



Dementia Care Planning: It's A Family Affair

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Learning Goals



■ **Participants will:**

- Better understand the causes of dementia
 - Gain a deeper understanding of dementia stages
 - Learn ways to offer support strategies
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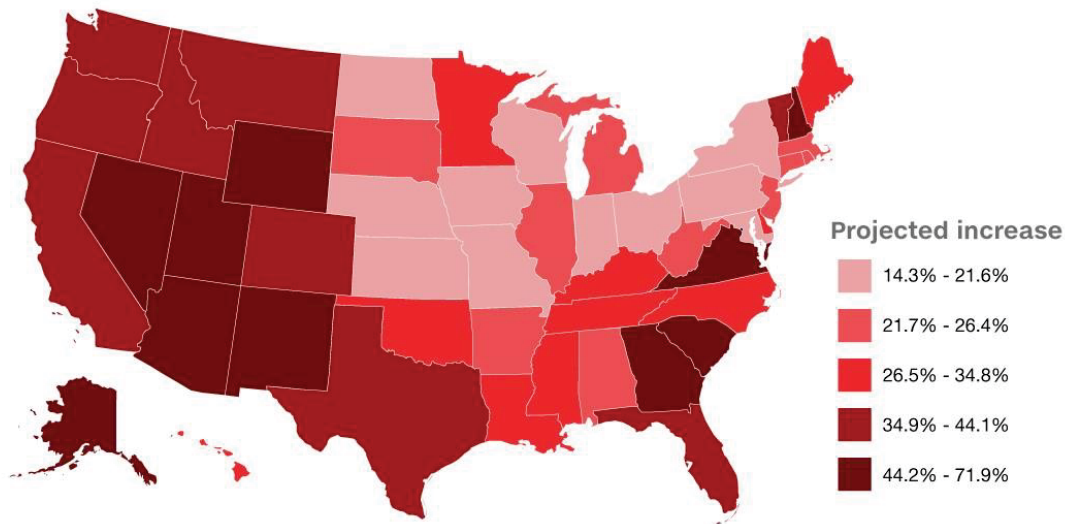
Baby Boomers

- 2012
 - 43.1 million
- 2050
 - 83.7 million
- Alzheimer's disease/dementia

Prevalence

- Over 5 million Americans
- 1 in 10 (65 and older)
- 1 in 3 (85 and older)
- Every 65 seconds
- By 2050 - 16 million in United States

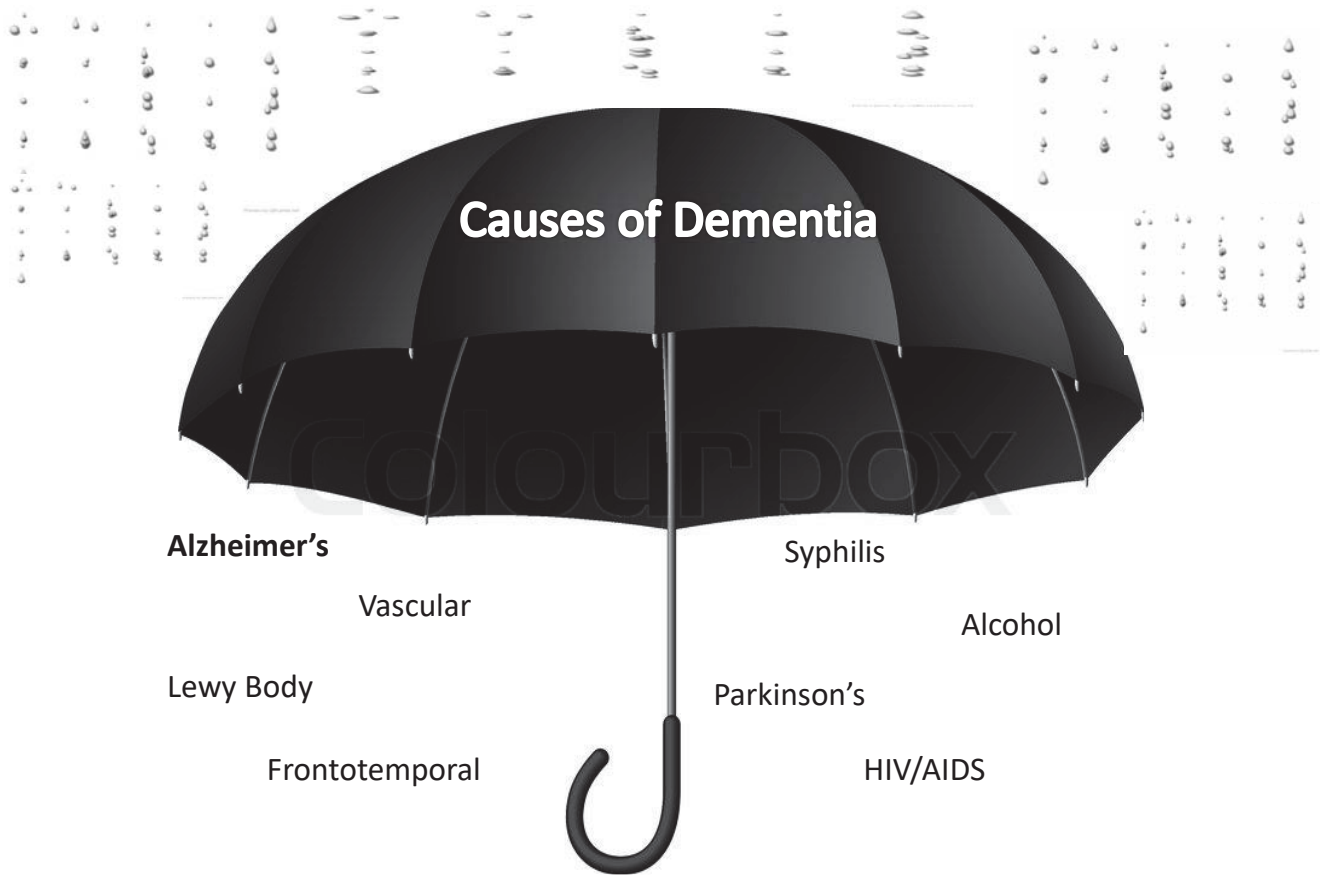
PROJECTED RISE IN ALZHEIMER'S CASES BY 2025



SOURCE: Alzheimer's Association

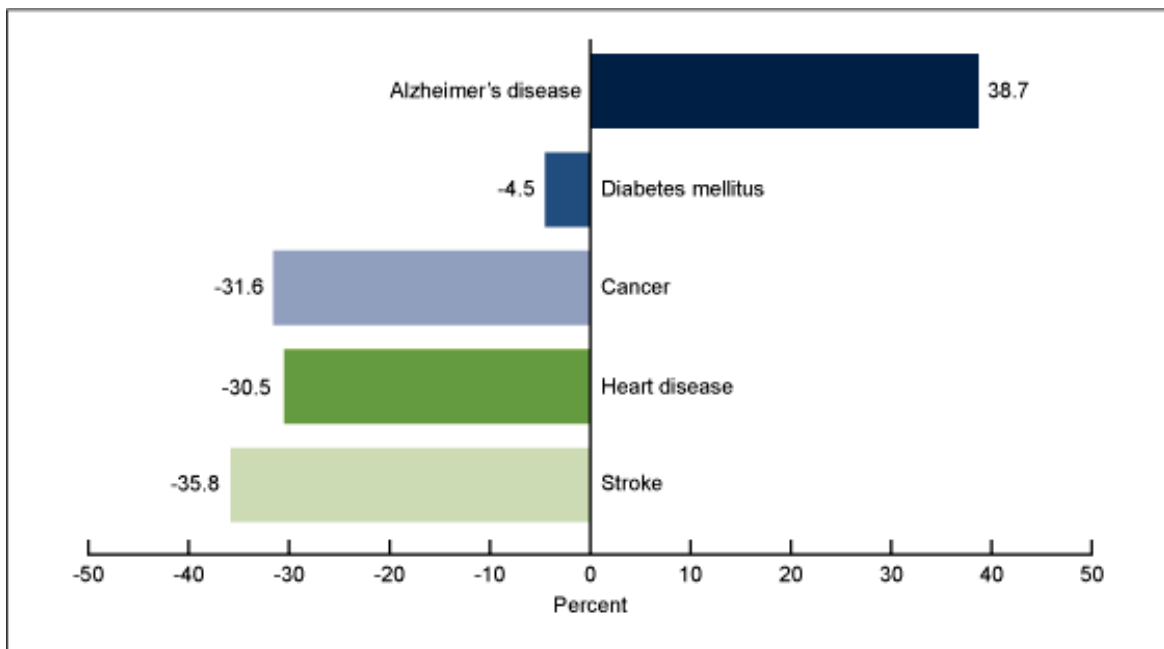
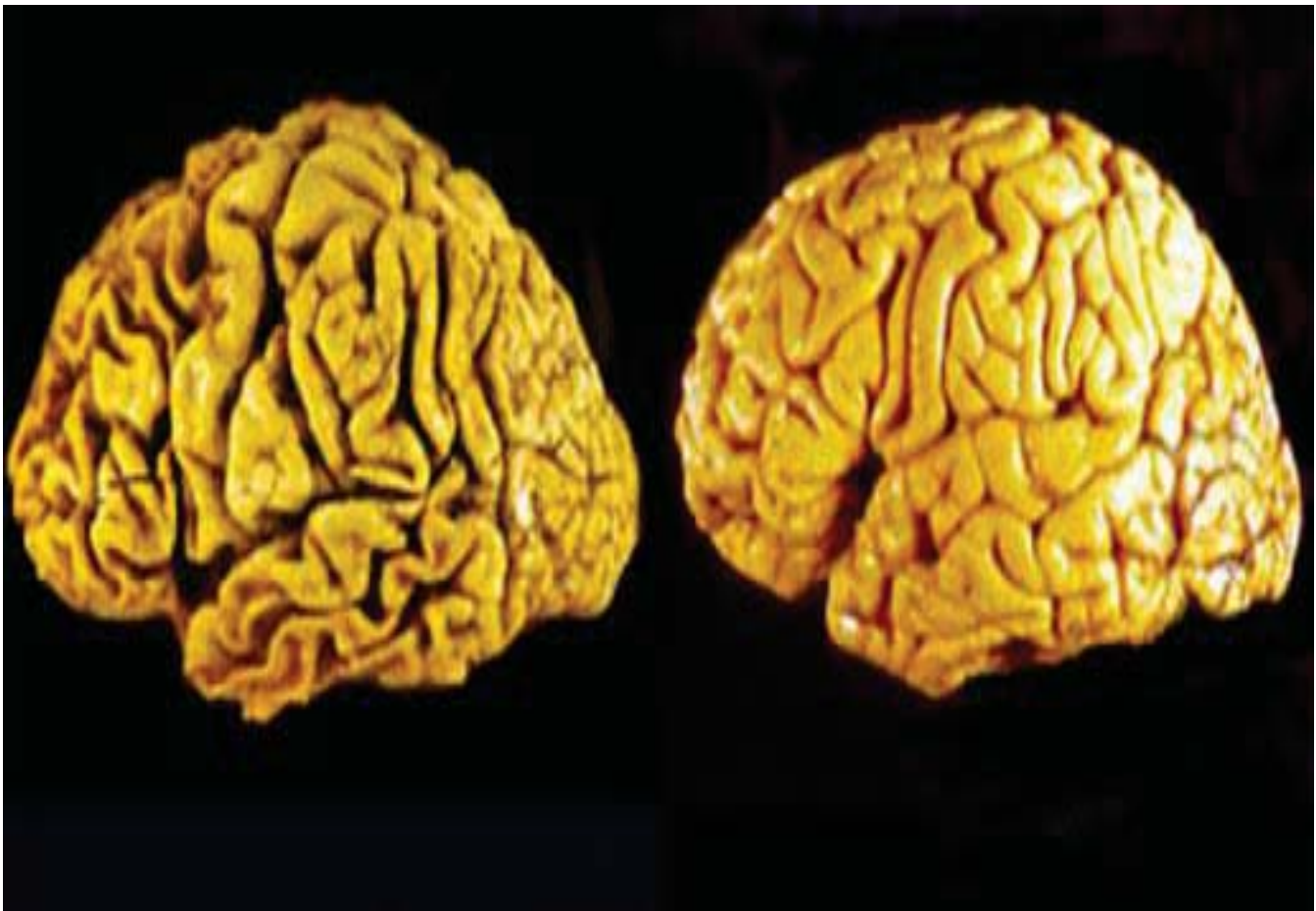
Alzheimer's disease Statistics

- Onset is 60-90 years of age
- Progressive
- 6th leading cause of death in the US
- 5th leading cause of death in US (for 65+)
- The only cause of death in the top 10 in the US that CANnot
 - Prevented
 - Cured
 - Slowed



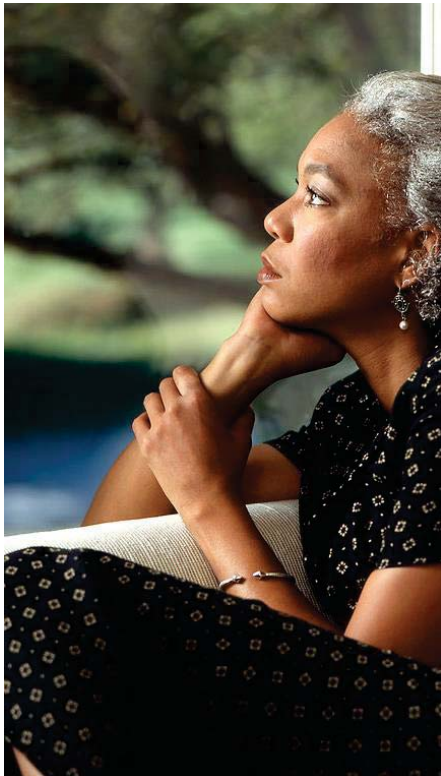
Alzheimer's Characteristics

- Protein, plaque and/or tangles inside and/or outside of the nerve cells and prohibits adequate information flow
- Information is not transferred from one nerve cell in the brain to the other
- Progressive disease in which the death of cells in the brain causes a loss of mental abilities such as memory, learning, and communication



Dementia

- A set of symptoms that evolve as a result of having a medical condition that impairs brain functioning
- Symptoms inhibit a person's ability to appropriately use his or her intellectual abilities
- The loss of intellectual abilities interfere with social and/or occupational functioning



Target

- 3.2 million women
- African American
- Hispanic
- Primary Caregiver

Caregivers

- Spouses
- Daughters
- Daughters-in-law
- Sons
- Siblings
- Grandchildren
- 250,000 between the ages of 8-18

Stages of Dementia

Normal

- No symptoms of mental decline
- No mood swings

Subjective Cognitive Impairment

- Mental or functional changes noted by the person experiencing the changes

Stages of Dementia

Mild Cognitive Impairment

- Mental or functional changes noted by others, not only the person experiencing the changes

Early/Mid Stage

- Inability to choose proper clothing to wear
- Inability to recall major aspects of their life

Stages of Dementia

Mid/Moderate Stage

- Cannot independently perform some activities of daily living
- Mistaken identity of family members is common

Severe/Late stage

- Neurological changes
- Must have continuous assistance
- Speech becomes limited

Treatable Dementia

- Medication (side effects, interactions)
- Infections
- Vitamin Deficiencies
 - B12 / D / E
- Dehydration / Nutritional Imbalance
- Thyroid / Diabetes
- Substance Abuse
- Depression

Delirium

- Sudden onset of a temporary state of confusion
- Possible causes:
 - Stroke
 - Medication
 - Fever
 - Illness
 - Dehydration
 - Sleep Deprivation

Diagnosis

- Autopsy
- Patient History
- Physical Examination
- Neurological Examination
- Informant Questionnaire on Cognitive Decline
- Laboratory Tests
- Cognitive Tests

Challenging Behaviors

Identified by Family

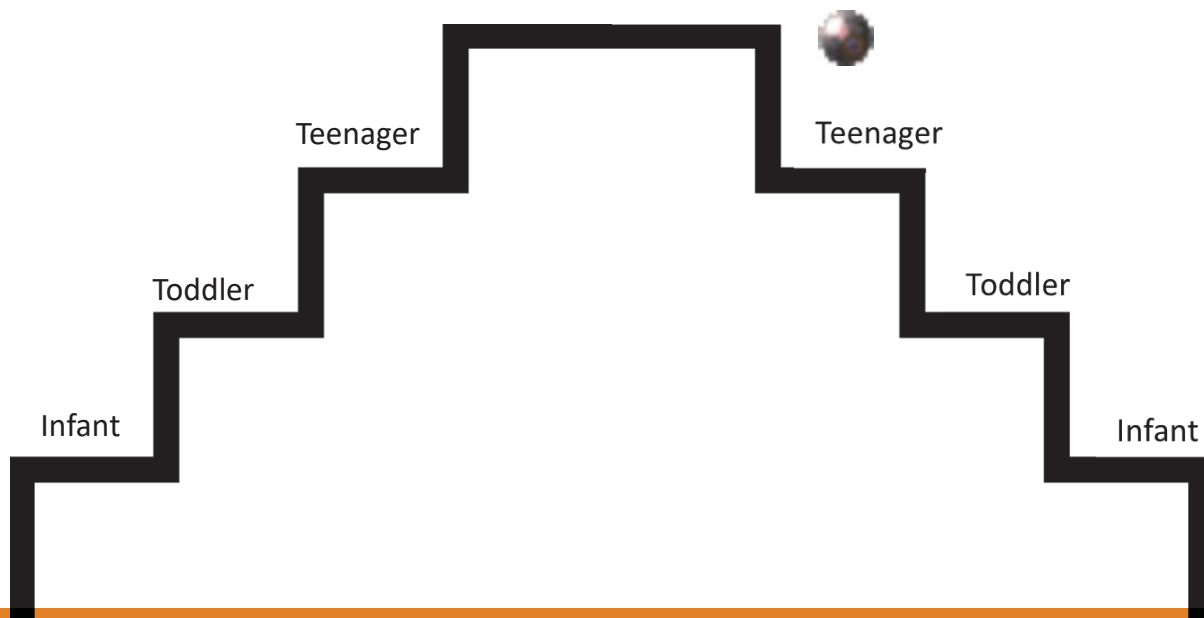
- Physical Aggression
- Verbal Aggression
- Activities of Daily Living (ADL's)
- Driving
- Wandering Away
- Not sleeping
- Hallucinations/Paranoia

Possible Causes

- Pain
- Lack of memory
- Communication deficit
- Invasion of space
- Sensory loss
- Fear
- Excessive stimulation
- New/Strange

Causes

Reverse



Possible Solutions

- Change in Environment
- Change in Caregiver
- Adjust in Time
- Communication Style

Possible Solutions

- One-step directions
- Face the person
- Identify yourself
- Use names
- Use short phrases
- Speak slowly and clearly
- Ask one question and a time

Possible Solutions

- Wait for a response
- Repeat, if necessary
- Be direct
- Use lower tone
- Use positive terms
- Visual Cues

Possible Solutions

- Avoid vague statements
- Emphasize key words
- Avoid quizzes (*do you remember....*)
- Use written/pictorial documentation
- Use statements as opposed to questions
- **Be Patient**



WHAT
matters
most

person-centered care



Hi, how can I help?

B. BREATHE, BE

R. REASSURING

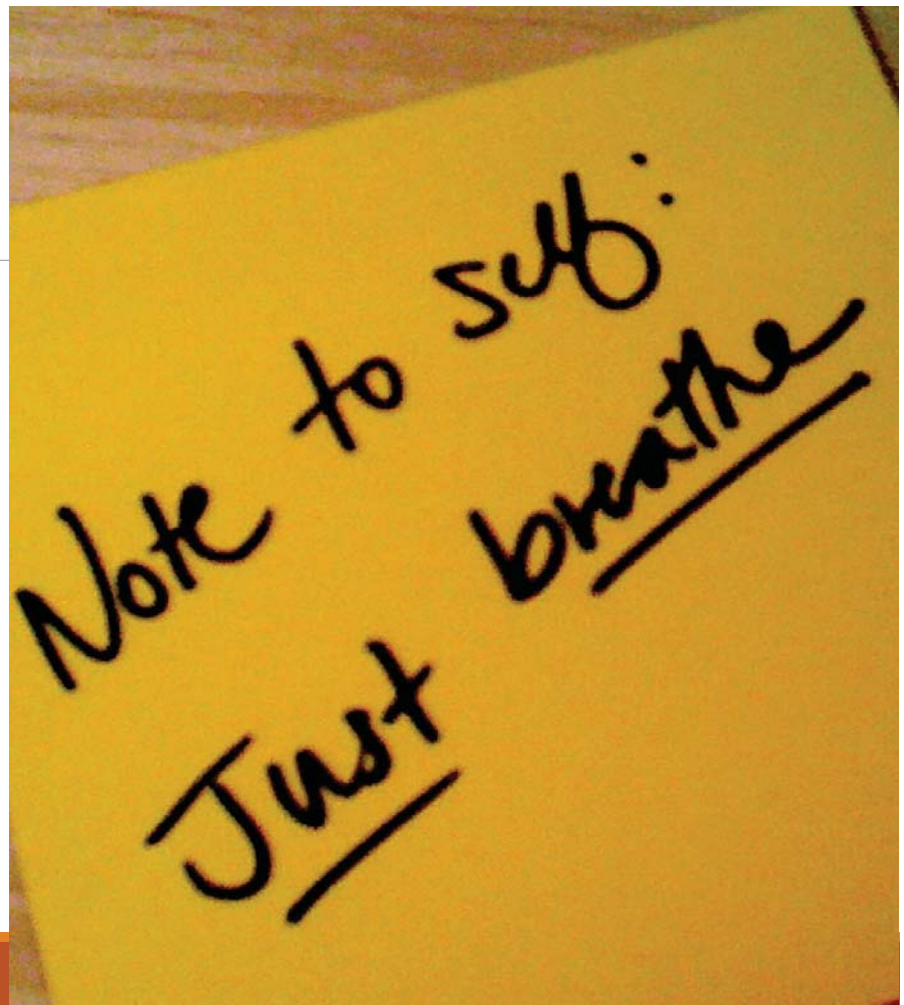
E. EMPATHETIC

A. ACCEPTING

T. TALK

H. HUMOR

E. ENJOY





Cognitive Assessment Training

A promotional graphic for "ask DR. MACIE". The background is a light yellow with a dark blue curved shape at the bottom left. On the right side is a portrait of a woman with short, curly hair, wearing a yellow top and a dark blazer. The text "ask" is in a gold, cursive font, and "DR. MACIE" is in a large, bold, black sans-serif font. Below the text are four social media icons: Twitter, Facebook, LinkedIn, and YouTube. At the bottom center, there is a logo that says "AGE ON PURPOSE" in a rounded rectangle. Three vertical orange lines are overlaid on the graphic, one on each of the social media icons and one on the portrait. A horizontal line is at the bottom of the graphic area.

ask
DR. MACIE

AGE
ON PURPOSE

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