

Dementia and Guardianship: How Do You know and What Do You Do?

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What changes might mean dementia? Typical & Atypical

- Memory
- Receptive language (understanding)
- Expressive language (communicate using words)
- Understanding of time
- Sense of direction
- Managing appointments
- Initiation
- Insight
- Impulse control
- Falls
- Movement changes
- Personality
- Social behavior
- Age?

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What could it be?

Possibilities

- Aging
- Mild cognitive impairment
- Acute confusion or delirium
- Dementia



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Aging Changes

Across lifetime

Quality or speed

Happen to everyone

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Dementia Changes

Happen as an adult

Can't do skill/ability

Only happen to some

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How is Dementia Diagnosed?

There is no "test"

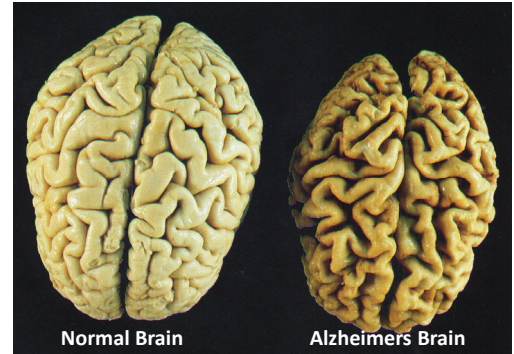
- Progression of changes
- Health history
- Medication review
- Physical exam (neurological, cardiovascular)
- Laboratory studies
- Imaging study of the brain (MRI, CT, PET)
- Cognitive assessment
- Emotional assessment
- Functional assessment

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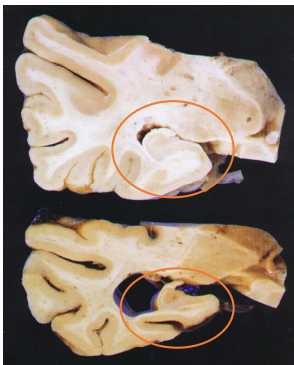
Structural Brain Failure

- Progressive
- Meds don't work
- Changes related to where in the brain the changes are occurring

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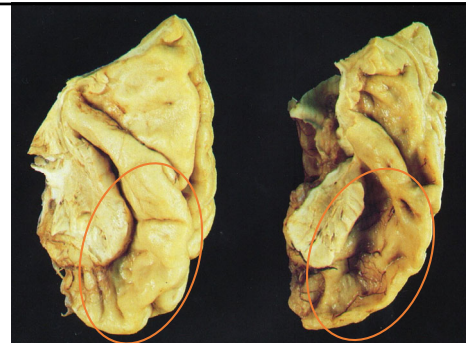


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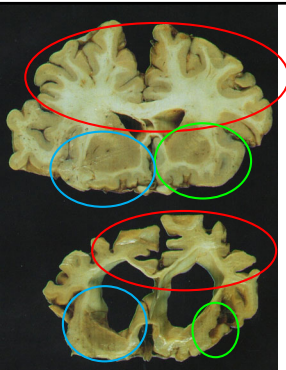


Learning &
Memory
Center
Hippocampus

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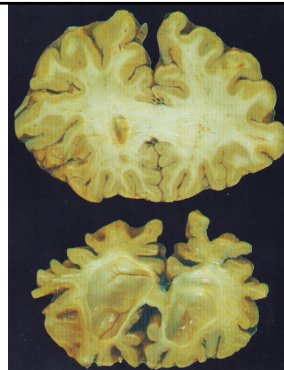


Expressive
Language

Other language

Sensory Motor Strip

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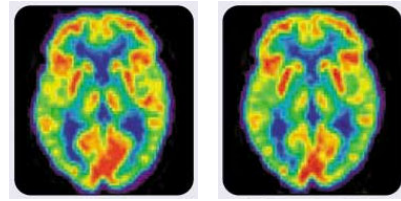
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Chemical Failure

- Fluctuations
- Progressive
- Impacted by medications
- Impacted by situation & emotion (PCP visit, DMV, attorney, family from out of town, acute care)
- Extremely good moments & extremely bad moments

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PET and Aging

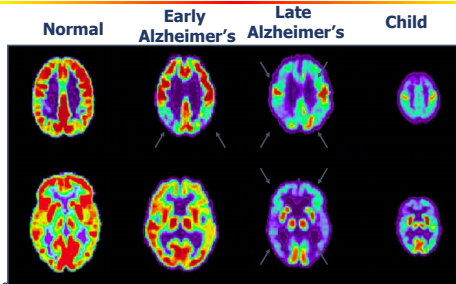


PET Scan of 20-Year-Old Brain PET Scan of 80-Year-Old Brain

ADEAR, 2003

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Positron Emission Tomography (PET) Alzheimer's Disease Progression vs. Normal Brains



G. Savenkov, www.savenkov.com

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Vision

- Losses
 - Peripheral
 - Depth perception
 - Agnosia
- Preserved abilities
 - Light
 - Movement
 - ?Color

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Memory

- Losses
 - First, storage of new info
 - Then recent to remote
 - Not linear or "moving back in time" ... scrambled connections
- Preserved abilities
 - Confabulation
 - Emotional memories
 - Motor memories

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Language: Receptive

- Losses
 - Can't understand humor, abstractions
 - Miss part of message
 - Don't understand words
- Preserved abilities
 - Hearing
 - Over learned
 - Tone
 - Turn taking
 - Question

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Language: Expressive

- Losses
 - Word finding/substitution
 - Loss of ability to express content, responses, feelings
 - Can't make needs known with words
- Preserved abilities
 - Hearing
 - Automatic speech
 - Music & rhythmical speech
 - Expletives
 - Turn taking/social responses

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Sensation

- Losses
 - Awareness of body and position
 - Ability to locate, express, adapt, and manage pain
 - Awareness of feeling in most of body
- Preserved Abilities
 - 4 areas can be sensitive
 - Any of these areas can be hypersensitive
 - Need for sensation can become extreme

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Motor Skills

- Losses
 - Initiation & termination
 - Tool manipulation
 - Sequencing
 - Fine to gross (skill to strength)
- Preserved Abilities
 - Motions and actions-muscle memory skill
 - Reflexive actions
 - Cued activity

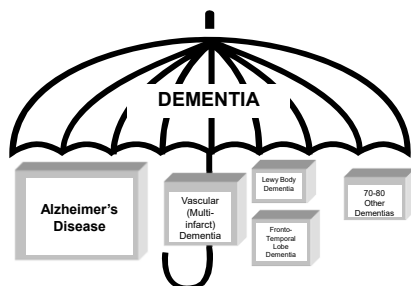
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Executive Function

- Losses
 - Impulse control
 - Decision making consistent with previous logic
 - Insight/awareness of self
 - Empathy/awareness of others
- Preserved
 - Desire to be respected
 - Desire to be in control

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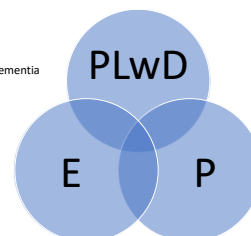


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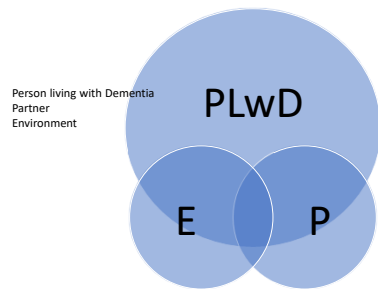
Promoting Communication

Person living with Dementia
Partner
Environment



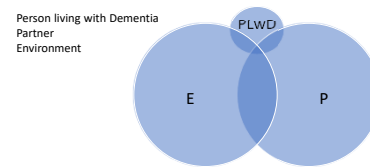
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Promoting Communication



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Promoting Communication



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Partner

- Make a connection first
- Speak low and slow
- Match the pace of the person, allow time to respond
- Concrete and simple
- Agree with need, not the facts
- Avoid arguing or correcting

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Environment

- What does the person see?
 - Filter distractions
 - Position at the same level
 - Where do you want the attention?
- What does the person hear?
 - Filter distractions
 - 1 person at a time, after you have attention
- What does the person feel?
 - Temperature
 - Relationship

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Questions?

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**DEMENTIA
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