



A Snapshot on Aging and Dementia

“Changing our minds about people whose minds have changed.” –
G. Allen Power



Alzheimer's Association Review

The Texas Health and Human Services Quality Monitoring Program, dementia curriculum has been reviewed by the Alzheimer's Association® and meets the Alzheimer's Association Dementia Care Practice Recommendations in the following topics:

- Alzheimer's and Dementia Disease Awareness
 - Communications and Behaviors
- Strategies for Caring for the Person with Dementia
 - Social Needs and Activities

Date of review completion: December 1, 2016

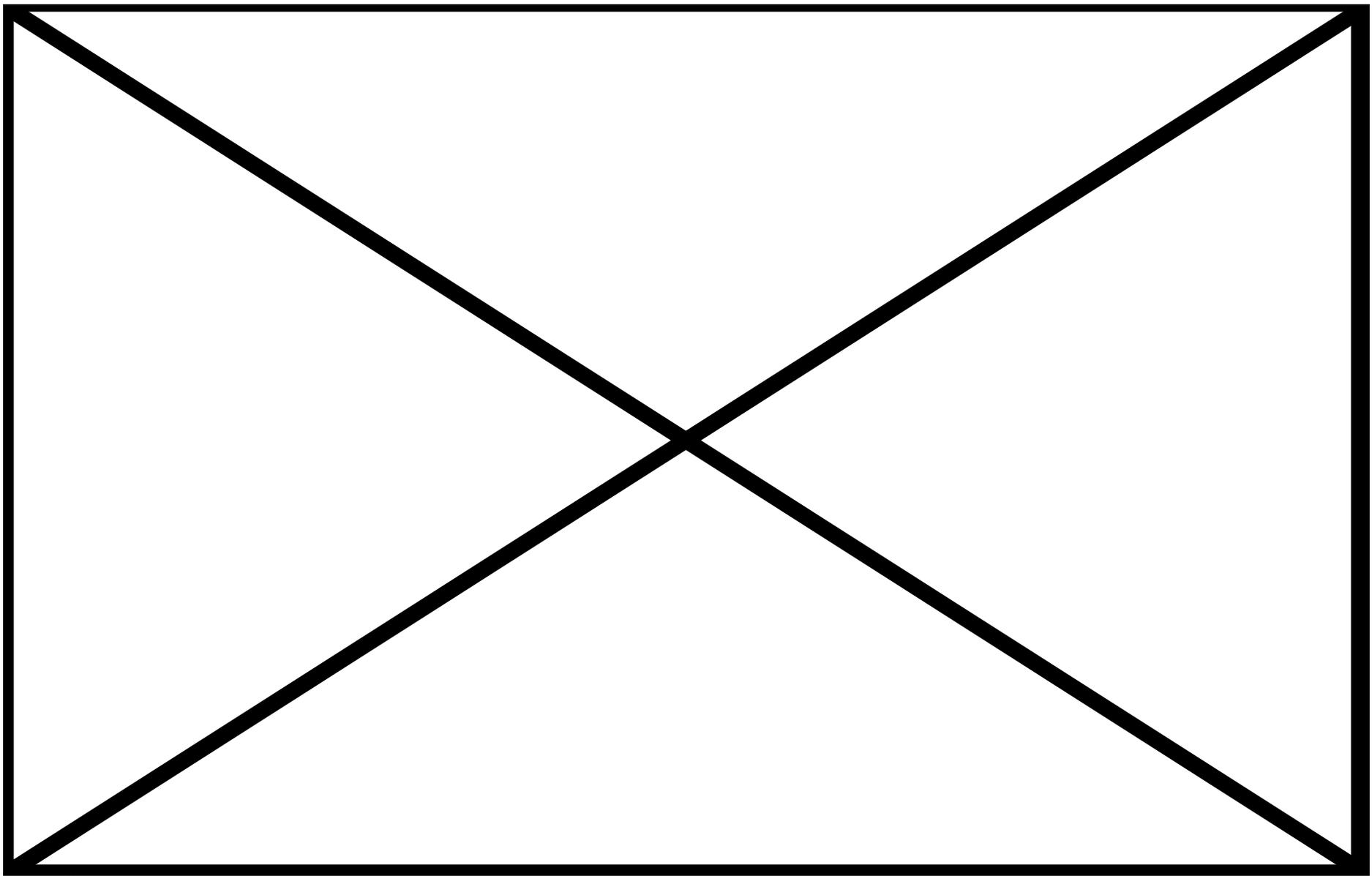
Review is applicable until: December 1, 2018

For more information go to www.alz.org



MODULE 1: Ageism in America



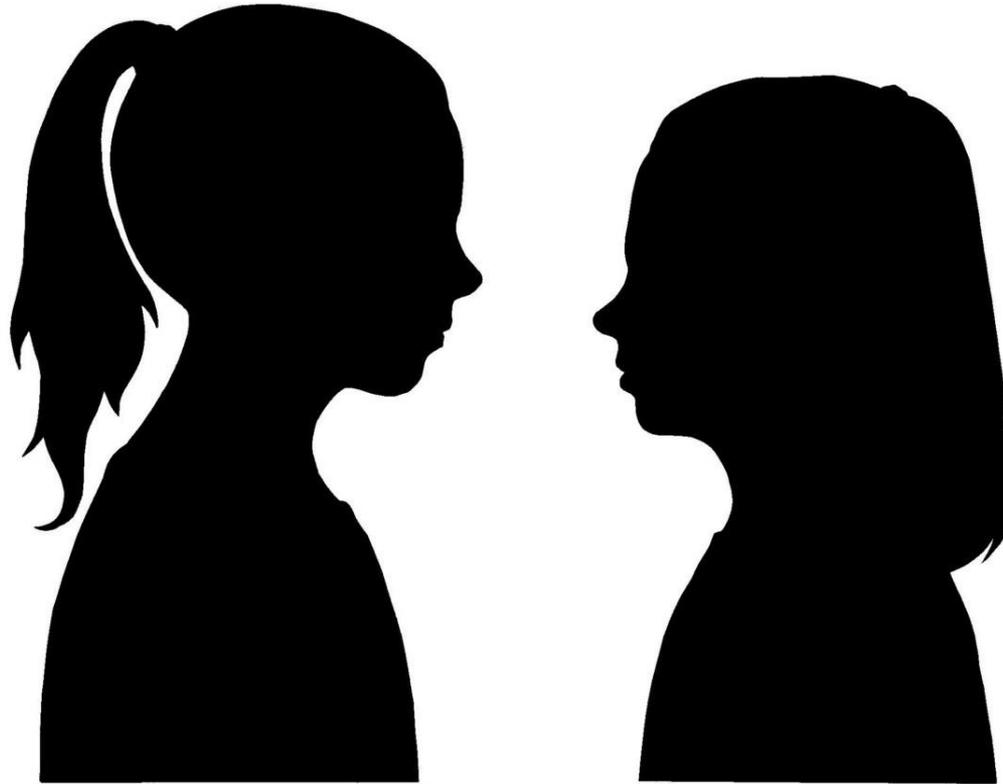


History of Ageism

- The term was coined in 1969
- Existed long before the term
- Seen most often in the elderly
- Stereotyping



Activity #1



Ageism in the American Culture

- Aging is viewed as a counter productive
- Place significant value on good health
- Fear of dying
- Acceptable to make jokes



Myths and Facts

Myths

- ✓ Most older people are pretty much alike
- ✓ Older people are generally alone and lonely.
- ✓ Physical and mental capacity inevitably decline with biological aging.
- ✓ Older people barely cope with the inevitable declines associated with aging

Facts

- ✓ As with any generation of individuals, the older generation is a very diverse age group.
- ✓ The opposite is quite true, as this generation maintains close contact with family
- ✓ Being old doesn't necessarily entail being frail. The impact of the physiological changes on the capacity of individuals to function in society is quite modest.
- ✓ Most older people successfully adjust to the challenges of aging.

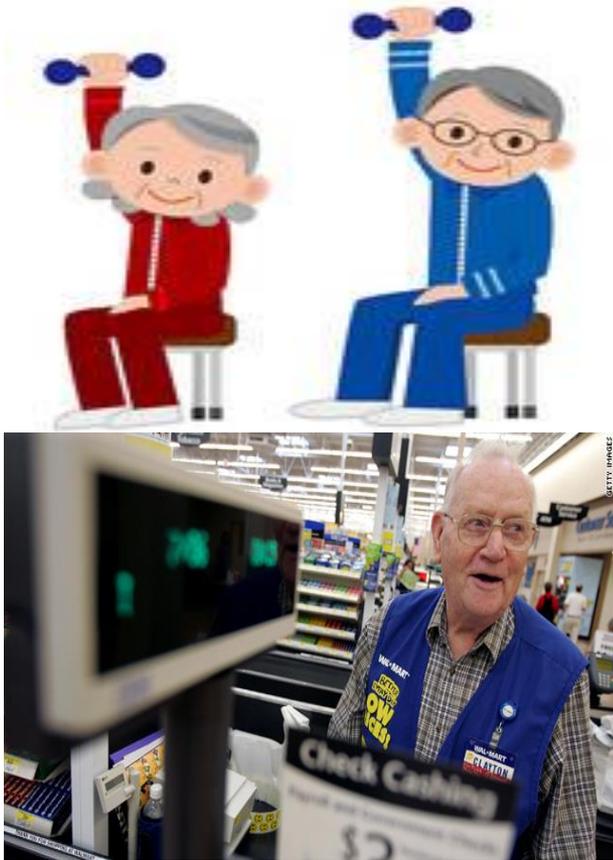


Ageism and the terminology used to define “Old”

- The final stage of the normal life span
- Three sub-populations in recent years
 - “Young-old”
 - “Old”
 - “Old-old”



Activity #2



Reducing Ageism

- Recognize the stereotypes
- Education
- Display more positive images in the media



Activity #3



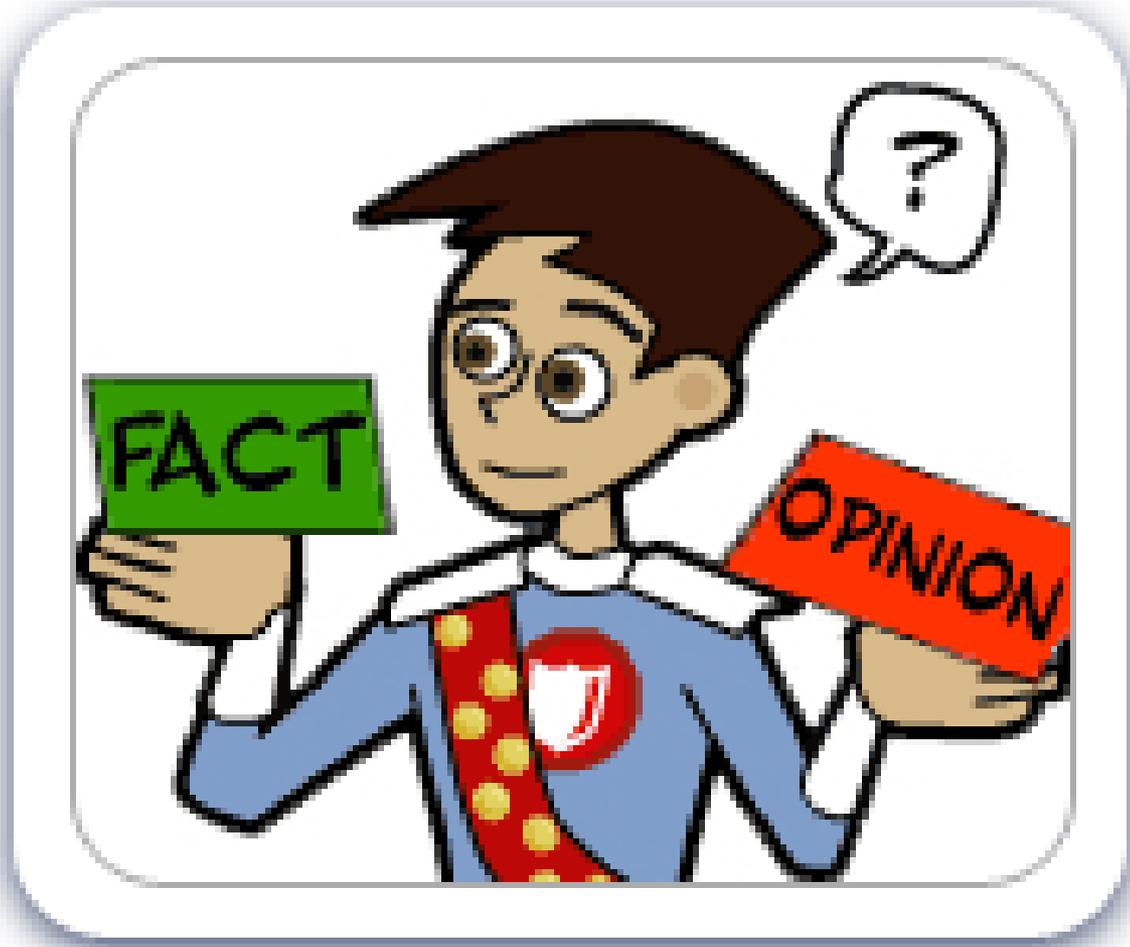
Medical Professions in Aging

- Geriatrics is a growing field with the following opportunities:

Audiologist	Geriatrician
Dental Lab Technician	Occupational Therapist
Dietician	Physical Therapist
Geriatric Nurse Practitioner	Physician Assistant
Geriatric Pharmacist	Podiatrist
Geriatric Psychiatrist	Social Worker
Geriatric Staff Nurse	



Activity #4



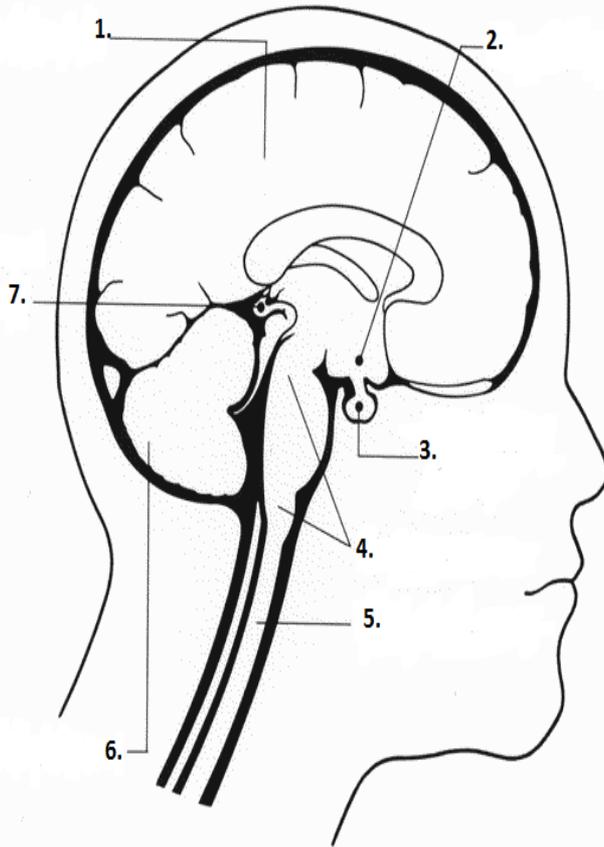
Quiz Time



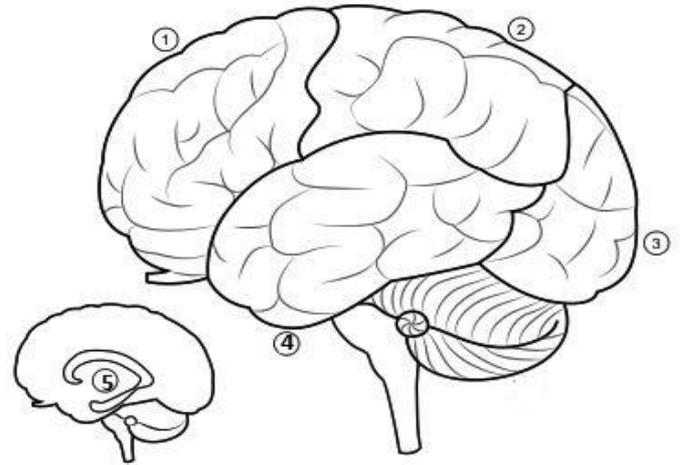
MODULE 2: The Brain



Activity #1



Label and color each of the different regions of the Brain:

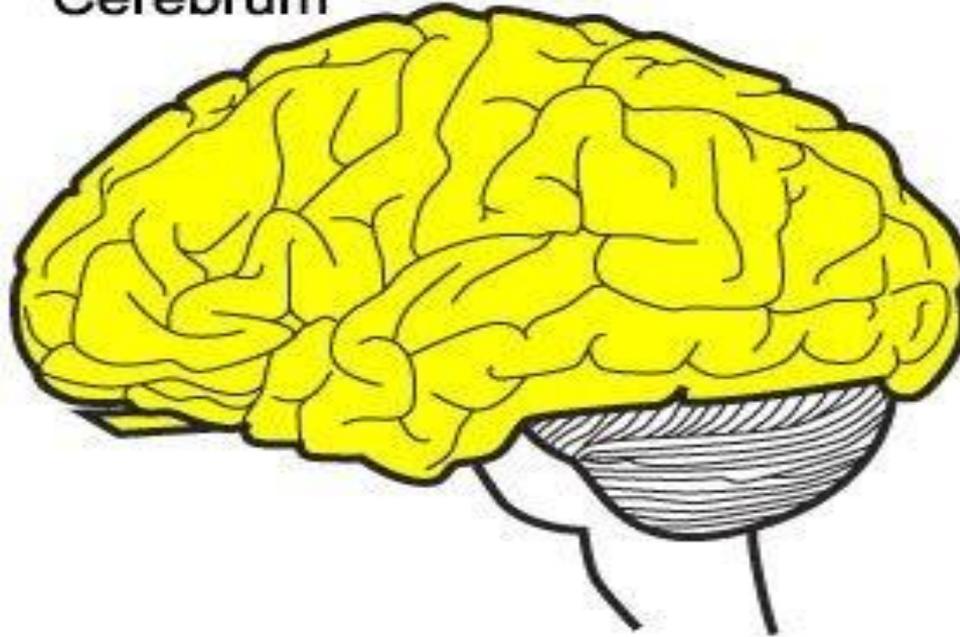


- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

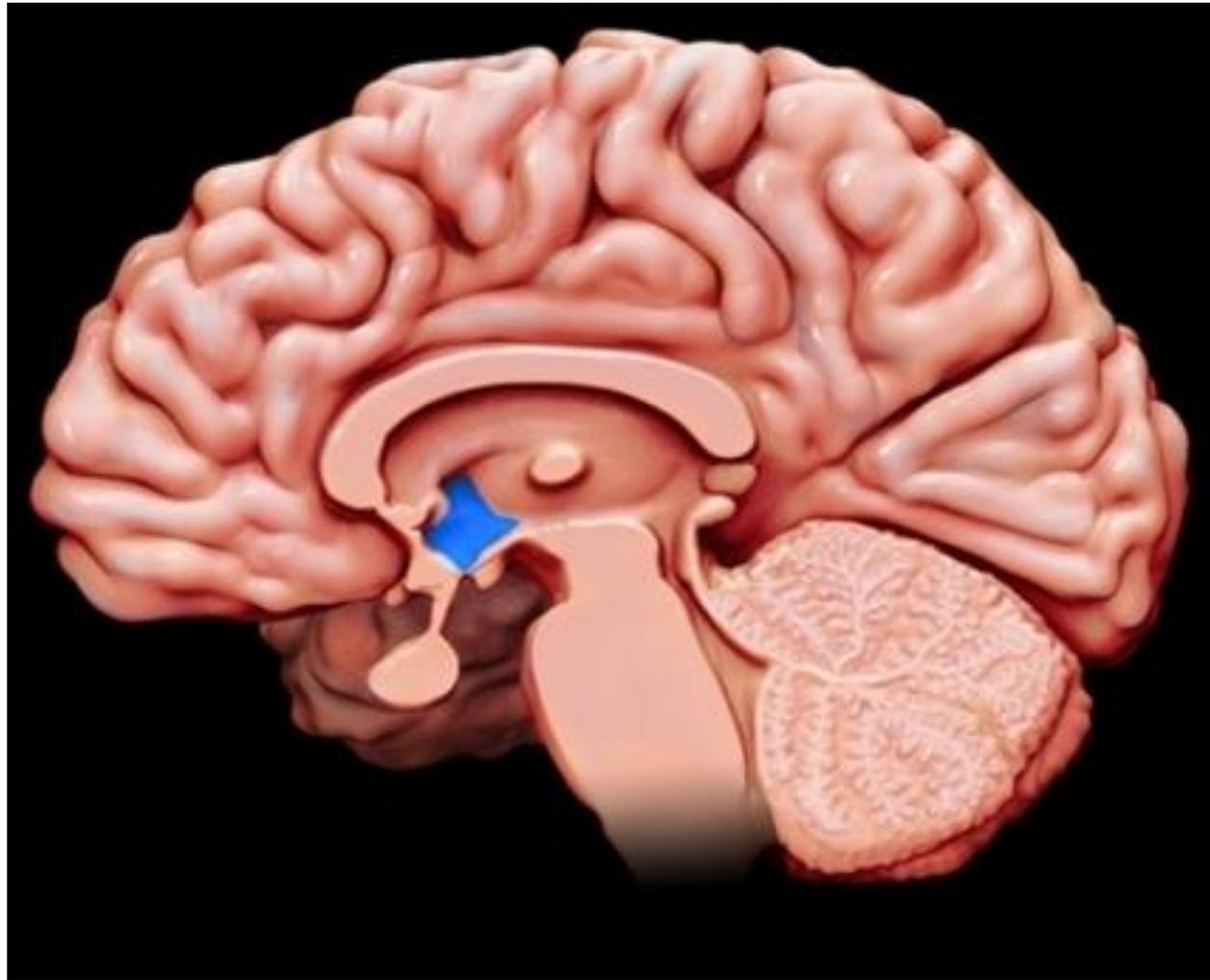


Anatomy of the Brain: Cerebrum

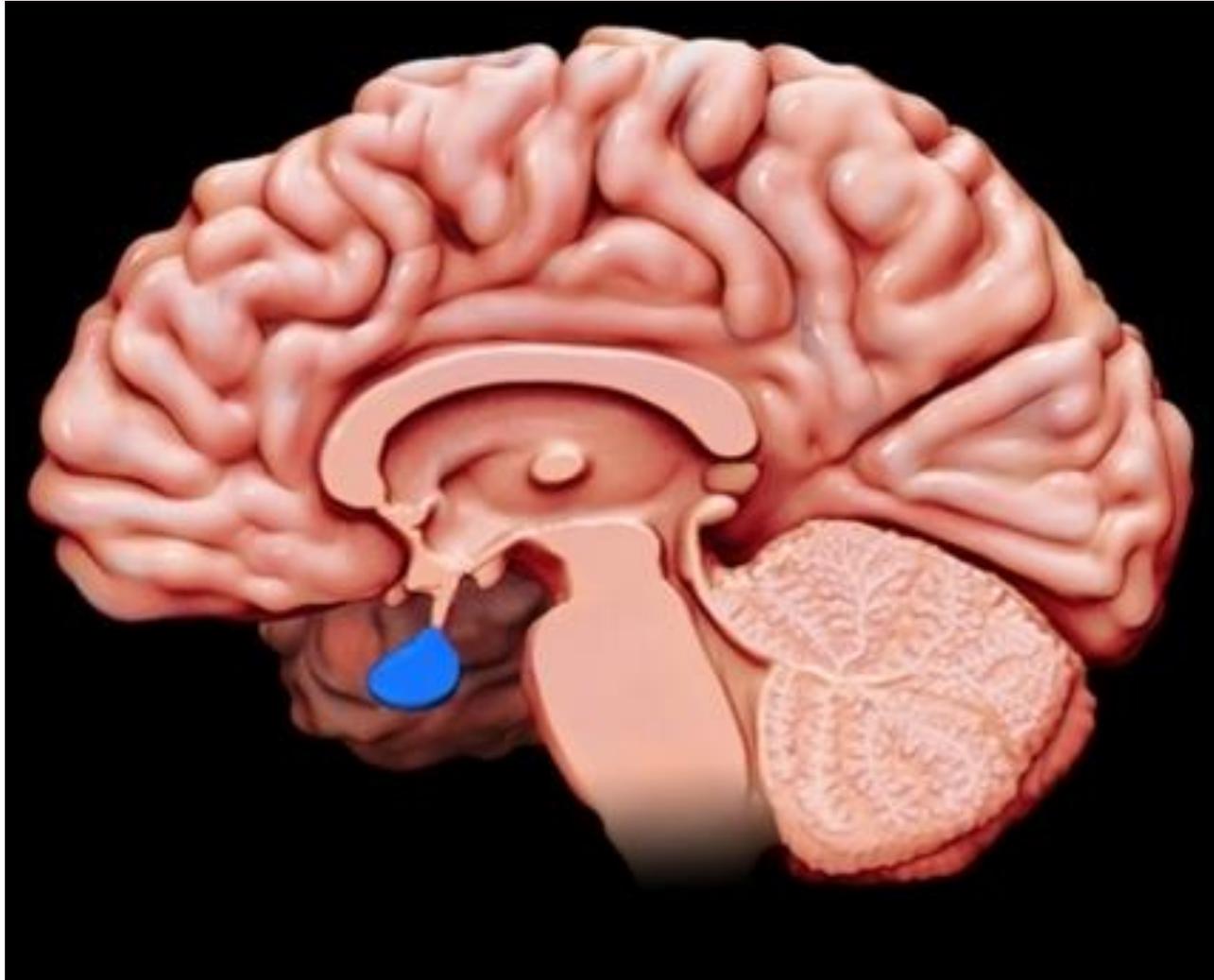
Cerebrum



Anatomy of the Brain: Hypothalamus



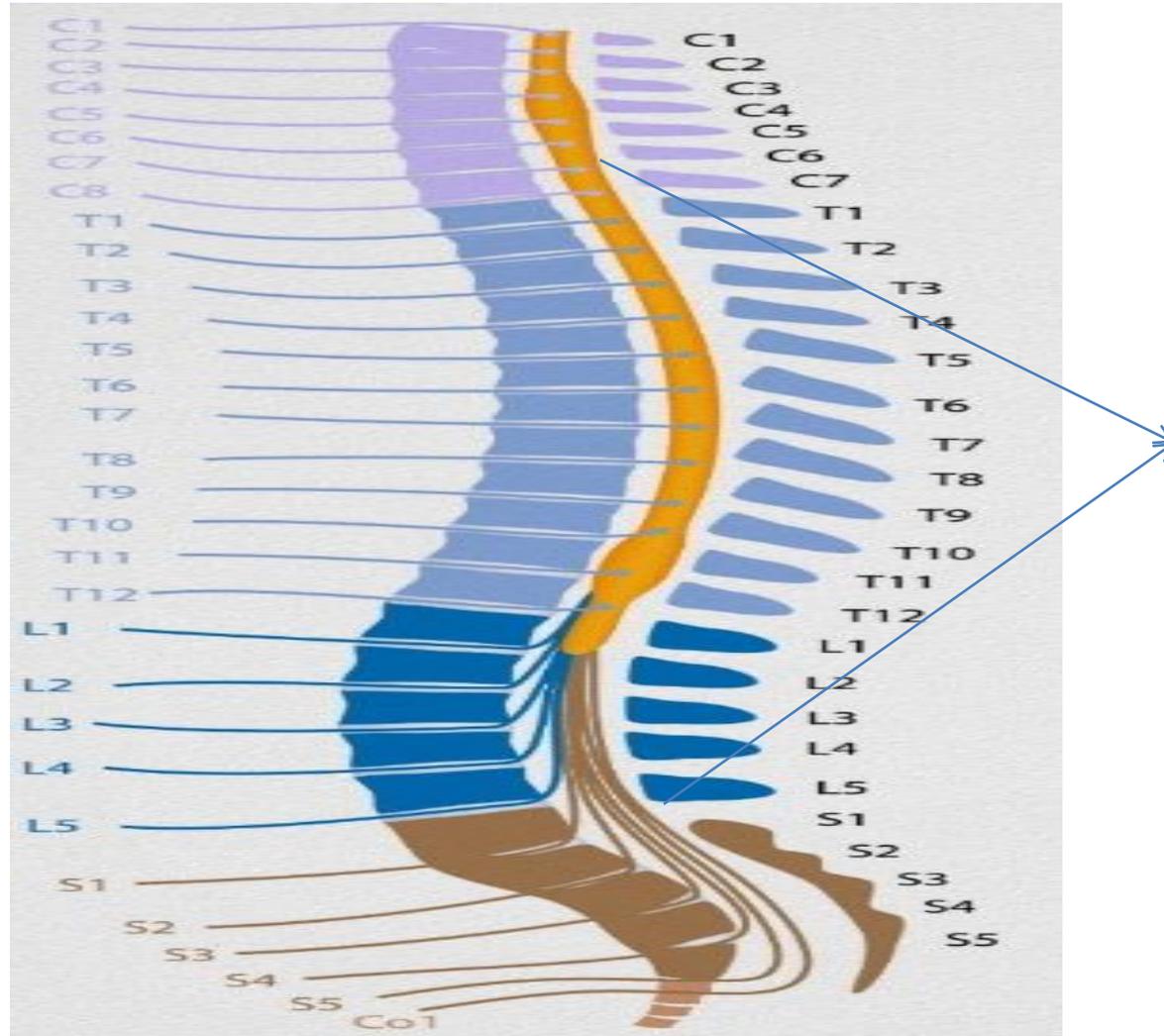
Anatomy of the Brain: Pituitary Gland



Anatomy of the Brain: Brain Stem



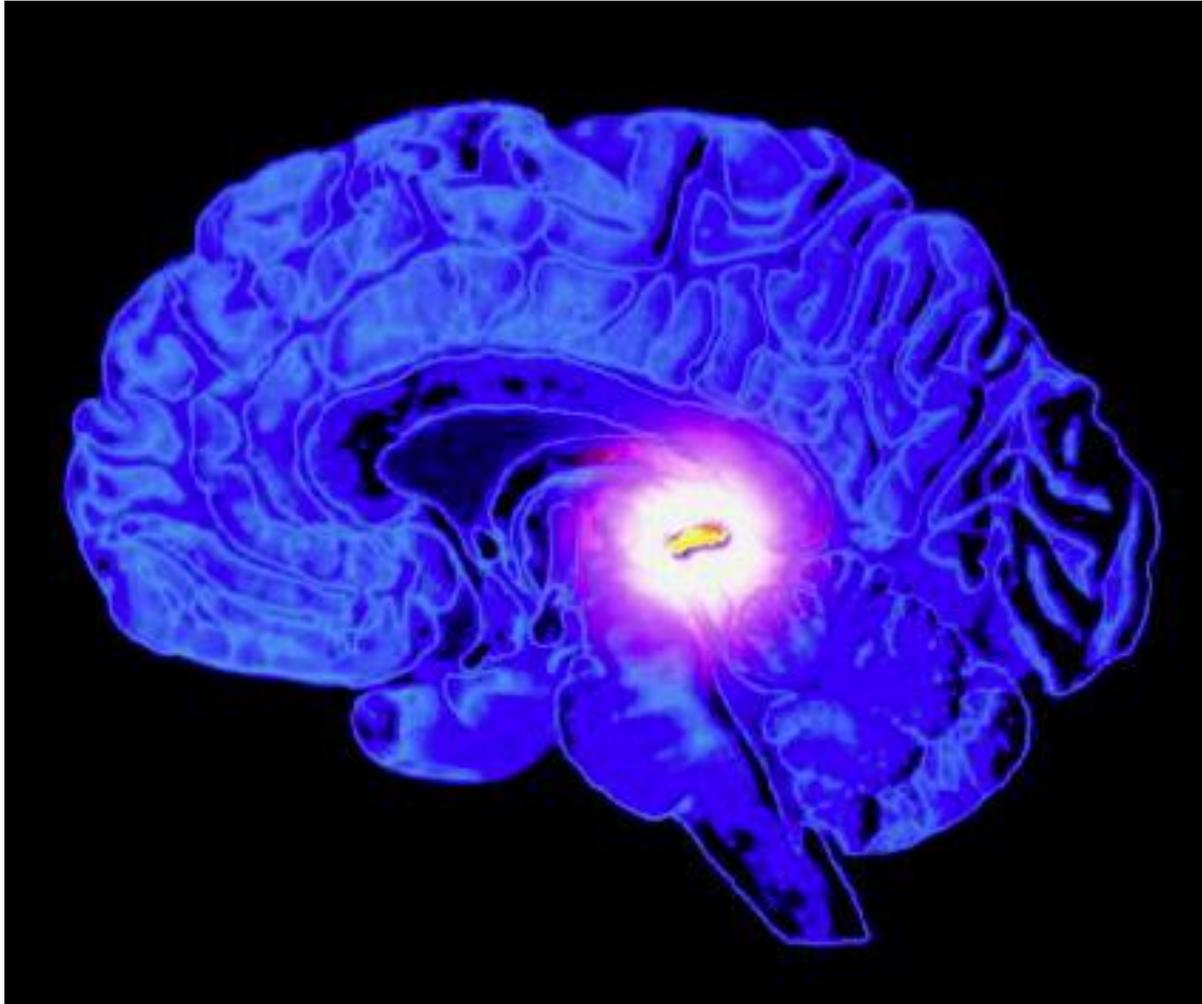
Anatomy of the Brain: Spinal Cord



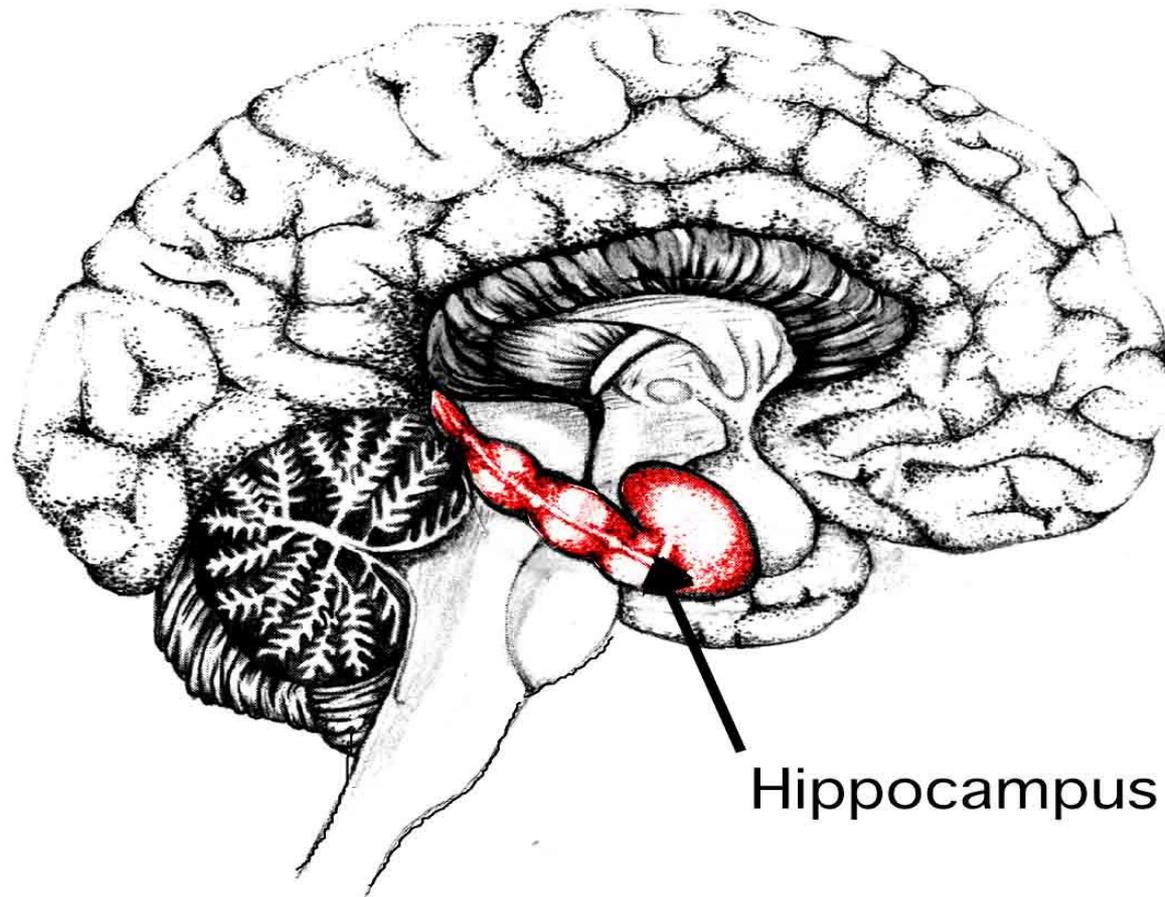
Anatomy of the Brain: Cerebellum



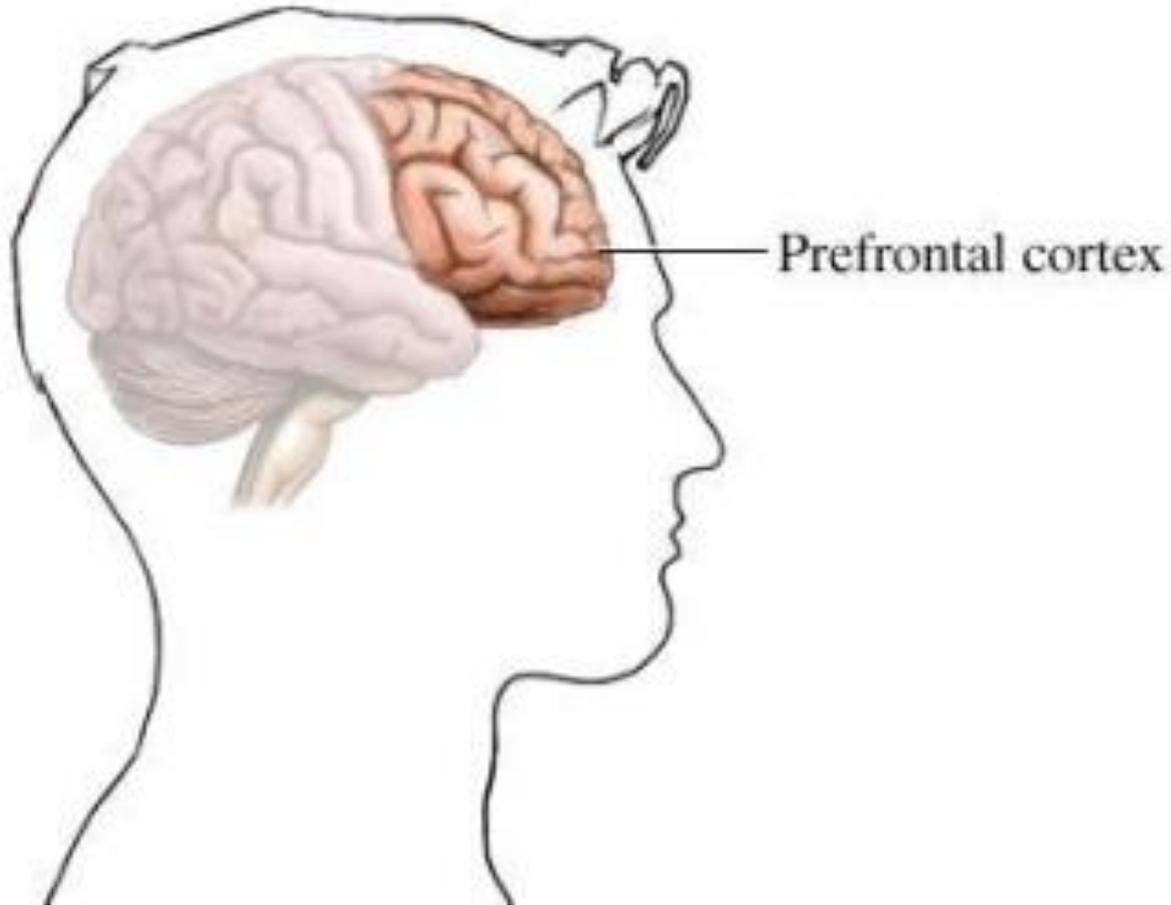
Anatomy of the Brain: Pineal Gland



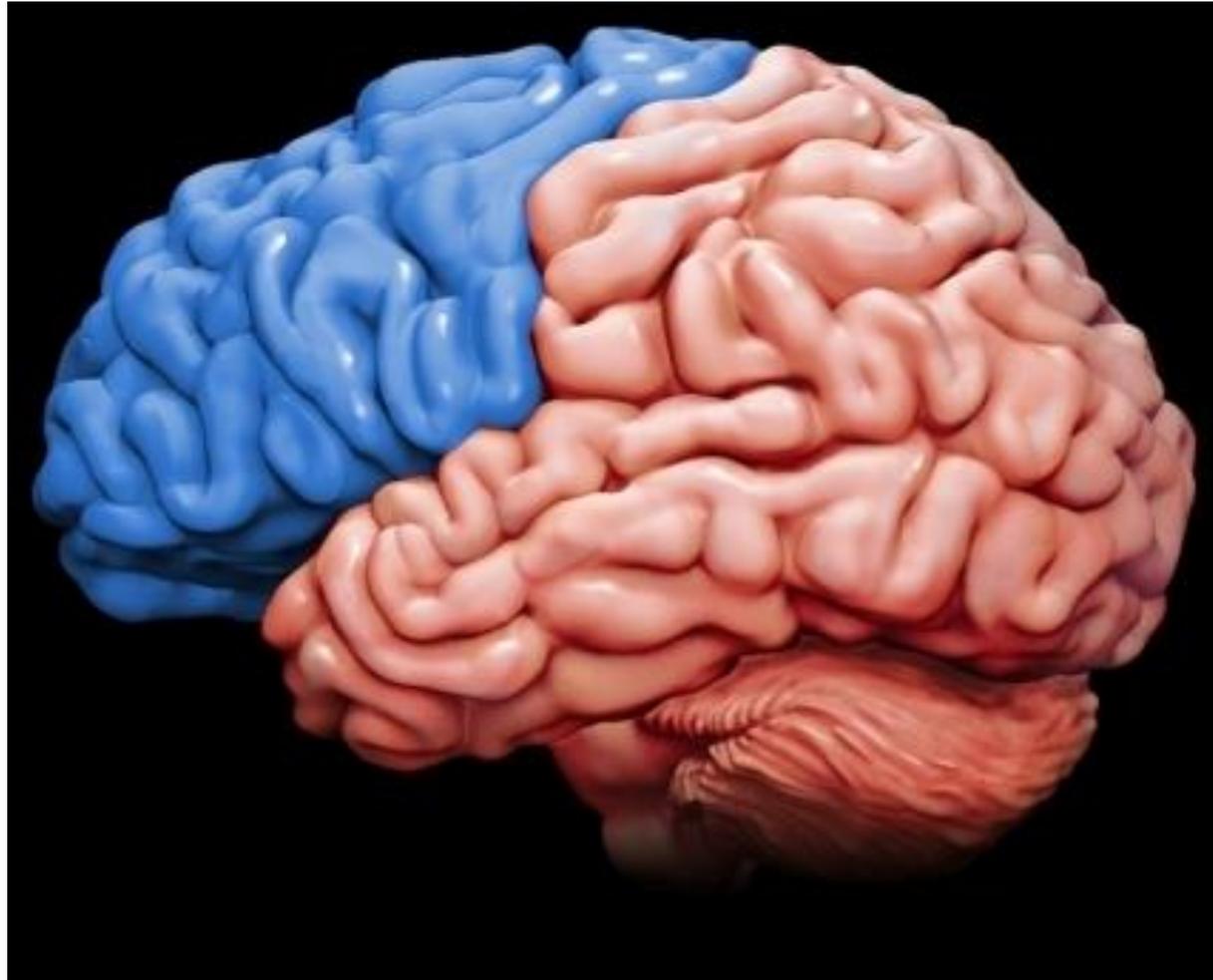
Anatomy of the Brain: Hippocampus



Anatomy of the Brain: Prefrontal Cortex



Lobes of the Brain: Frontal



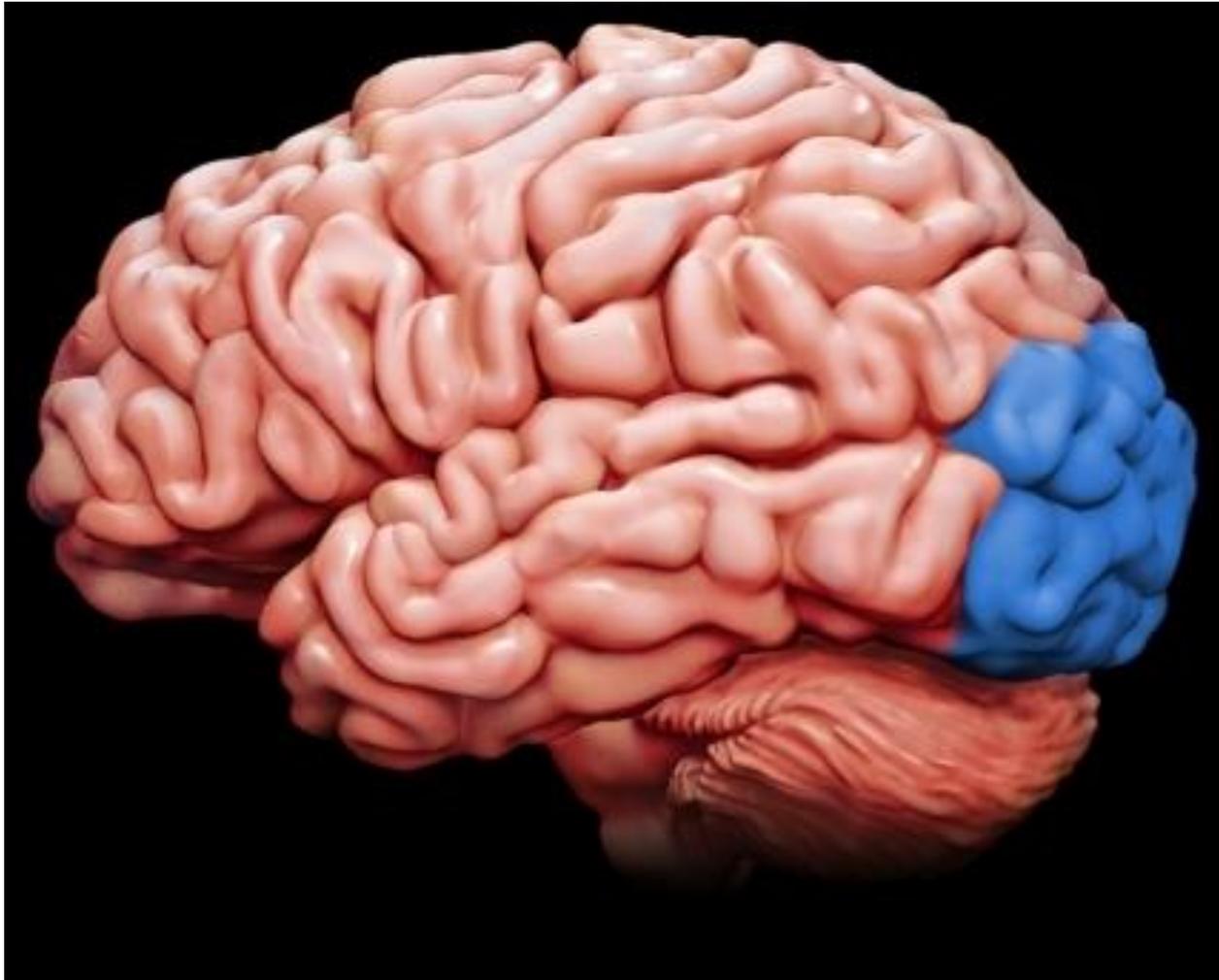
Lobes of the Brain: Parietal



Lobes of the Brain: Temporal



Lobes of the Brain: Occipital



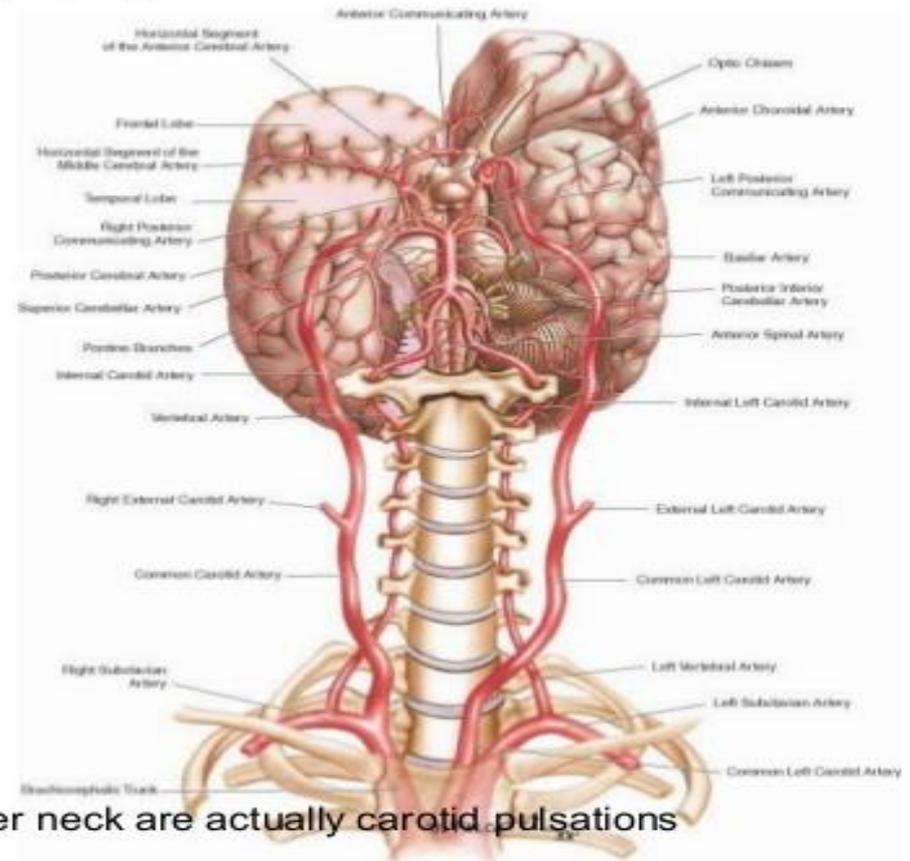
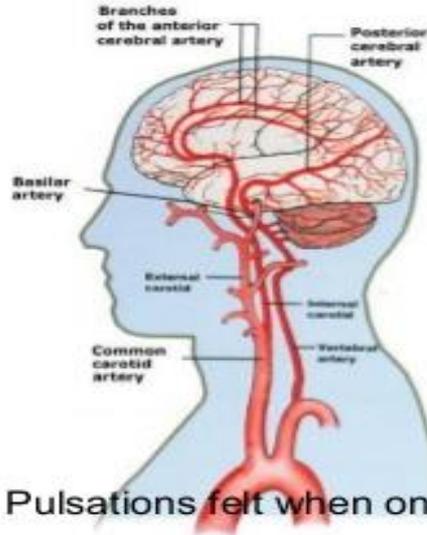
Lobes of the Brain: Limbic



Feeding the Brain

Blood supply to brain

- The blood vessels supplying brain are **two internal carotid arteries and two vertebral arteries**.
- Carotid artery contributes approximately 80% to the total cerebral blood flow, the remaining 20% coming from the two vertebral arteries



Pulsations felt when one keeps hand over neck are actually carotid pulsations



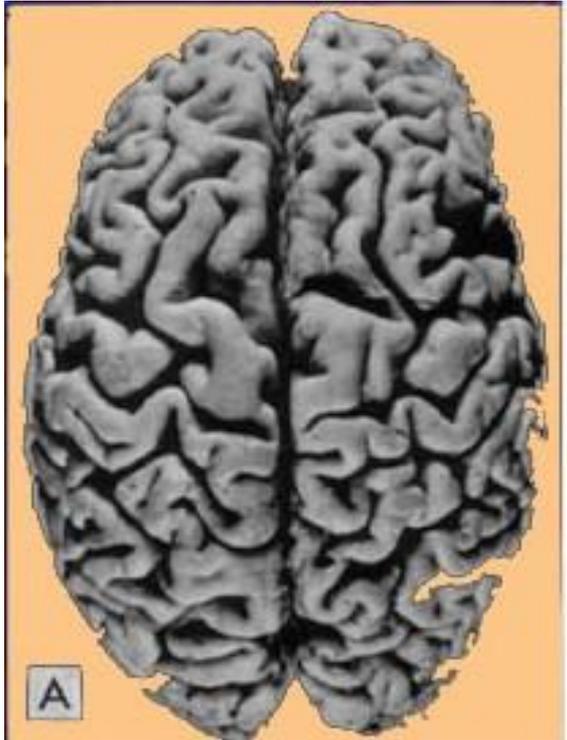
Activity #2

- Alzheimer's Association Brain Tour:
Brain Basics

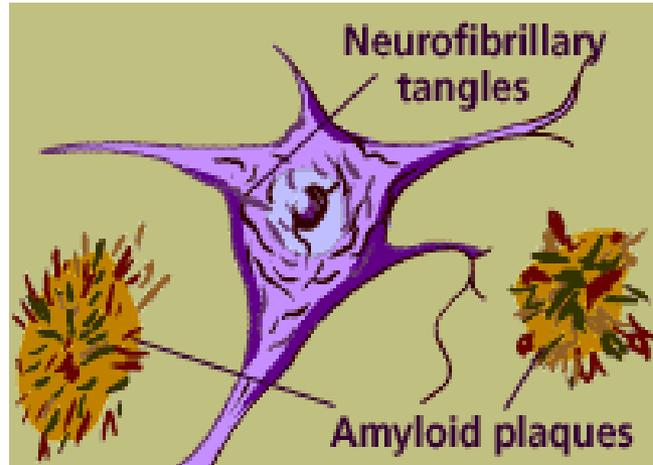
http://www.alz.org/braintour/3_main_parts.asp



Brain Changes in Healthy Aging

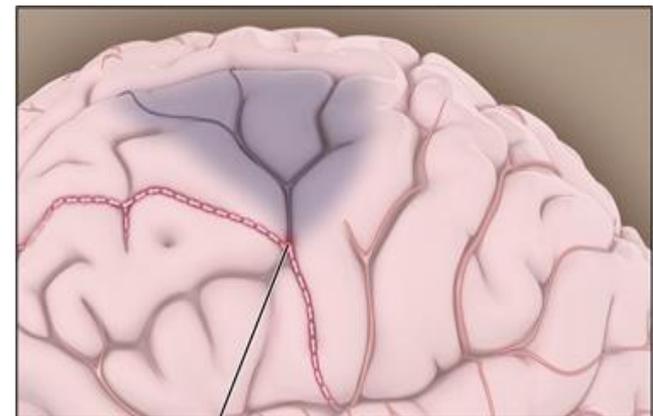
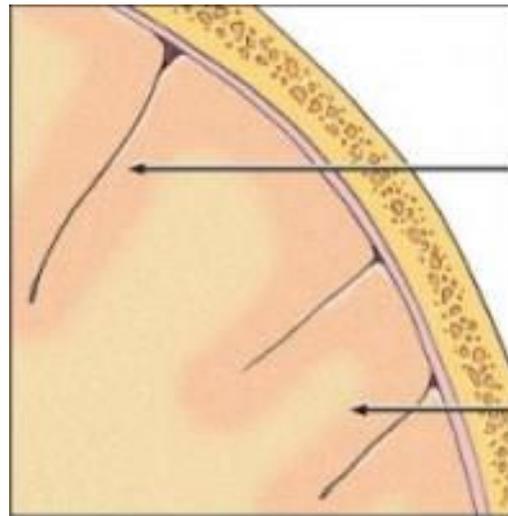


↑ Brain Shrinkage

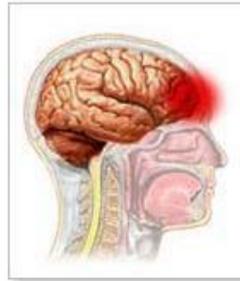
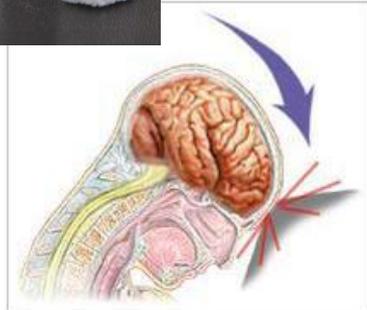
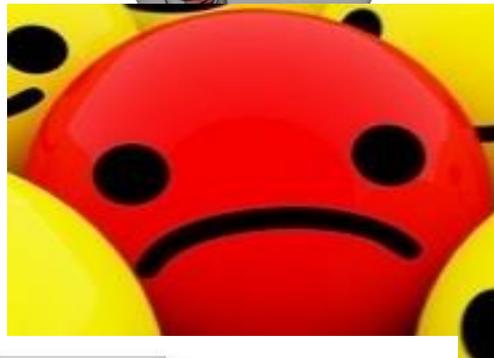
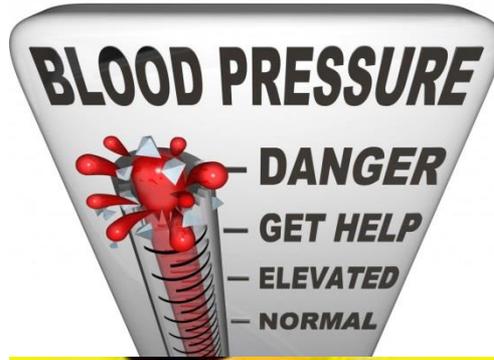


← Neurofibrillary tangles

↓ Reduced Blood Flow



Risks to Brain Health



Alzheimer's Disease and Dementia

INFOGRAPHIC

The global impact of dementia

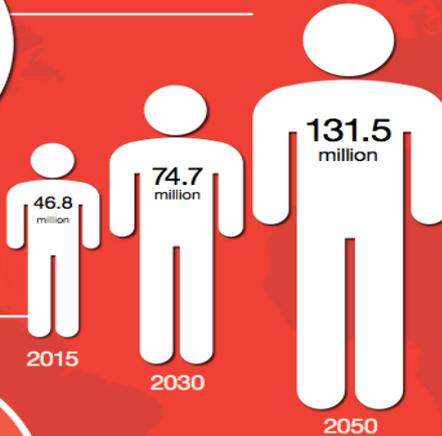


Around the world, there will be 9.9 million new cases of dementia in 2015,

one every 3 seconds

46.8 million people worldwide are living with dementia in 2015.

This number will almost double every 20 years.



Much of the increase will take place in low and middle income countries (LMICs): in 2015, 58% of all people with dementia live in LMICs, rising to 63% in 2030 and 68% in 2050.



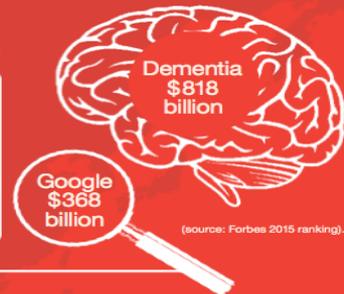
The total estimated worldwide cost of dementia in 2015 is US\$ 818 billion. By 2018, dementia will become a trillion dollar disease, rising to

US\$ 2 trillion by 2030

If global dementia care were a country, it would be the

18th largest economy

in the world exceeding the market values of companies such as Apple and Google



(source: Forbes 2015 ranking).



This map shows the estimated number of people living with dementia in each world region in 2015.

We must now involve more countries and regions in the global action on dementia.



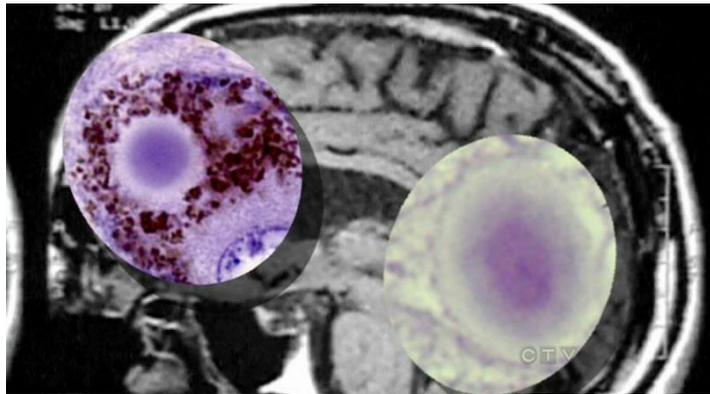
Most Common Types of Dementia

- Alzheimer's Disease
- Vascular Dementia
- Dementia with Lewy bodies

“I have dementia. My eyes do see, my ears do hear. I am still me, so let's be clear. My memory may fade, my walk may slow. I am ME inside, don't let me go”. – www.keepinmindinc.com



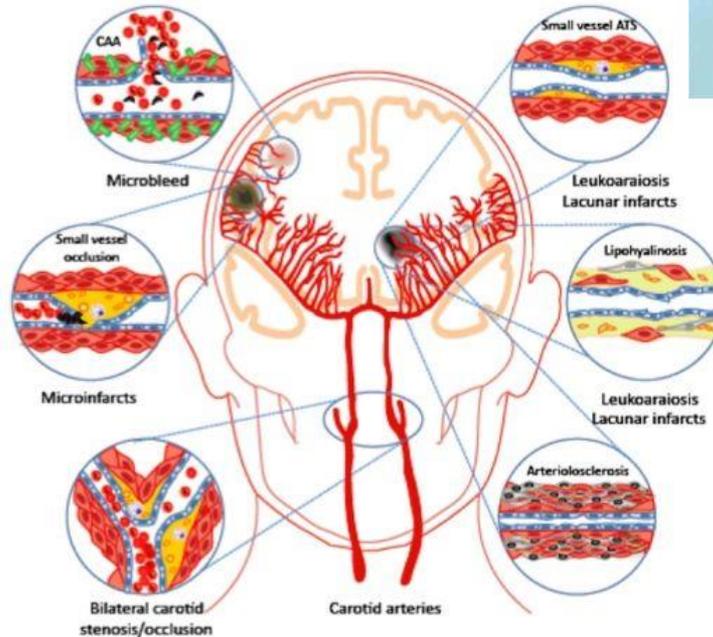
Brain Changes in Alzheimer's Disease and Dementia



Dementia with Lewy Bodies

Alzheimer's Disease →

Brain with Alzheimer's



← Vascular Dementia



Activity #3

- Alzheimer's Association Brain Tour:
Alzheimer's Disease and the Brain

http://www.alz.org/braintour/alzheimers_changes.asp

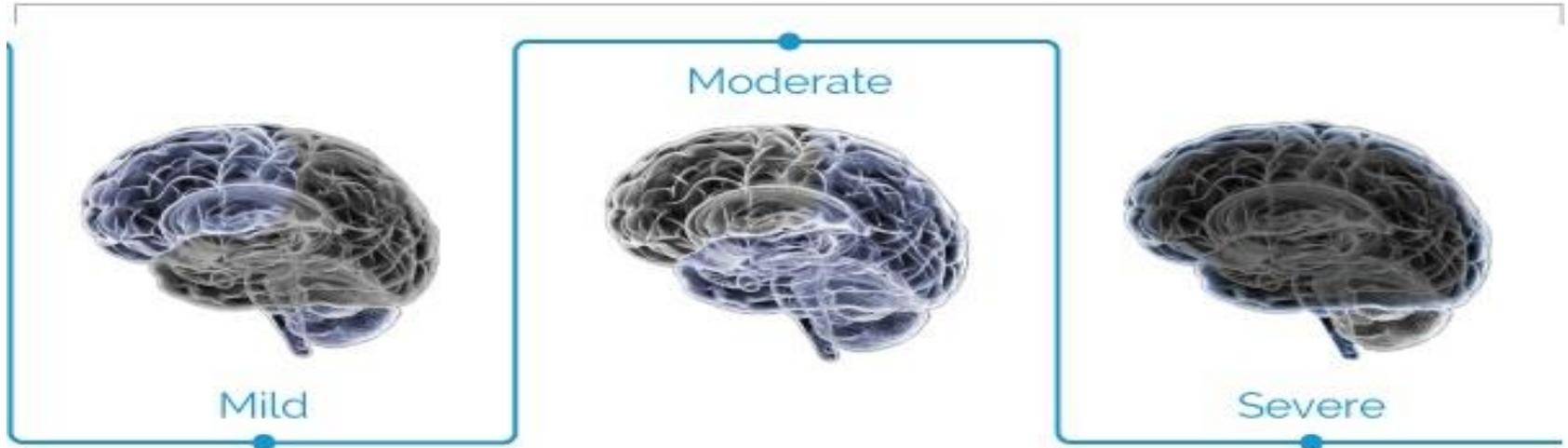


Signs and Symptoms of the most common types of Dementia



Stages of Alzheimer's Disease

Alzheimer's Dementia



Spreads to Lateral Temporal and Parietal Lobes

Symptoms include:
Reading problems,
Poor object recognition,
Poor direction sense

Spreads to Frontal Lobe

Symptoms include:
Poor judgment,
Impulsivity,
Short attention

Widespread Brain Atrophy

Symptoms include:
Loss of language,
Basic motor skill
function problems



Changes in Behavior

Repetition
Repetition
Repetition
Repetition

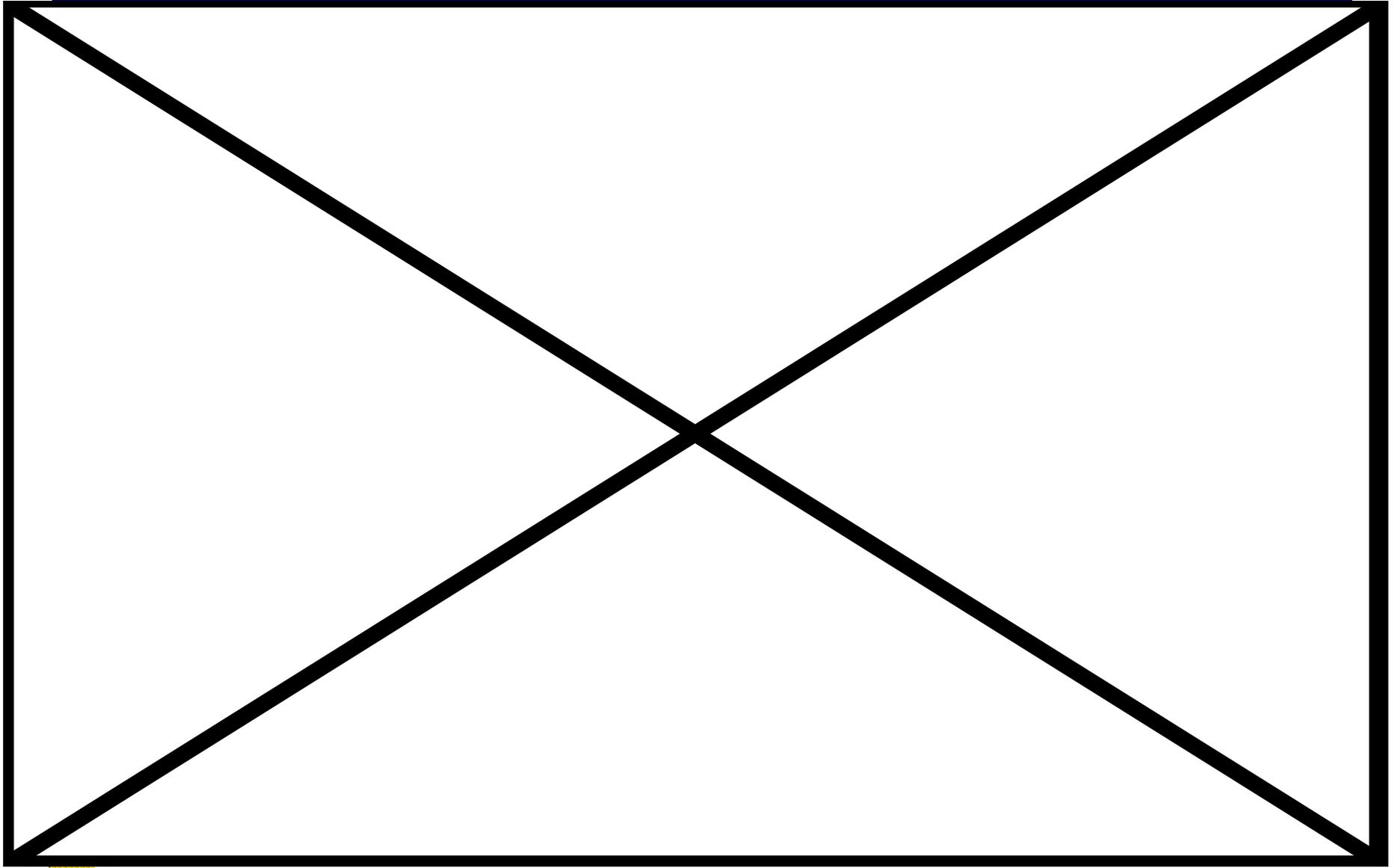


Risks associated with Behavioral Changes

- Physical Abuse
 - Isolation
 - Verbal Abuse
- Inappropriate use of medications
 - Intimidation
 - Humiliation
- Malnutrition and dehydration



Video



Quiz Time





MODULE 3: Caring for someone with Alzheimer's Disease/Dementia

forget
me
not



Person-Centered Care



Aspects of Person-Centered Care

- Respecting one's values
- Taking into account preferences and expressed needs
 - Coordinating and integrating care
 - Teamwork
 - Comfort and Safety
 - Emotional Support
 - Involving family and friends
 - Continuity
 - Access to care



Activity #1

my name is...

all about me!
(and my friends)

my best friends are...

Embarrassing stories my friends tell about me

Things my friends love about me

- 1
- 2
- 3
- 4
- 5
- 6
- 7

bands

teachers

favourite things

holidays

music

Important information about me

hair colour, eye colour, shoe size, height, favourite sport, birthday, favourite subject, favourite food

Forever friends

Photos of me and my friends

best ever day

where are you...

who with...

what happens first...

next...

next...

next...

how does the day end...

bad day

where are you...

who with...

what happens...

how does the day end...

important birthdays

name	date

secret things for our eyes only in my small letters

when i grow up

my dream house is...

my dream job is...

really really annoying things



Strategies for Providing Care

- Personal Care
- Nutrition
- Pain Management
- Wandering
- Falls
- Physical Restraint-Free Care



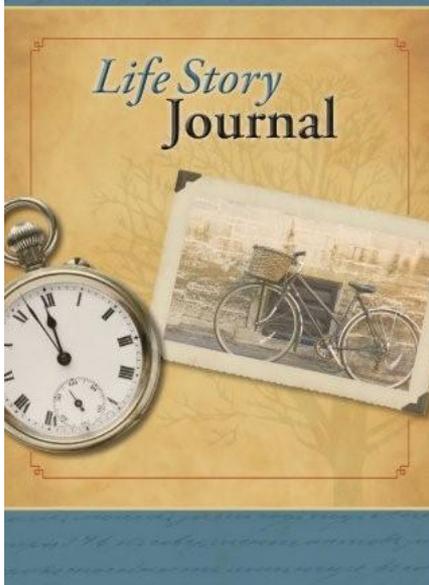
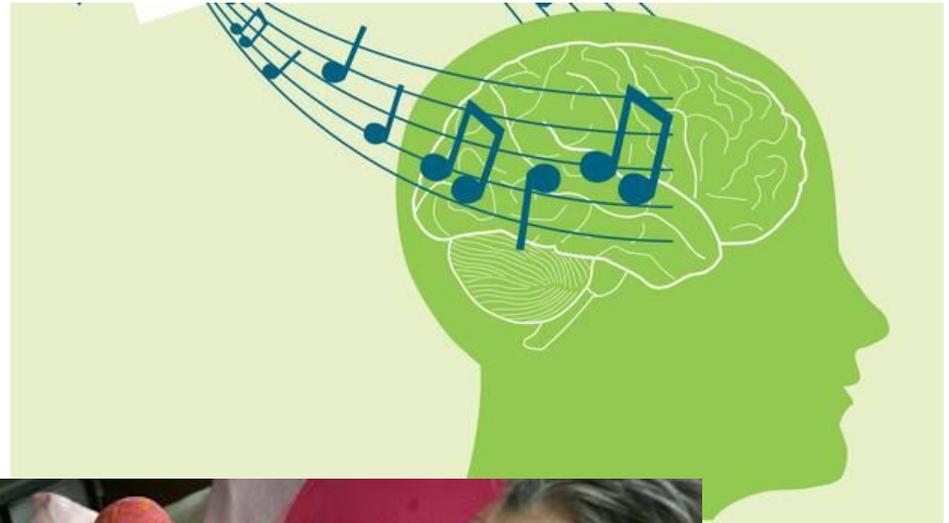
Alternative Therapies versus Medications



Medication Treatments



Alternative Therapies



Music and Memory

- Founded by Dan Cohen
 - He noticed that there was no personalized music available for residents living in nursing facilities that he visited.
- Trained to create personalized playlists using iPods
 - Enable those struggling with Alzheimer’s Disease, Dementia, or other cognitive or physical challenged to reconnect with the world through music-triggered memories.



The Power of Music on the Brain

Music on the mind

When we listen to music, it's processed in many different areas of our brain. The extent of the brain's involvement was scarcely imagined until the early nineties, when functional brain imaging became possible. The major computational centres include:

CORPUS CALLOSUM ➔
Connects left and right hemispheres.

MOTOR CORTEX ➔
Movement, foot tapping, dancing, and playing an instrument.

PREFRONTAL CORTEX ➔
Creation of expectations, violation and satisfaction of expectations.

NUCLEUS ACCUMBENS ➔
Emotional reactions to music.

AMYGDALA ➔
Emotional reactions to music.

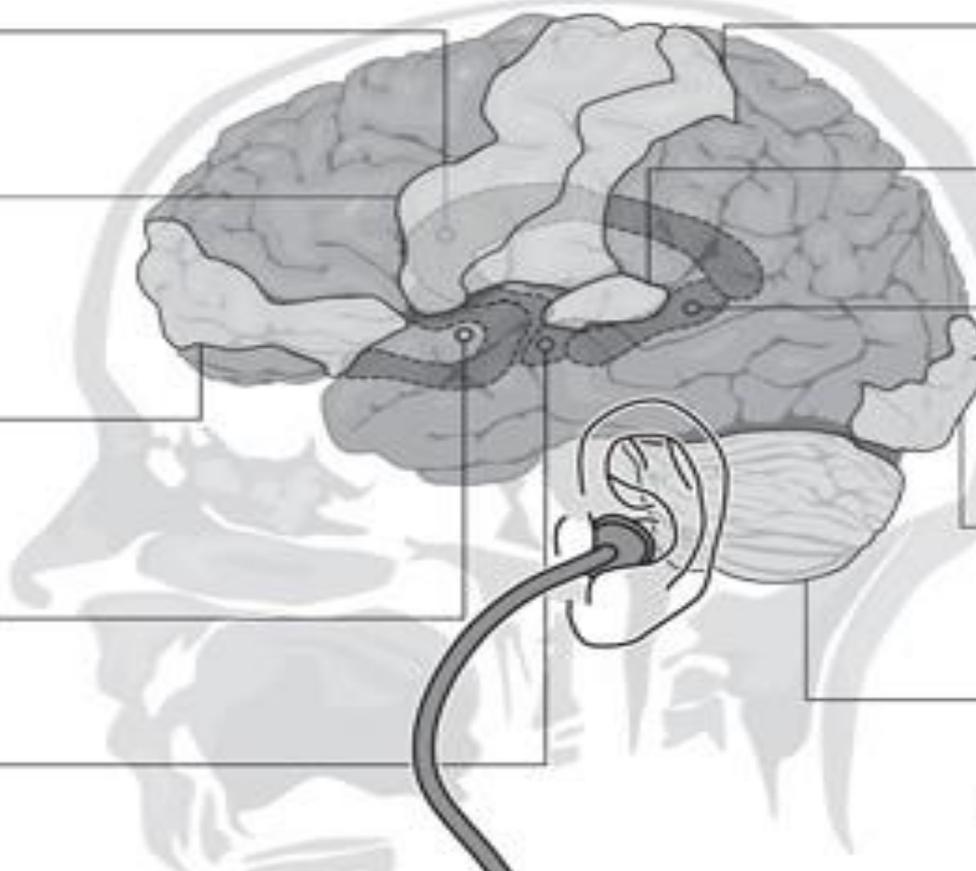
SENSORY CORTEX
Tactile feedback from playing an instrument and dancing.

AUDITORY CORTEX
The first stages of listening to sounds. The perception and analysis of tones.

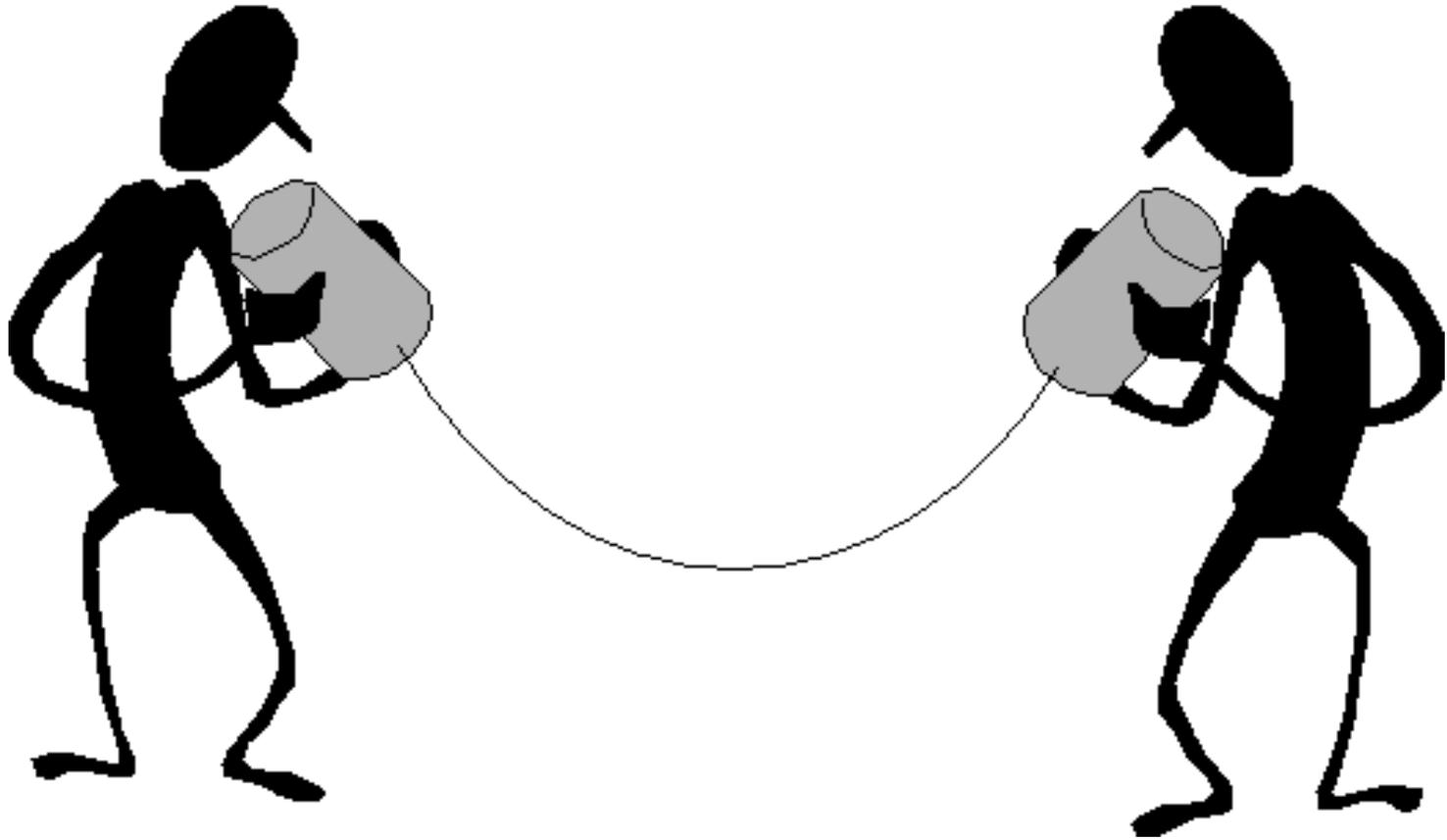
HIPPOCAMPUS
Memory for music, musical experiences and contexts.

VISUAL CORTEX
Reading music, looking at a performer's or one's own movements.

CEREBELLUM
Movement such as foot tapping, dancing, and playing an instrument. Also involved in emotional reactions to music.



Therapeutic Communication



Ways to assist with communication

- Be patient and supportive
- Offer comfort and reassurance
- Avoid criticizing, correcting, or arguing
- Focus of the feelings and not the facts



Quiz time



MODULE 4: Intergenerational Programs



Activity #1



Why an Intergenerational Program

- Divided along emotional, physical, and social lines
- Improvement of physical and mental health of elders
- Improvement of academic performance, economic viability, and coping skills



Benefits of Intergenerational Programs: Older Adults

- Enhance Socialization
- Stimulate Learning
- Improve Health
- Improved Dementia Care



Benefits of Intergenerational Programs: Youth

- Improve Academic Performance
 - Enhanced Social Skills
- Decreased Negative Behaviors



Activity #2



Benefits of Intergenerational Programs: Community

- Strengthen the Community
- Maximize Human Resources
- Encourage Cultural Exchange



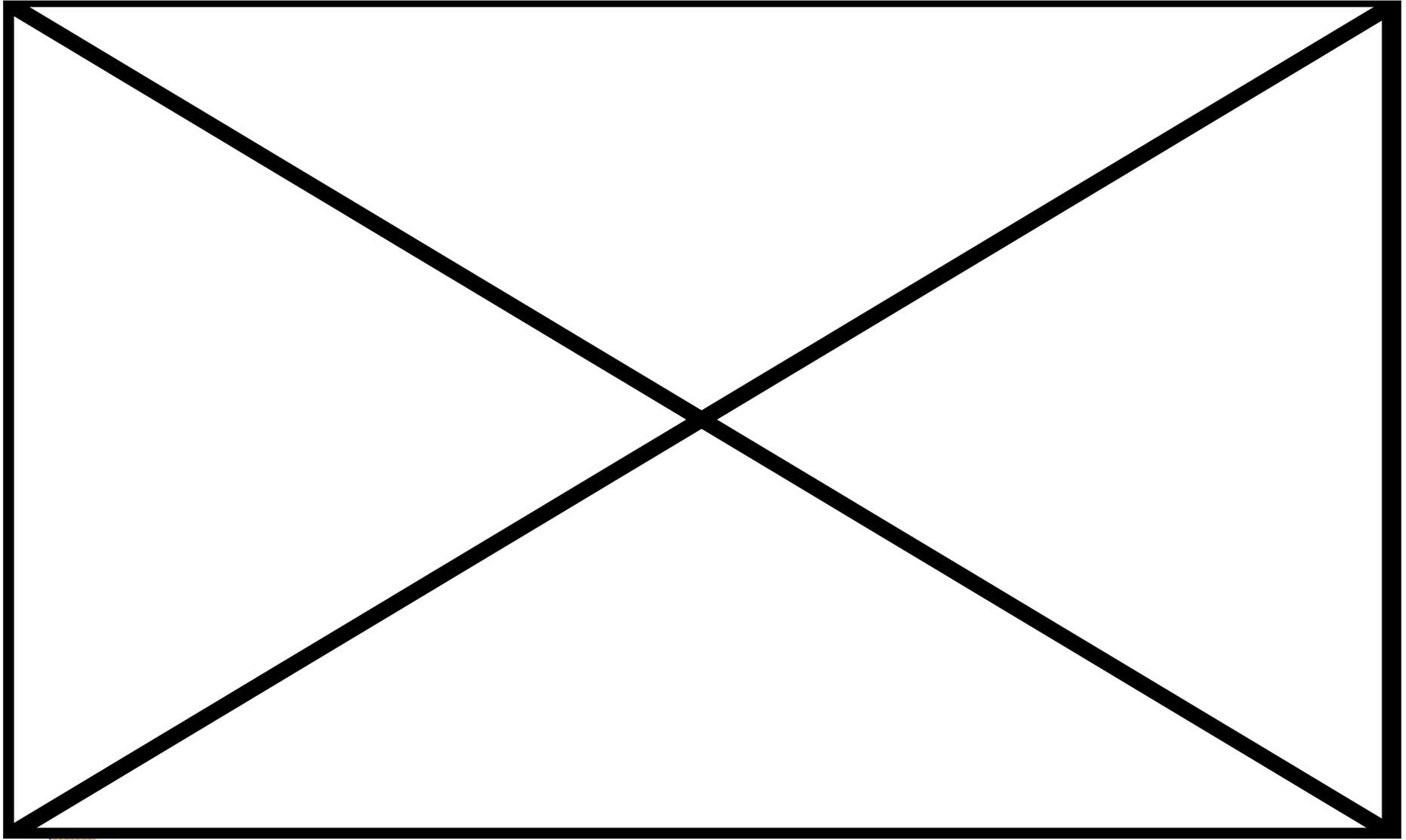
Examples of Intergenerational Programs

- Youth Serving Elders
- Elders Serving Youth
- Joint/Shared Programs



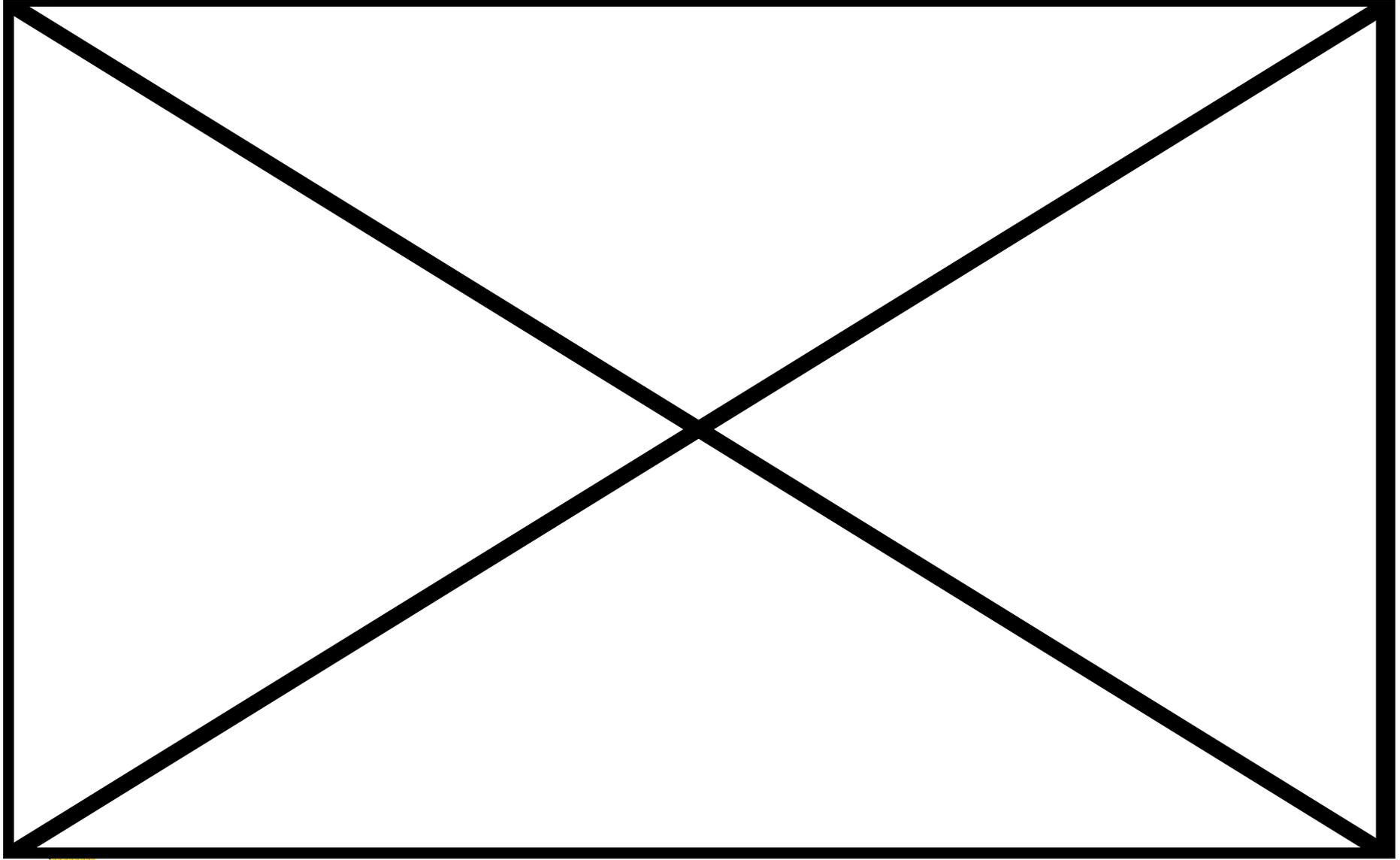


SKIP: Seniors and Kids Intergenerational Programs



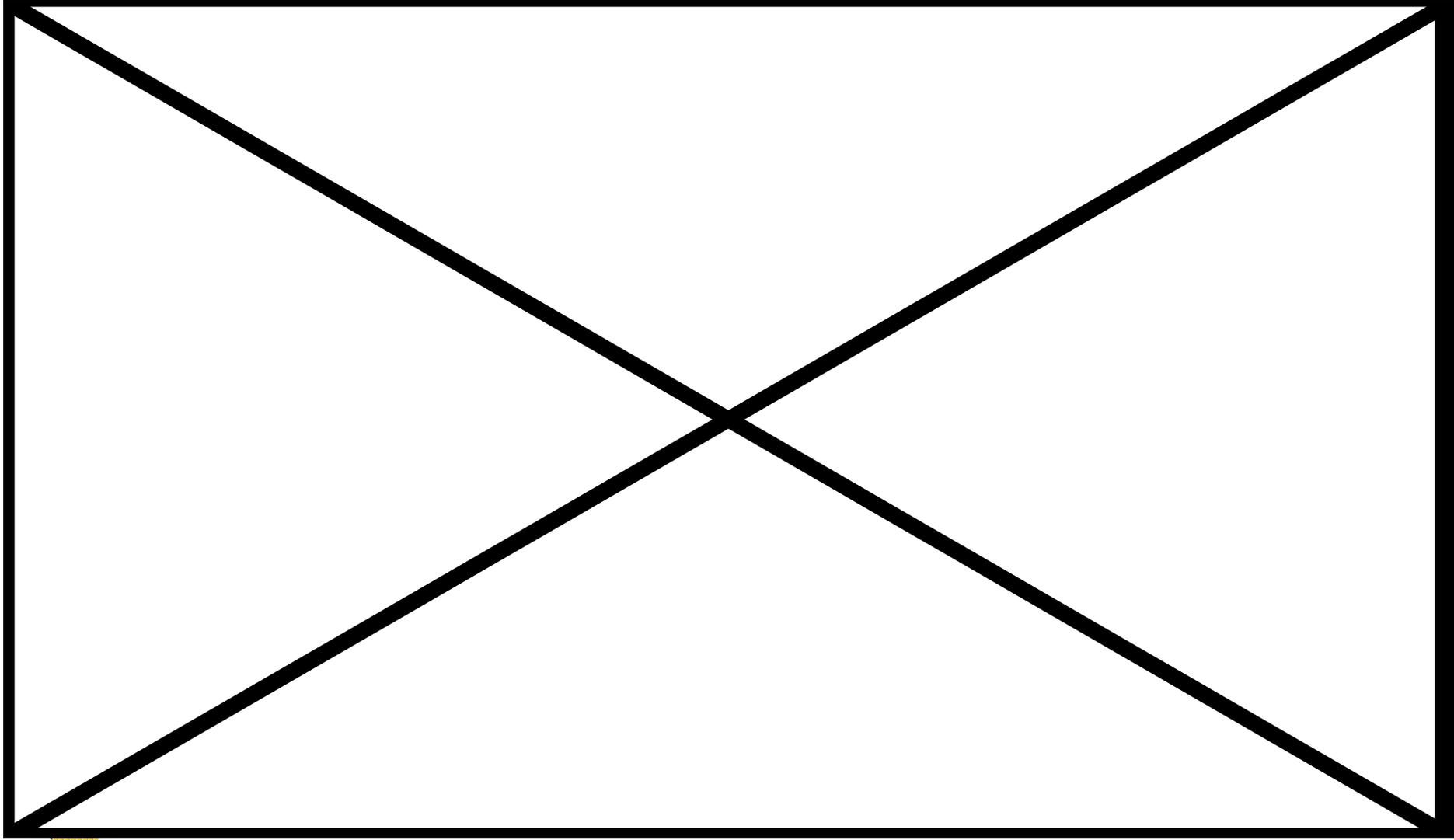


DOROT Teen Volunteer Programs





Brain Fit: An Intergenerational Program



Advocacy



Social Needs and Activities

- Individuals still require social interaction
- Consider their needs when planning activities
- Activities should be done with the individual
 - Not to or for
- Allow the individual to participate at the highest level possible



Test Time



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