

“Let’s Talk About Dementia”

An Informational Session

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Overview

- Numbers
- What is dementia?
- Other related diseases
- What does dementia look like?
- Approaches and communication tips
- Resources

Individuals Living in Wisconsin with Dementia

2020

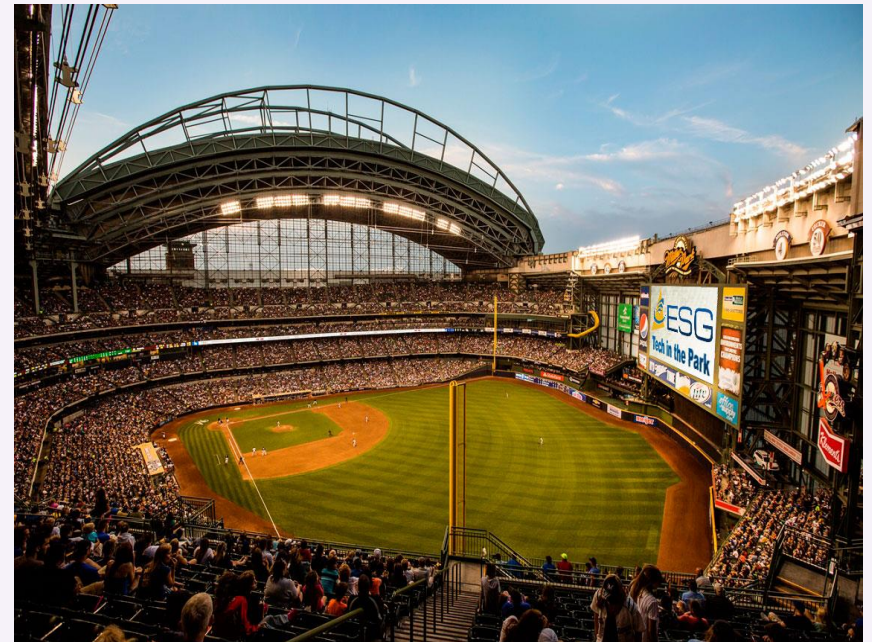


123,000

2040

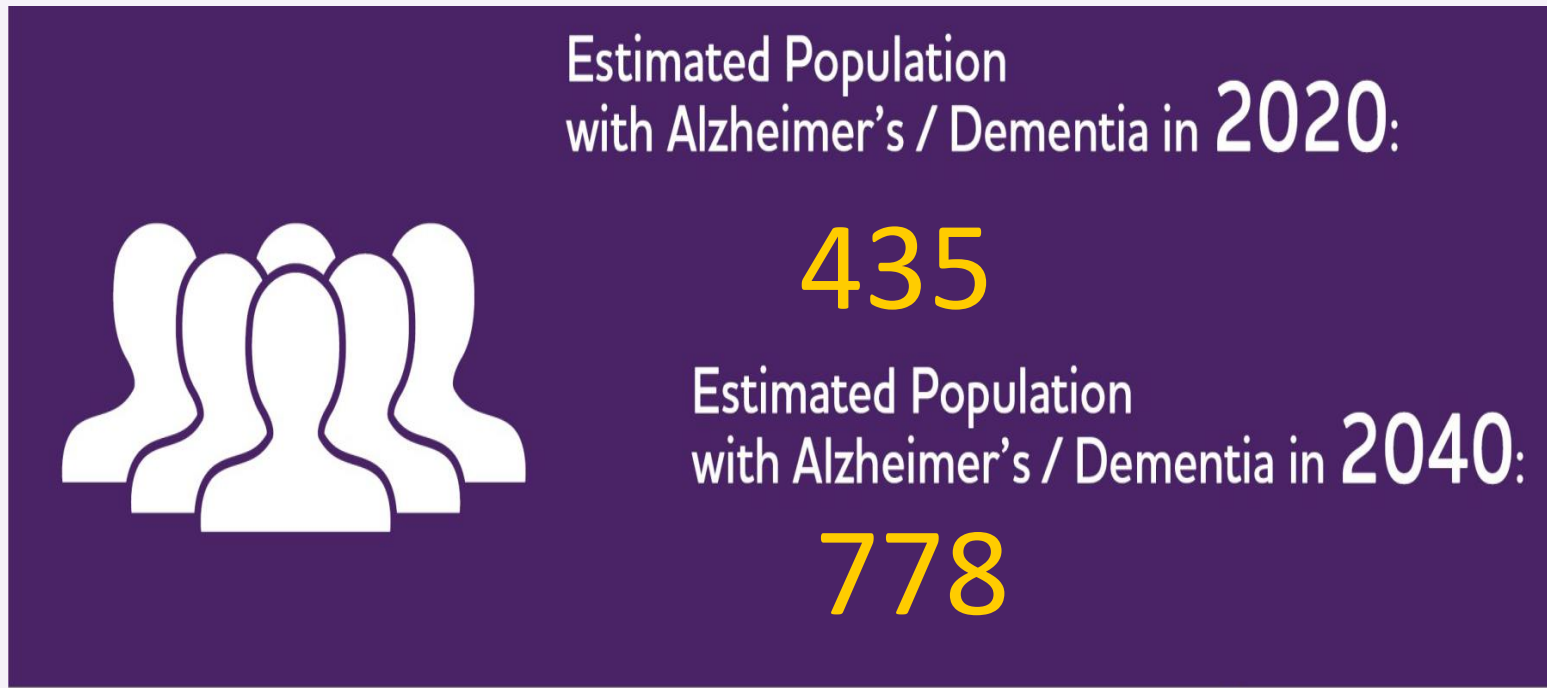


242,000



Crawford County

- Estimated



Statistics

- Every 3 seconds someone develops dementia
- 1 in 3 people over the age of 85
- 1 in 10 men over the age of 65
- 1 in 6 women over the age of 65



What is dementia?

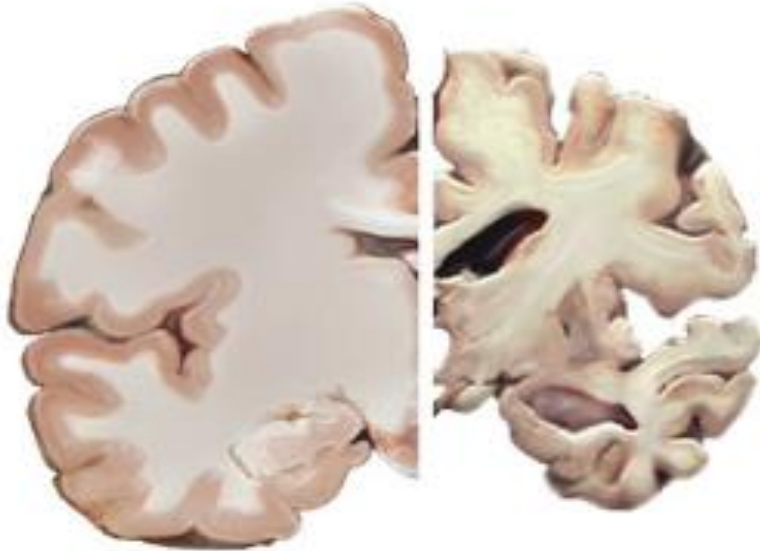
- Symptoms that affect a person's memory, thinking and ability to function independently
- Also known as “brain cell death”

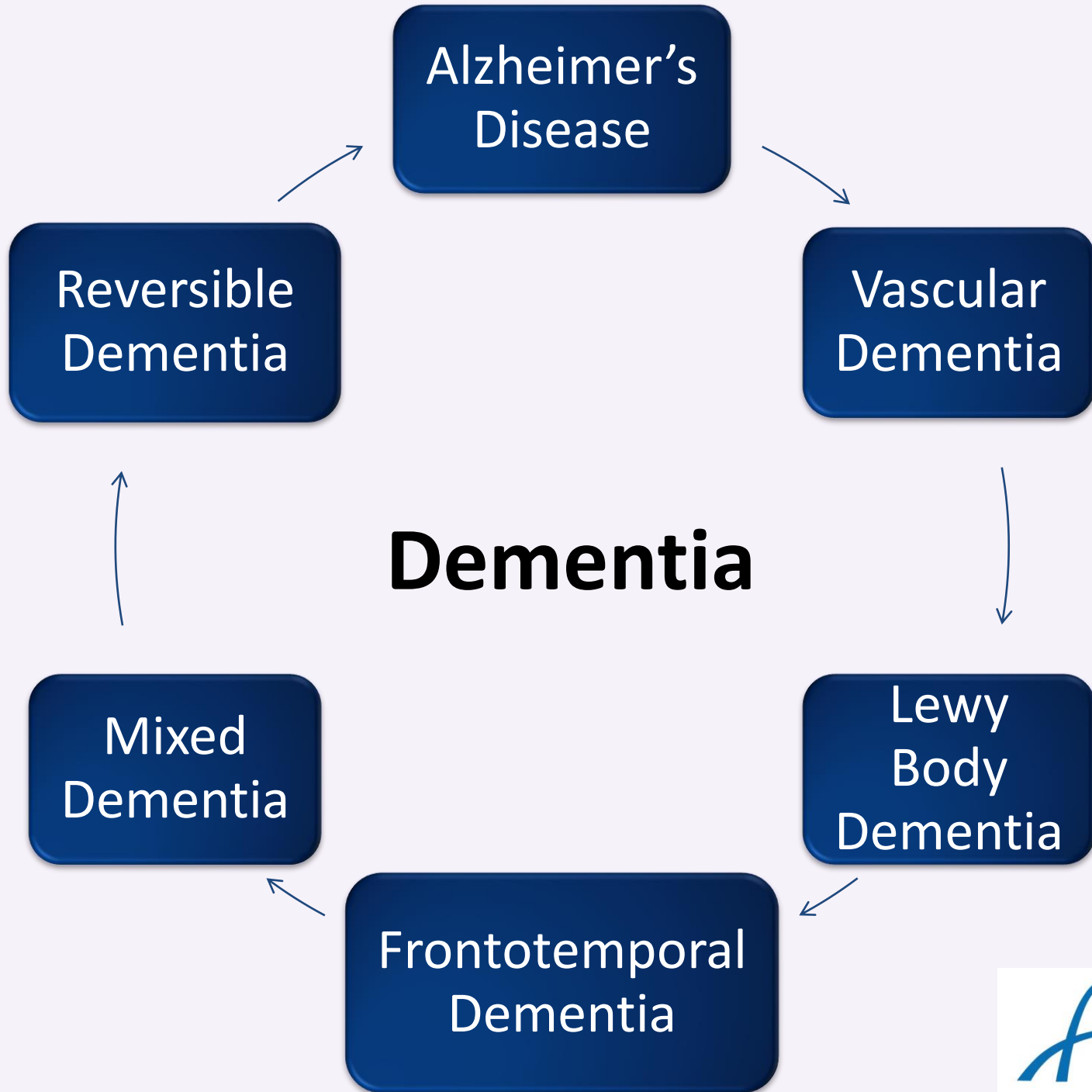


Alzheimer's Disease

Healthy
Brain

Severe
Alzheimer's

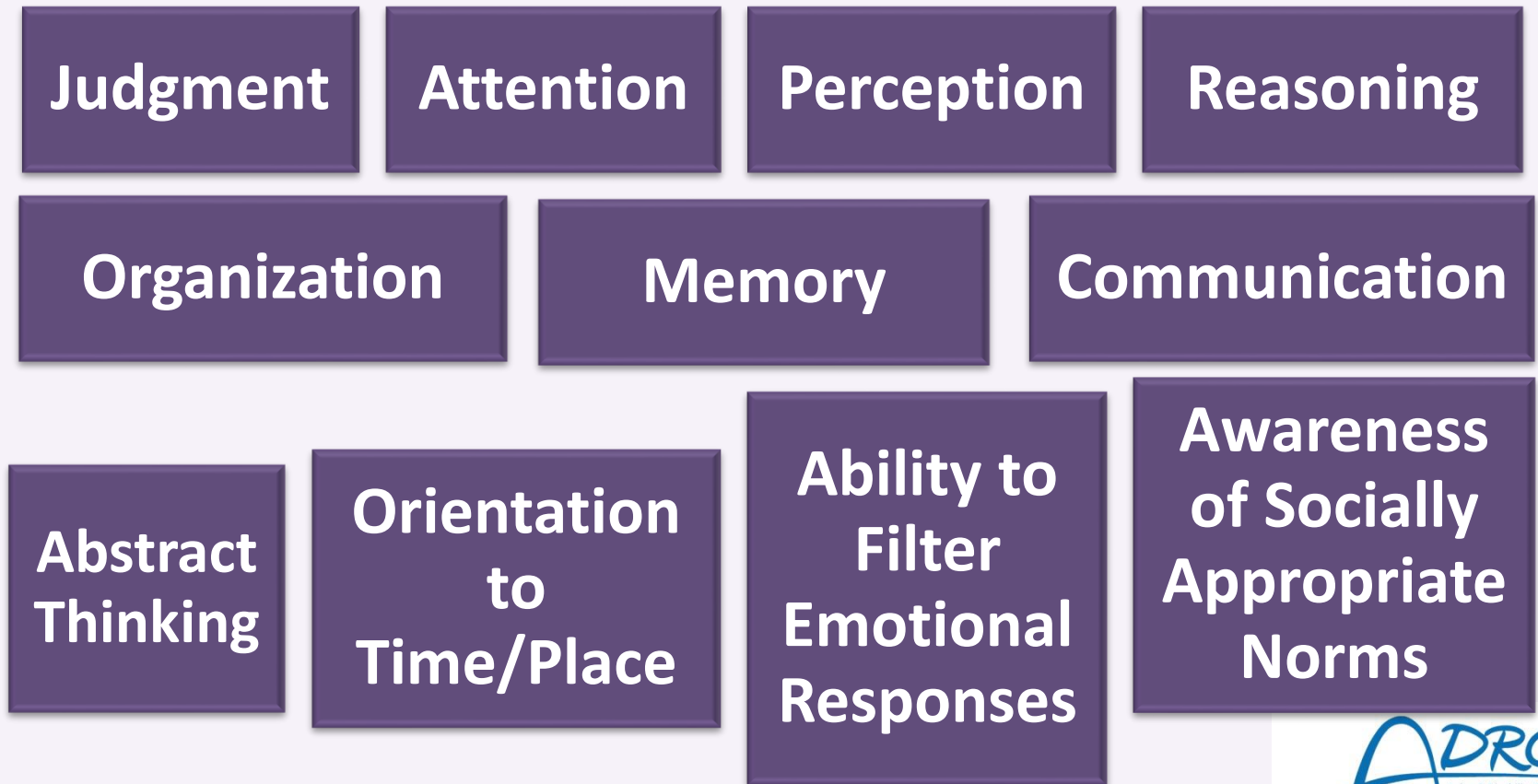




“Reversible Dementia”

- Conditions can cause dementia or dementia like symptoms, when treated can be reversed, e.g. infections, depression, alcoholism, thyroid, hormonal imbalance, post surgical delirium, vitamin deficiency, etc.
- Dementia is irreversible when caused by degenerative diseases of the brain

Thinking Processes Impaired by Dementia



Recognizing a person living with dementia: signs and symptoms

- Challenges with short term memory
- Communication problems
- Confusion to time or place
- Difficulty completing familiar tasks
- Decline in judgment and unusual emotional behavior
- Vision and perception changes
- Hearing loss

Why is early detection important?

- Allows the opportunity to plan now and for the future
- Determine living arrangements
- Take care of financial, legal matters, and advanced directives
- Leads to an accurate diagnosis
- Allows opportunity to develop support networks
- Determine and receive medical care
- **Helps to improve quality of life**

Interaction Tips: Approach

- Approach from the front and introduce yourself
- Use friendly non-verbal communication
- Smile
- Make eye contact
- Stay calm
- Try to put the person at ease
- Open friendly and body language
- Use a kind tone of voice

Interaction Tips: Communication

- Speak Clearly
- Simplify the information
- Slow Down
- Use short sentences
- Pause between sentences
- Use Gestures
- Give one direction at a time
- Ask one question at a time
- Do not argue or correct
- Repeat
- Rephrase
- Go where they are

Interaction Tips: Do's and Don't

Things to do:

- Offer to help
- Reduce distractions
- Acknowledge/validate feelings
- Show acceptance
- Include in the conversation

Things NOT to do:

- Take things personally
- Ignore
- Isolate
- Overwhelm
- Argue
- Talk too fast

Responses that are helpful...

Lets give it a try

That's alright, these things happen

I'm here to help you

We will get this figured out

We're in this together

I'm glad we're here together

Changing your thought process...

Stop thinking: “She’s confused, she has dementia.”



Start thinking: “I’m confused.
I don’t know what she’s trying to tell me.”



Instead of: “How can I control this person?”



Think: “How can I accommodate this person?”

Remember *Everyone* has core needs



What is a Dementia Friendly Community?

- Remain part of their community as long as possible
- Public awareness and understanding
- Support and understanding



What are we doing in Crawford County?

- Educational events and programs
- Support Groups
- Memory Cafe
- Evidenced based programs: Dementia Live and Dementia Friends
- Dementia Friendly Business Trainings
- Free memory screenings

What is the “ADRC” of Eagle Country?

- ADRC= Aging and Disability Resource Center
- Eagle Country= Crawford, Juneau, Richland, and Sauk Counties
- First place to receive accurate, unbiased information on all aspects of life related to aging or living with a disability.



Resources

- Aging & Disability Resource Center of Eagle Country
Baraboo Office
- www.adrceagle.org 1-877-794-2372
- Dementia Care Specialist Program ADRC of Eagle
Country
- www.adrceagle.org 1-877-794-2372
- Alzheimer's and Dementia Alliance of Wisconsin
- www.alzwisc.org 1-888-308-6251
- Alzheimer's Association
- www.alz.org 24/7 Helpline 1-800-272-3900



Questions?

<https://www.youtube.com/watch?v=Fz8ACEu7Lho>