

Living with Dementia and Making Each Day Count

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Elder Care Guides

Introduction

- Who I am
- What I do
- Why I'm with you today

Agenda

- Help the loved one continue living a purposeful life
- Tips on managing behaviors
- Caring for the caregivers
- Looking at strategies for those with early onset Alzheimer's

Overview

Recent statistics

- 5.3 million Americans have Alzheimer's disease
- Alzheimer's and other dementias
Alzheimer's healthcare costs of Americans 65 and over
- Every 70 seconds there is another AD diagnosis
- AD is the 6th leading cause of death
- Costs both direct and indirect to Medicare and Medicaid and other related businesses come to \$148 billion/year

Developing Purpose and Meaning for the person with AD

Initial reaction to the diagnosis

- Anger
- Denial
- Depression

Caregiver's Goal and tips of encouragement

- Talk about the diagnosis with family friends and co-workers
- Learn as much as you can about Alzheimer's Disease
- Ask, ask, ask your doctor
- Eat properly, exercise, and take your meds
- Enjoy new activities
- Prepare for changes

Managing Behaviors

- Types of behaviors- frustration, agitation, anger, pacing, hitting,
- Causes – medical, physical, environmental stressors, psychiatric syndromes, sleeping problems, psychosis, delusions, hallucinations
- Coping strategies – change routine, check if they need to use the bathroom, offer food or drink, provide reassurance and offer pleasant activities, redirect

Care for the Caregiver

- Why
- Statistics
- Warning signs and questions to ask yourself
- Where to get help

Options for Early Onset Dementia

- Familial Alzheimer's disease
- Sporadic Alzheimer's disease
- Strategies in coping – be open to information, talk it out with boss, co-workers, family and friends

Summary

- Goal to leading a purposeful life – acceptance, hope and control
- Caregivers – Give yourself a break!
- Behaviors - expect them, prepare for them, they can be managed
- Alzheimer's disease, early onset or not, there are ways of coping
- The secret inner life of Alzheimer's Disease

Where to Get More Information

Websites:

- Alzheimer's Association – www.alz.org
- Alzheimer's Society – www.alzheimer.ca
- Alzheimer's Behavior Management – www.helpguide.org
- Mayo Clinic – www.mayoclinic.com
- WebMD – www.webmd.com
- Buzzle.com – www.buzzle.com

Safe Return Program – 888-572-8566

Out & About Program - An 8 week series of weekly 4-5 hr outings to interesting places around San Diego. This program is for those with early stage Alzheimer's Disease. Contact: Lisa Synder at Shiley-Marcos Alzheimer's Disease Research Center 858-622-5800.