

Alzheimer's & Dementia AND the Alzheimer's Association

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THE BRAINS BEHIND SAVING YOURS:





Alzheimer's Association 2021 Alzheimer's Disease Facts and Figures



Watch later



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More than **6 MILLION** Americans are living with **ALZHEIMER'S**

MORE VIDEOS

Play (k)

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10 Warning Signs

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships



10 Warning Signs Continued

6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood and personality



Four A's of Dementia

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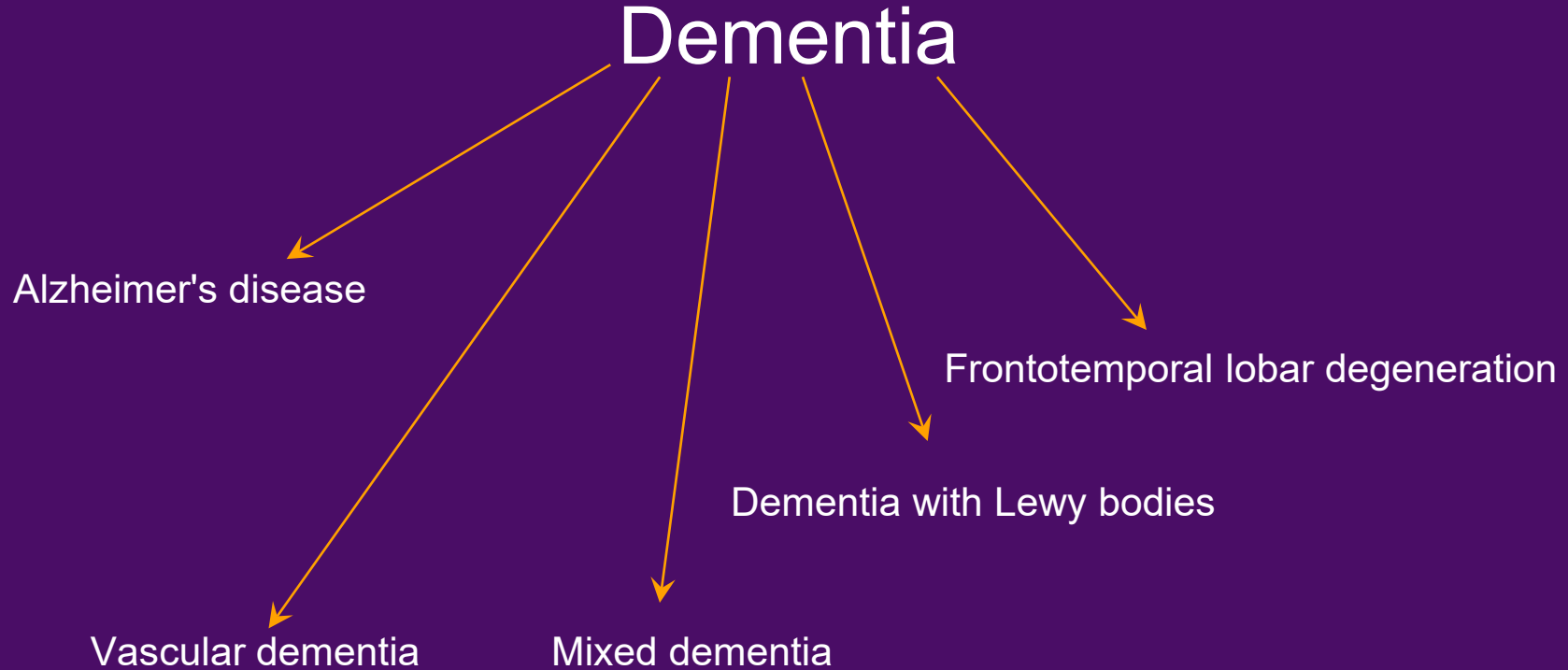
- Amnesia- (STM loss)
- Aphasia- (Communication)
- Agnosia- (Recognition)
- Apraxia- (Coordination)



Reversible Diseases that Mimic Dementia

- Emotional disorders
- Metabolic disorders (e.g. hypothyroidism)
- Brain tumors
- Dehydration
- Sensory loss
- Vitamin deficiencies (e.g. B12 deficiency)
- Infections
- Alcohol, drugs, medication interactions
- Normal Pressure Hydrocephalus

Understanding Dementia



What's Alzheimer's Disease?

- Brain disorder
- Progressive disease
- Most common form of dementia
- Has no cure
- Eventually fatal
- Affects over 6 million Americans

How the Brain Works

- There are 100 billion nerve cells, or neurons, creating a branching network
- Signals traveling through the neuron forest form memories, thoughts and feelings
- Alzheimer's disease destroys neurons



Which functions are affected?

- Language and memory
- Personality and behavior
- Judgment and movement



Major Risk Factors

- Primary risk factor is age
- Incidence is higher in women largely due to women living longer
- Family history can increase risk
- APOE-e4 gene

Changes in Communication



- Difficulty finding the right words
- Using familiar words repeatedly
- Inventing new words to describe familiar things
- Easily losing train of thought



- Difficulty organizing words logically
- Reverting to speaking native language
- Using curse words
- Speaking less often
- Relying on gestures more than speaking





Best Ways For You To Communicate

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- Identify yourself, approach from the front, eye contact
- Call the person by name
- Use short, simple words and sentences
- Speak slowly and clearly
- Give one step directions



- Ask one question at a time
- Wait for a response
- Repeat information or question
- Turn questions into statements:
 - The bathroom is right here
- Avoid confusing expressions or vague statements:
 - ‘Hop in’ or ‘Here it is’

- Emphasize key words:
 - Here is your coffee
- Turn negatives into positives
- Give visual cues:
 - Point, demonstrate or touch item or begin task
- Avoid quizzing
- Use reminders
- Use gentle, relaxed tone, lower pitch

Activities



- Feel useful
- Have a purpose
- Reminisce
- Improve self-esteem
- Card games, board games, puzzles



- Activities stimulate the memory
- Stimulate and increase conversation
- Use all senses-touch, sight, sound, smell, taste



All tasks, activities & conversations can be modified and simplified!



Behaviors



- Aggression
- Anxiety or agitation
- Confusion
- Repetition
- Suspicion
- Wandering & getting lost
- Trouble with sleeping
- Shadowing





Tips For Effective Behavior Management

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- ID behavior
- Examine behavior:
 - What triggered it?
- Respond to behavior:
 - Validate emotion, redirect, reassure take action to prevent reoccurrence
- Limit decision making:
 - 2 options, when possible assist with decisions
- Use memory aids

- Change the environment
- Use activities as distractions
- Encourage reminiscing
- Avoid boredom and over stimulation
- Provide and maintain structure and routine
- Touch lovingly and frequently
- Work with the behavior:
 - If it's not harmful, let it be

**Never Argue... You
Will Never Win!**



Alzheimer's Association Resources

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24 Hour Helpline

(800) 272-3900

Support Groups

Persons Living with Dementia

Caregivers

Care Consultations

Early Stage Programs

Education Programs

Emergency Assistance

Safety Programs

TrialMatch®



Online Resources

- Alzheimer's Association® Website: www.alz.org
- Message Boards: <https://www.alzconnected.org/>
 - Caregiver Stress Check
 - The Alzheimer's Navigator: Creating customized action plans, access to information, support and local resources
- Online Support Groups
https://www.alz.org/maryland/helping_you/virtual-resources/virtual-support-groups-and-ed-classes
- Community Resource Finder
<https://www.communityresourcefinder.org/>
- Learn more about advocacy at: <https://alzimpact.org/volunteer>

Connecting Patients with the Alzheimer's Association

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Rapid Referral

Partnering with healthcare providers to improve care
and support for Alzheimer's patients and families

Healthcare providers offer optimal support, improve coordinated care, complement patient service delivery and ensure the psycho-social needs of those living with Alzheimer's and related dementias and their family members through direct referral to the Alzheimer's Association Greater Maryland Chapter.

Rapid Referral provides, free of cost, for those living with Alzheimer's and their families:

- Education including dementia symptoms, stages of the disease and other information
- Connections to numerous community resources
- Access to trained clinicians who can help families navigate through the disease
- Support groups and social engagement programs that provide meaningful interactions
- The ability to remain at home as long as possible through safety services
- Support so that families can more effectively plan ahead, cope and manage

HELPS

patients & families understand
Alzheimer's & other dementias

CONNECTS

patients & caregivers to
resources & education

IMPROVES

coordinated care &
builds supportive
networks

Rapid Referral does not fulfill mandatory legal reporting requirements of healthcare professionals. The Alzheimer's Association Greater Maryland Chapter maintains high professional and ethical standards for care and safety and reports elder and child abuse.

For additional questions, contact:

Alzheimer's Association Greater Maryland Chapter
Marlyn Taylor, mataylor@alz.org
1850 York Road, Suite D
Timonium, MD 21093
443.632.9719

See reverse
for
Rapid
Referral

alzheimer's  association*

| alz.org/maryland | 800.272.3900

Thumbnail 07-11-10

Rapid Referral Form

Fax number: 410.561.3433 | Email: info.maryland@alz.org

Date: _____

Person with dementia name: _____ DOB: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Family member or Personal representative name: _____ Relationship: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Please contact ☐ Person with dementia, or ☐ Family member/personal representative

Primary Language: ☐ English ☐ Spanish ☐ Other (specify) _____

Additional instructions for the Alzheimer's Association in case staff are unable to contact you:

- ☐ The Alzheimer's Association may leave their organization name and contact name on my voicemail
- ☐ Do not leave a voicemail
- ☐ The Alzheimer's Association may contact me via email or postal mail
- ☐ Other instructions: _____

I give permission to the healthcare provider below to forward the information on this sheet to the Alzheimer's Association Greater Maryland Chapter and I understand that a representative from the Alzheimer's Association will contact me.

Signature: _____ Date: _____

(person with dementia or personal representative)

TO BE COMPLETED BY REFERRING PROVIDER

Diagnosis: _____ Diagnosis date (if available): _____

Name of provider: _____ Title: _____

Provider organization: _____ Phone: _____

Fax: _____ Email: _____

How would you like to receive follow up? ☐ Fax ☐ Email

Reason for referral (check all that apply):

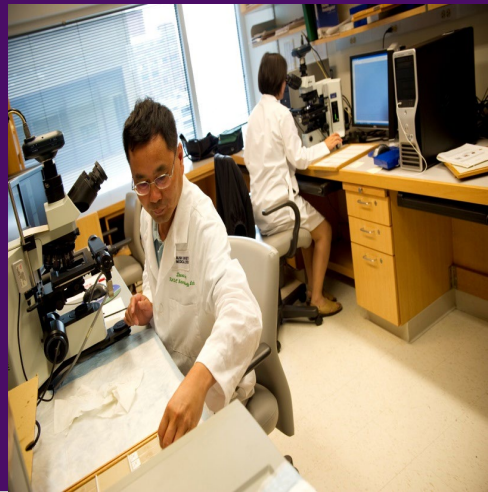
- ☐ Caregiver education
- ☐ Clinical trial enrollment
- ☐ Healthcare directives
- ☐ Information and referrals
- ☐ Legal and financial considerations
- ☐ Psycho-social consultation
- ☐ Safety issues and wandering
- ☐ Support groups (early stage/caregiver)
- ☐ Other (specify) _____)

Additional relevant information: _____

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We Advance Research

- We are third largest funder of dementia research
- Trial Match – free clinical study matching service
- AAIC – Annual International Research Conference
- Science Hub App



We Advocate

Leading voice for
Alzheimer's advocacy
on the state and
federal levels

AIM – Alz Impact
Movement



We Walk

The Longest Day Walk in Westminster
June 20, 2021 VIRTUAL THIS YEAR
act.alz.org/goto/walkinwestminster

Walk to End Alzheimer's
October 10, 2021 IN PERSON
Frederick, MD
act.alz.org/wmdwalk



Contact: Julie 443-250-6360 or jpcassaday@alz.org

Stay Connected

- Visit our website at www.alz.org/Maryland
- Like us on Facebook at: <https://www.facebook.com/marylandalz>
- Follow us on Twitter @AlzMaryland
- Become an **Advocate** or a **Volunteer**
- Join the Alzheimer's Impact Movement <https://alzimpact.org/>
- Call Helpline at 800.272.3900
- Megeen White – mewhite@alz.org



Alzheimer's Association

Providing care and support for
those we serve

AND

Bringing hope to future generations

Questions?

