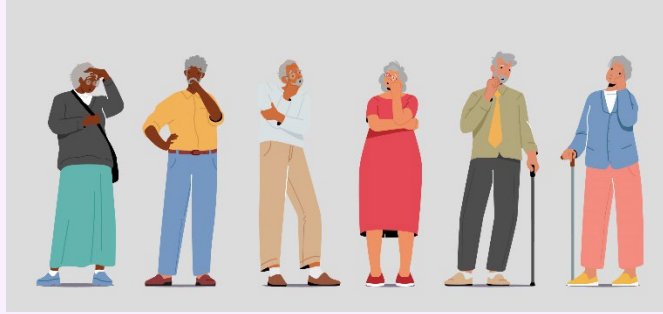


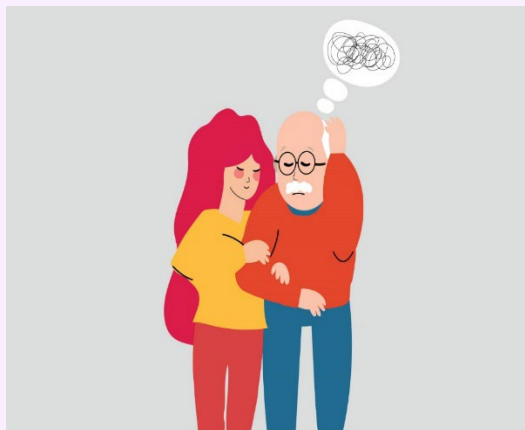
# Dementia Care Series Addendum



This addendum is a quick overview of the types of dementia, how family and caregivers can assist in maintaining a quality of life for the individual with dementia, and community resources that may be of benefit. For persons interested in more in-depth explanations of the differing types of dementia and/or of the practice guidelines for caregivers of persons with dementia, refer to the [Dementia Care Series](#).

- Dementia is the general term for a loss of cognitive functioning and behavioral abilities that is severe enough to interfere with a person's daily life and activities. The progression of dementia and the impact of it on individuals vary based on the different types of dementia. Many types of dementia exist including Alzheimer's, Lewy Body dementia (LBD) with or without Parkinson's, frontotemporal dementia, rare forms of dementia, and mixed forms.
- Alzheimer's which accounts for approximately 60% of individuals struggling with dementia is characterized by a slow, insidious onset that is gradually progressive with short term memory loss, behavioral changes, language problems (word finding), and visual problems. The prescription drugs [Aricept](#) and [Namenda](#) in the early stages may help slow down progression.
- Ten percent to 40% of persons with decreased cognitive functioning have vascular dementia, which is closely related to a stroke, heart disease, or transient ischemic attacks. The onset can be gradual or sudden, and it causes problems with executive function including self-control, planning, working memory, time management, and organization.

- Lewy Body dementia makes up about 12.5% of all dementias and may involve Parkinson's disease or Parkinson's-like symptoms. LBD usually starts with memory problems and features a progressive decline in executive functioning, visuospatial memory, and REM sleep disturbance. LBD may mimic Parkinson's disease (PD) or be considered alongside PD. It has a complicated mix of symptoms including visual hallucinations, anxiety, and a sensitivity to medication.
- Frontotemporal dementia (FTD), which accounts for about 7.5% of individuals with dementia, presents very differently and includes apathy with social withdrawal, lack of empathy, disinhibition, poor judgement, and decreased language output with perseveration. FTD involves movement problems with parkinsonism.
- In the final category of dementia, which encompasses about 10% of those with dementia are relatively rare forms such as: Creutzfeldt-Jakob disease and Chronic Traumatic Encephalopathy (CTE). There is also the phenomenon of having several types of dementia together such as vascular dementia with LBD.
- Mild cognitive impairment (MCI) is a term used to describe the start of symptoms such as memory loss, word finding difficulties, or decreased executive functioning. This may be reversed or lessened with lifestyle factors.
- Neurocognitive disorder is a term that is becoming widely accepted and often preferred over dementia, especially for conditions affecting younger individuals.



## **Lifestyle factors**

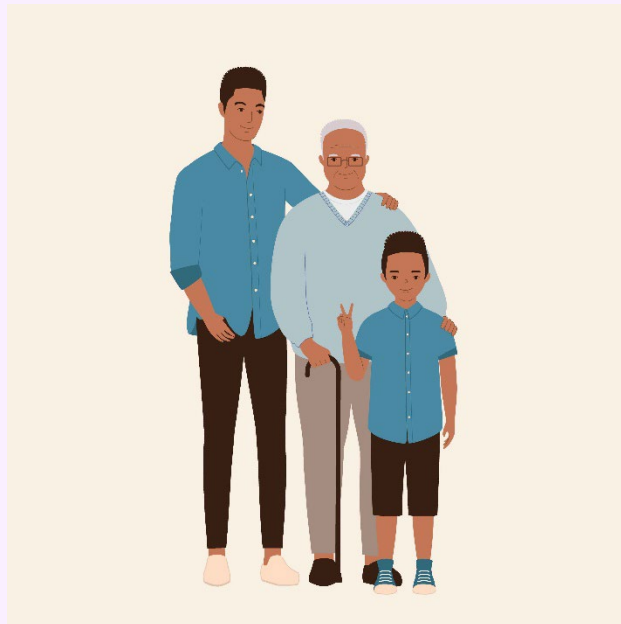
- Lifestyle factors: are behaviors that can support healthy aging and limit MCI include staying active, eating a healthy diet like increased leafy greens (Dietary Approaches to Stop Hypertension (DASH) or Mediterranean), being socially active, taking medications as directed, having regular physical health check-ups, limiting alcohol, not smoking, obtaining six to eight hours of sleep a night, and managing stress.



## **Guidelines for Caregivers**

1. Do not argue with the person who has dementia (PWD). You will lose every time. The best solution is to try to redirect.
2. Be patient with yourself and the PWD.
3. If the person you are caring for is a loved one, allow yourself time to grieve over who the person once was while finding strengths in who they are now.
4. Take self-care seriously. Get some respite either through relatives, friends, or an organization such as the Area Agency on Aging or adult day care services.
5. Watch for the signs of depression, anxiety, exhaustion, and loneliness. Utilize support systems, and seek professional help for yourself, as appropriate.

6. Arm yourself with information; suggested readings include [The Spectrum of Hope: An Optimistic and New Approach to Alzheimer's and Other Dementias](#) by Gayatri, Devi, MD, [The Problem of Alzheimer's](#) by Karlawish, Jason, and [Keep Sharp](#), by Gupta, Sanjay
7. Increase the PWD's autonomy by including them in as many activities around the house and in the community as possible, which can also decrease some of your responsibilities.
8. Remember every hour and every day may be different. Flexibility is important, especially when engaging in a task or activity. Modify the activity according to their capabilities that day.
9. A predictable, clutter free environment is important as well as keeping mindful of overstimulation from sensory stimulation.
10. For further tips on communication, the sundowning effect and more, seek the information in the [Dementia Care Series](#).



## **Resources**

1. [Alzheimer's Association](#) – The Alzheimer's Association is a non-profit organization that provides a 24-hour hot-line, educational webinars, and support for caregivers.
2. [American Association for Retired Persons](#) (AARP) – The AARP shares up-to-date information on aging, sponsors webinars, and focuses on improving health and well-being. A membership to AARP includes publications and discount deals.
3. [Area Agency on Aging](#) – This organization gives local assistance on a variety of areas like assessing equipment needs, finding respite, addressing housing concerns, providing support to families, and exploring budgetary issues.
4. [Community Resource Finder](#) – The Community Resource Finder is a tool compiled by the Alzheimer's Association and AARP, powered by Carelike. It is a comprehensive online guide of resources in the community such as: daycare programs, elder law attorneys, home care resources, assisted living facilities, and social engagement programs, etc.
5. [Elder Law of Michigan](#) (ELM) – This is a resource for legal matters involving older adults.
6. [The Association for Frontotemporal Degeneration](#) (AFTD) – The AFTD provides information regarding support groups, symptom checklists, and other helpful resources for persons who are newly diagnosed and for their family and caregivers.
7. [Lewy Body Dementia Association](#) (LBDA) - The LBDA uses outreach, education, and research to support those affected by Lewy Body dementia and their families and caregivers. LBDA is dedicated to raising awareness and promoting scientific advances.
8. [Michigan Alzheimer's Disease Research Center](#) (MADRC) – The MADRC is a collaboration between Michigan State University, Wayne State University, and University of Michigan. They conduct and promote research in the causes and concerns of Alzheimer's disease. They provide resources for educational webinars and support groups. They offer opportunities for participating in research.

9. [Michigan Assisted Living Association](#) (MALA) – The MALA is a non-profit organization that provides advocacy, education, and resources for providers of residential, assisted living, memory care, vocational, and other community-based services.
10. [Michigan Dementia Coalition](#) (MDC) – This resource is a coalition with over 65 organizations and 120 individuals dedicated to improving the life of individuals experiencing dementia who are living in the state of Michigan. The vision of this group is to make Michigan a dementia capable state through connecting individuals with dementia and their families with resources and supporting practitioners and communities to work together to utilize successful models and best practices for dementia care.
11. [Michigan Department of Health and Human Services](#) (MDHHS) – MDHHS has informational resources through the Behavioral and Physical Health and Aging Services Administration.
12. [National Council of Dementia Minds](#) (NCDM) - This is a non-profit organization founded and governed by persons living with dementia. Their mission is to develop and support a national corps of dementia minds groups. The members, persons living with dementia, create opportunities for dialogue and education about strategies to live well with neurocognitive disorders.



The Michigan Department of Health and Human Services has provided funding for this initiative through Federal Community Mental Health Block Grant.

MDHHS-Pub-1584 (11-22)