

Stay At Home Module Six: Creating a Plan for Loved Ones With Memory Loss



Overview

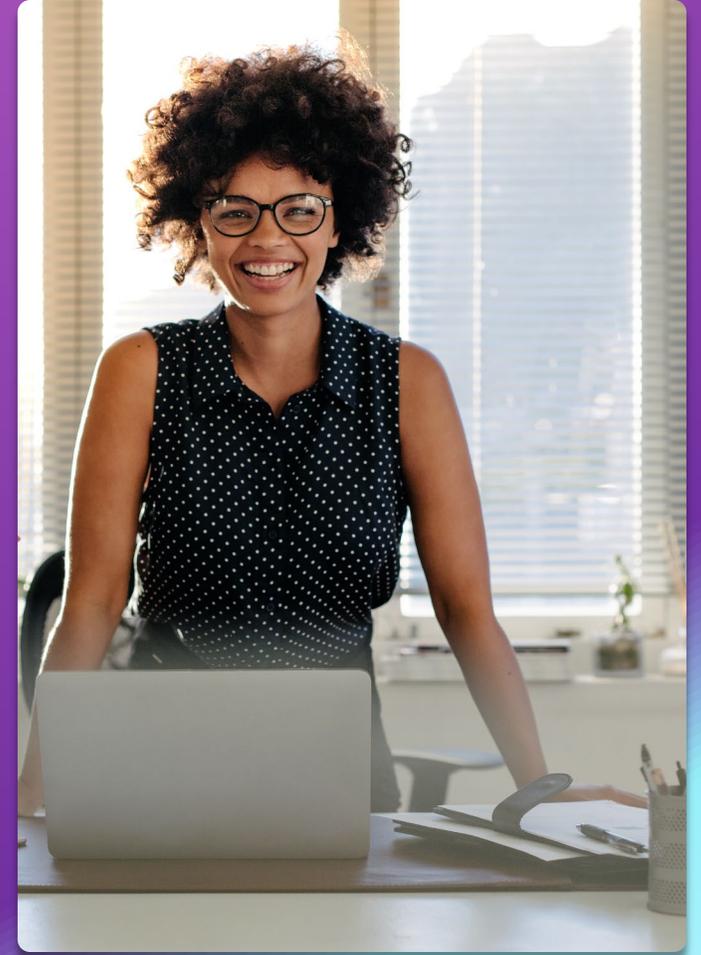
Early Indications, Progression & Recognizing Signs &
How Mid-Life Health Affects Cognition

THE CARING GENERATION® SERIES OF FAMILY CAREGIVER PROGRAMS

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Housekeeping

- I use the term “elderly parent or elderly parents.” Substitute this term with spouse, husband, wife, partner, grandparent, friend or the person for whom you provide care.
- The outline for this module is in the course materials for the program
- Print the slide handouts for each section so that you can make notes
- The ellipses . . . are purposeful to help you fill in the blanks about information we discuss



Objectives of Creating A Plan for Loved Ones With Memory Loss

- Recognize how mid-life health affects cognition
- Identify steps to diagnosing memory loss
- Initiate conversations about dementia within your family to support short and long term care planning
- Adopt new approaches to respond positively to the changes that occur in elderly parents diagnosed with dementia



Memory Loss: Early Indications, Progression & Recognizing Signs

Objective of How Mid-Life Health Affects Cognition

- To understand how health in mid-life affects cognition and memory
- Identify health conditions that contribute to memory loss and other chronic diseases

How Mid-Life Health Affects Cognition



How Mid-Life Health Affects Cognition

- Changes in the brain begin as much as years before a diagnosis of dementia
- Dementia is an umbrella term for . . .
- Mid-life is the time when individuals have one or more . . .
- Alzheimer's represents . . . % of dementia cases



The Most Common Types of Dementia

- Alzheimer's
- Vascular dementia
- Increases in diagnosis begin at age . . .
- Up to . . . % of persons age 80 or older have the diagnosis



Helen's Story

- Married couple
- Helen diagnosed with Alzheimer's Disease
- Early changes in executive function and working memory skills



What is Executive Function?

- The ability to pay attention, organize, plan, prioritize, begin and . . . a task
- Internalized speech that helps us manage . . .
- Verbal working memory is the ability to remember how to . . .



Chronic Disease & Modifiable Risk Factors

- Higher vascular risk factors are linked to poor brain structure
- . . . is a vascular risk factor
- Other vascular risk factors include: smoking, hypertension and high pulse pressure
- Add to this . . .



Maintaining Body Fluids is Similar to Maintaining a Car

- A car keeps running smoothly by maintaining fluids
- Dirty or clogged fluids result in problems
- The . . . system of the body is similar
- Clogs from high cholesterol result in problems; being dehydrated may result in delirium



What is Ischemia?

- A lack of circulation or . . . to any part of the body
- Ischemia of the brain can result in . . .



Meet My Mom - Rose

- Lifelong smoker
- Poor diet – who knew?
- Severe cardiovascular issues
- Bypass surgery at 60, died at 69
- Severe gastrointestinal issues



The Caring Generation® Podcast “Tired of Caring for Elderly Parents”

- Interview with Dr. Brooks Cash, a gastroenterologist, from the University of Texas Health Science Center and the McGovern School of Medicine in Houston about smoking and digestive problems.
- What most consumers don't know about smoking . . .



Age Related Sensory Concerns & Cognitive Problems

- A loss of or a decrease in hearing, vision and smell represent . . . changes that are associated with . . .
- Changes in the brain may result in these concerns and are more concerning if vascular risk factors are present



How Mid-Life Health Affects Cognition

Summary

- Be proactive and aware of changes in health especially at mid-life
- Seek regular medical care
- Identify health concerns early to be proactive in managing risk factors for dementia

