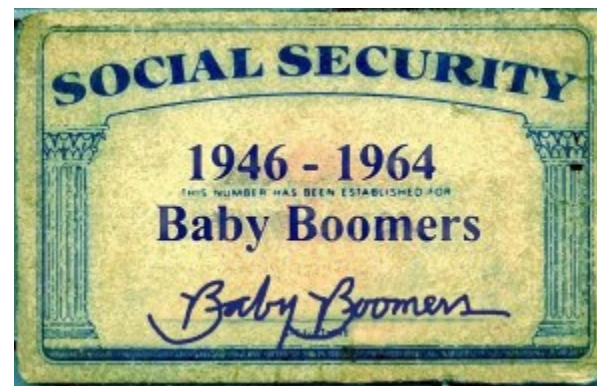


Source: Livingston et al. A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission

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Why is there an increase in Dementia.

- ❖ People are living longer.
- ❖ Successful treatments for life threatening diseases allow people to live longer.
- ❖ Everyday, 10,000 baby boomers turns 65 in the U.S.
- ❖ Early detection tools and community education.



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Early Detection

- ❖ Allows more time to plan for the future.
 - Determining a Power of Attorney for financial and medical decisions.
- ❖ Allows you to make adjustments to maintain quality of life.
- ❖ Lessened anxiety about the unknown future.
- ❖ Increased chance of participating in research.
- ❖ A chance to participate in decision making process.
- ❖ Time to develop a relationship with care providers and doctor.
- ❖ Benefit from education, strategies, and support services.

Memory Screenings

- It's a FREE 10 minute screen offered by the DCS.
- Important to have a baseline (similar to having a baseline for your blood pressure.)
- Alert you of any concerns that warrant further evaluation by a doctor.



Caregiver Support Resources

NORTHERN DOOR CHAPTER

Starting in May!
1st Wednesday of the month
1:00-2:00pm
DCMC-Sister Bay Rehab
2345 Canterbury Lane
Sister Bay

SOUTHERN DOOR CHAPTER

4th Tuesday of the month
1:00-2:30pm
Brussels Community Center
1366 Junction Rd.
Brussels

STURGEON BAY CHAPTER

1st & 3rd Wednesday of the month
1:00-2:30pm
ADRC of Door County
916 N. 14th Ave.
Sturgeon Bay

WASHINGTON ISLAND CHAPTER

1st Thursday of the month
10:00-11:30am
WICHP Fellowship Hall at
Trinity Lutheran Church
1763 Town Line Rd.
Washington Island

Aging and Disability Resource Center of Door County
www.ADRCDoorCounty.org 920-746-2372

Veterans Affairs - If your loved one is a veteran/spouse of a veteran, there may be funding through the Department of Veteran Affairs. Connect with the Door County Veterans Service office at 920-746-2226 to talk about potential benefits.

Alzheimer's Association of Wisconsin- www.alz.org/wi
800-272-3900

Wisconsin family caregiver support program
— www.wisconsin caregiver.org

AARP- www.aarp.org/caregiving

Door County Memory Cafe



Aging & Disability Resource Center
916 N. 14th Ave
Sturgeon Bay, WI
2nd Wednesday of each month
1:00-2:30 p.m.

What is a Memory Café?

A Memory Café is a local gathering for people with memory concerns and their care partners. They can relax and have fun in a safe, supportive place.

Why attend?

Physical, social, & mental activity is good for the brain!

What does it cost?

Attendance is free, coffee & treats provided.

What is Dementia a Friendly Community?

A community that shows a high level of public awareness and understanding of dementia.

In which it is possible for the greatest number of people with dementia to live a good life.

Where persons with dementia are able to live as independently as possible and continue to be part of their community.

Where they are met with understanding and given support where necessary.

Let's build a Dementia Friendly Community,

Find their way around safely.

Access local businesses & facilities they are used to & where they are known. (banks, restaurants/cafes, post offices, stores, libraries, gas stations, salons, barbers, etc.!))

Maintain their social networks and create a sense of belonging.

THANK YOU!

Questions? Comments?