



Alzheimer's

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Seniors Helping Seniors

Who we are and what do we do...

- Match seniors who need help with active seniors who want to help
- Senior Providers relate to the life experiences of those they care for
- We offer a variety of services:
 - Companionship
 - Respite care
 - Transportation services
 - Homemaking services (meal preparation & light housekeeping)
 - Assistance with bathing, dressing and mobility
 - Medication reminders
 - and more.....



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And why we do it.....

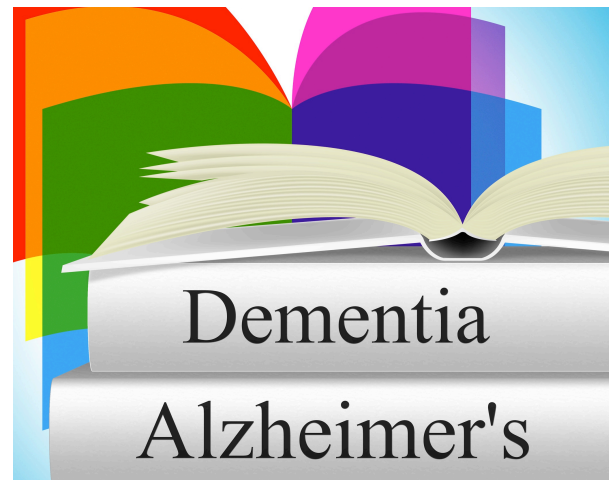
The inspiration for our family owned and operated company..... *Jack*



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Dementia

Overall term for diseases characterized by a decline in memory/thinking skills that affects a person's ability to perform everyday activities



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Many Types of Dementia

- Different types have distinct symptom patterns and brain abnormalities - over 200 conditions
- Important to have thorough evaluation - conditions that mimic Dementia are potentially reversible - 9% in analysis of research articles
 - Depression
 - Delirium
 - Medication side effects
 - Thyroid problems
 - Vitamin deficiencies
 - Alcohol abuse



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Common Types of Dementia

- Vascular Dementia - approximately 10%
 - Many cases co-exists with Alzheimer's - diagnosis of Mixed Dementia
 - Impaired judgment/inability to make decisions, plan or organize vs. memory loss initially
 - Blood vessel damage or blockage leads to mini-strokes and bleeding in the brain - location, number and size determine effects
- Dementia with Lewy Bodies (DLB)
 - Specific type of protein (Alpha Synuclein) accumulates in neurons -
 - Common with Parkinson's Disease -may have motor and cognitive impairment, may have PD Dementia alone



- **Frontotemporal Dementia**

- Group of disorders caused by progressive cell degeneration in brain's frontal and temporal lobes
- Used to be known as “Pick’s Disease”
- Accounts for 10-15% of Dementia cases
- Usually develops in 50-60 age range
- Behavior changes usually first sign - may mimic Depression also loss of restraint in social/personal life
- Aphasia - problems speaking
- Movement Disorders, shaking, difficulty walking
- Treatment focuses on managing symptoms
- Presumed cause - clumps of abnormal protein in brain
- Possible connection between FLD and ALS



Alzheimer's Disease Most Common Dementia

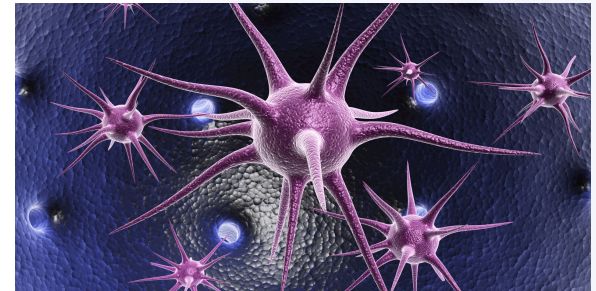
- Discovered in 1906 - Dr. Alois Alzheimer - linked symptoms to changes in brain
- 60-80% of cases
- About 50% solely Alzheimer's - others Mixed Dementia
- Revised guideline in 2011- slow progressive disease may begin 15-20 years before clinical symptoms emerge
- Alzheimer's disrupts the "Neuro Network" built over lifetime, memories, experiences - unravels the tapestry of life
- Initial symptoms inability to learn new information/short term memory loss
- Focus of presentation today



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Alzheimer's Caused by Damage to Neurons

- Amyloid Plaques - “boulders” outside neurons
- Tangles of Tau protein form inside neurons
- Inflammation kills brain cells as brain tries to fight off perceived invaders
- Damage destroys ability for brain cells to communicate via synapses, kills neurons
- Plaques and Tangles may be present for many years before clinical signs of disease
- When damage becomes significant - cognitive decline begins



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Early Stages of Alzheimer's

- **Stage 1** - No Impairment - normal functioning
- **Stage 2** - Very mild decline - person may notice memory issues - not detected on exam
- **Stage 3** - MCD - families and physician may detect problems:
 - Finding right word
 - Social/work related difficulties
 - Losing things
 - Planning and organizing difficulties
- **Stage 4** - Moderate Cognitive Decline
 - Forget recent events
 - Problems with challenging mental math
 - Difficulty completing complex tasks
 - Forgetfulness about personal history
 - Moody/withdrawn in social settings



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Later Stages of Alzheimer's Disease

- **Stage 5 - Moderately Severe Cognitive Decline**

- Unable to remember critical info
 - phone/address, etc.
- Confusion about where they are, day, month
- Need help with dressing properly
- Still remember significant details about self and family
- No assistance needed with toileting or eating

- **Stage 6 - Severe Cognitive Decline**

- Lose awareness of recent activities/surroundings
- Recognize familiar faces but may not know names of close family
- Major changes in sleep patterns

- Need help with details of toileting (i.e. prompting, flushing, wiping)

- Increasingly frequent trouble with bladder and bowel control

- Behavior changes may include suspiciousness, delusions, compulsive repetitive behaviors, hand wringing, pacing

- Increased help with dressing, personal care

- Tend to wander and become lost

- **Stage 7 - Very Severe Cognitive Decline** - Lose ability to respond to environment, carry on a conversation, control movement, swallow. Muscles grow rigid, reflexes become abnormal.



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Facts and Figures Alarming

- More than 5 million Americans are living with the disease.
- Every 67 seconds someone in the United States develops Alzheimer's.
- Alzheimer's disease is the 6th leading cause of death in the United States.
- There are approximately 500,000 people dying each year because they have Alzheimer's.
- 1 in 3 seniors dies with Alzheimer's or another Dementia.



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Women are Most at Risk

- In her 60's a women's estimated risk for developing Alzheimer's is 1 in 6; for Breast Cancer it is 1 in 11
- Almost 2/3 of Americans with AD are women
- More than 60% of AD caregivers are women



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Tidal Wave is Coming as Baby Boomers Age

- By 2050, the number of people age 65 and older with AD may nearly triple, from 5 million to as many as 16 million
- Without effective treatment could bankrupt Medicare and Medicaid



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Risk Factors for Alzheimer's

- **Age**
 - Most with disease are >65
 - Risk doubles every 5 years after 65
 - > 85 - risk is nearly 50%
- **Strong Genetic Component**
 - First degree relative, multiple increase risk
 - Heredity and/or environmental factors may play role
- **Gender - Female**
- TBI
- Vascular Disease - Stroke, high cholesterol, obesity, Diabetes - African Americans and Hispanic people higher rates in US
- Depression/Emotional Trauma



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Signs and Symptoms - Aging Vs. Alzheimer's

- Normal Aging
 - Bodies and brains slow down but intelligence remains stable
 - Take more time to process information
 - Lack of focus
 - Common to have difficulty remembering names, places and other things as we age
- Alzheimer's - symptoms significantly impact work, hobbies, family and social life



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Know the 10 Early signs of Alzheimer's

Source: Alzheimer's Disease Association



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Memory loss that disrupts daily life - especially recently learned information

- Forgetting important dates or events
- Asking for same information over and over
- Needing to increasingly use memory aids
- Needing family members to handle things you used to handle on your own

Normal aging - Sometimes forgetting names or appointments but remembering later



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Challenges in planning or solving problems

- Changes in ability to develop and follow a plan or work with numbers
- Trouble following recipe
- Can't keep track of monthly bills
- Difficulty concentrating - increased time to solve problems

Normal aging - Making occasional errors balancing checkbook



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Difficulty Completing Familiar Tasks

- Driving to a known location
- Remembering rules of games, cards or Bingo
- Managing a budget at work

Normal aging - Occasionally needing help to use a setting on a microwave or recording a TV show



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Confusion with Time or Place

- Losing track of dates, seasons and passage of time
- Trouble understanding something that is not happening immediately
- Forget where you are and how you got there

Normal aging – Getting confused about the day of the week but remembering later



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Trouble With Visual and Spatial Relationships

- Difficulty reading, judging distance
- Difficulty with colors and contrast -
- Leads to problems driving

Normal aging - Vision changes due to cataracts or Macular Degeneration



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New Problems with Words in Speaking or Writing

- Trouble following or joining conversation
- Stop in middle of conversation and can't continue or may repeat things
- Struggle with vocabulary, finding right word
- Calling things by wrong name - i.e. call watch a "hand-clock"

Normal aging - Sometimes having trouble finding the right word



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Misplacing Things and Losing Ability to Retrace Steps

- A person with Alzheimer's disease may put things in unusual places - putting dish soap in refrigerator
- They may lose things and be unable to go back over their steps to find them again
- May accuse others of stealing - may occur more frequently over time

Normal aging – Misplacing things from time to time and retracing steps to find them



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Decreased or Poor Judgment

- May experience changes in judgment or decision-making, i.e. making large donations, unable to say to say no to Telemarketers
- May pay less attention to grooming or keeping themselves clean.

Normal aging - Making a bad decision once in a while



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Withdrawal From Work or Social Activities

- A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports
 - They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby
- May avoid being social because of the changes they are experiencing, i.e. difficulty understanding a menu

Normal aging - Sometimes feeling weary of family, work and social obligations



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Changes in Mood and Personality

- Mood and personalities of people with Alzheimer's may change over time
- They can become confused, suspicious, depressed, fearful or anxious
- Become easily upset whenever out of comfort zone

Normal aging - Becoming set in your ways and becoming irritable when routines are disrupted

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Medical Evaluation Important

- Rule out a reversible cause of Dementia
- Early detection
 - Get maximum benefit from available treatments - maintain independence longer
 - Time to plan for future needs - participate in decisions
 - Help for you and loved ones



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Reducing Risk of Alzheimer's

- Learn new things - make more synapses - keep your mind active
- Exercise/control stress
- Control risk factors for Vascular Disease



- Sleep - long term memory consolidation and clearing of brain occurs during deep sleep - “mental flossing”
- Maintain strong social networks
- Avoid tobacco and excess alcohol



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Hope For the Future

- Currently 5 drugs approved for Alzheimer's - don't stop progression, temporarily help thinking and memory issues
 - Aricept - all stages
 - Razadyne - mild to moderate
 - Namenda - moderate to severe
 - Exelon - all stages
 - Cognex - mild to moderate
- Promising targets of current research
 - Beta-amyloid - chief component of plaques
 - Tau Protein
 - Inflammation
 - Insulin resistance
- Brain imaging and biomarkers
- Learning from families with rare Alzheimer-causing genetic mutations
- Alzheimer's in a dish



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Family Caregivers

- In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than \$220 billion
- Family caregivers are being asked to shoulder greater burdens for longer periods of time
 - Shorter hospital stays
 - Better management of chronic illness
 - Increasing life spans
 - Limited discharge planning
- Brunt of caregiving often falls to female - they tend to experience greatest emotional stress



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Family Caregivers at Risk

- Stress related illness
- Anxiety/Depression
- Exhaustion
- Increased use of alcohol and drugs
- Reduced immune response
- Poor physical health/chronic illness
- Increased mortality rates



Self-Care for Family Caregivers

- Pace yourself
- Delegate responsibilities to others especially when fatigue or stress levels are high
- Vent feelings to friends or professionals
- Participate in leisure activities
- Maintain your social networks
- Join a support group
- Don't feel guilty about respite time



Additional Resources

- Best all-around - Alzheimer's Association - www.alz.org
- Administration on Aging - www.aoa.dhhs.gov
- Ageless Design - the Alzheimer's Store - www.agelessdesign.com
- Alzheimer's Disease Education and Referral Center - www.alzheimers.org
- Eldercare Locator - www.eldercare.gov



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Questions?



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