



Religious Education Congress 2017
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Dementia: What You Need to Know
Session 3-12

Dementia: What You Need to Know

Normal forgetfulness

Two categories of non-dementia causes of forgetfulness:

Mild Cognitive Impairment (MCI)

Dementia: Severe loss of cognitive, memory, physical, & reasoning skills, such that the person's ability to carry out the normal ADL's (activities of daily living) is compromised and eventually destroyed

____% of dementia is caused by Alzheimer's disease

The second most common cause:

Drugs can forestall the progression of symptoms but not cure.

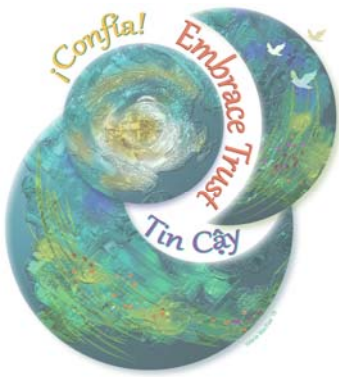
First signs of dementia occur ____ years before diagnosis.

These signs may include

- Personality
- Executive Function (including math skills, understanding concepts)
- Visual/Spatial Issues
- Language and words
- Social withdrawal

The Ten Signs of Progression

1. Memory loss that disrupts daily life, including misplacing things AND being unable to retrace one's steps.
2. Repeating the same question, story, or sentence in relatively brief periods without awareness.
3. New and increasing problems with words in speaking or in writing
4. Becoming lost in familiar places or along familiar routes and being unable to follow directions



5. Being unable to plan, solve problems, or make good judgments
6. Difficulty completing familiar tasks – forgetting how to properly do laundry, cook a familiar recipe, start a lawnmower, tie a tie, etc.
7. Getting disoriented about time, people, places
8. A noticeable change in mood or personality, especially becoming more aggressive or agitated
9. Neglecting personal hygiene, appearance, or nutrition – i.e. not fixing hair, not brushing teeth, failing to shower or bathe, or buttoning a shirt with buttons in the wrong holes
10. Neglecting personal safety – i.e. touching a hot pan, crossing a street without looking for traffic

Reasons to find out early

What You Can Do Now

1. Complete documents
 - a. Living will
 - b. The Five Wishes document (agingwithdignity.org)
 - c. Power of Attorney for Healthcare (Healthcare Proxy)
 - d. Diminishing Capacity Letter
2. Provide education and resources beforehand
www.nia.nih.gov/alzheimers/publication/understanding-memory-loss

Prevention steps – exercise, puzzles/brain games, diet (MIND diet – Rush Univ)

3. Watch for signs. Document everything.
If you are concerned, have the courage to bring it up to the person
Involve others if necessary, hopefully getting the person to a doctor



4. Provide further resources if there is a diagnosis
www.nia.nih.gov/alzheimers/publication/carinerson-alzheimers-disease
Local Alzheimer's Association – www.alz.org
Examples of Resource List to Research and Create:
 - a. Bill/Payment Management – i.e. AADMM: Amer Association of Daily Money Managers
 - b. Local transportation – i.e. www.eldercare.gov
 - c. Medical, Geriatric, & Aging Care Specialists - i.e. www.aginglife.org
 - d. Meal delivery services
 - e. Respite care/adult day care providers
 - f. Support groups for patients &/or families
 - g. Dementia-specific or memory-care facilities (and meet the directors)
5. Encourage recording long-term memories
6. If the person is on parish staff, accommodate as with ADA for as long as possible, but as necessary transition them off the staff.

Notes on care-giving

\$9.7 billion of personal healthcare costs

4% of the population is admitted to a nursing home by age 80; 75% of Alzheimer's patients

Remove the stigma

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