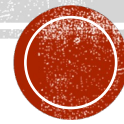


ST. ODILIA'S BRAIN HEALTH & DEMENTIA SERIES



Carolyn Klaver, Registered Nurse, Faith Community Nurse
Community Dementia Educator

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SESSION ONE

■ Brain Health versus Dementia



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WORLD HEALTH ORGANIZATION:

- A healthy brain functions well across cognitive, sensory, emotional, and motor domains,
- allowing a person to reach their full potential.

- It is characterized by the absence of cognitive loss or neurological disorders
- and the ability to meet everyday demands effectively.



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alzheimer's association

KNOWthe
10 SIGNS
EARLY DETECTION MATTERS

Have you noticed any of these warning signs?

Please list any concerns you have and take this sheet with you to the doctor.

Note: This list is for information only and not a substitute for a consultation with a qualified professional.

____ **1. Memory changes that disrupt daily life.** One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. **What's typical?** Sometimes forgetting names or appointments, but remembering them later.

____ **2. Challenges in planning or solving problems.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. **What's typical?** Making occasional errors when balancing a checkbook.

____ **3. Difficulty completing familiar tasks at home, at work or at leisure.** People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game. **What's typical?** Occasionally needing help to use the settings on a microwave or to record a television show.



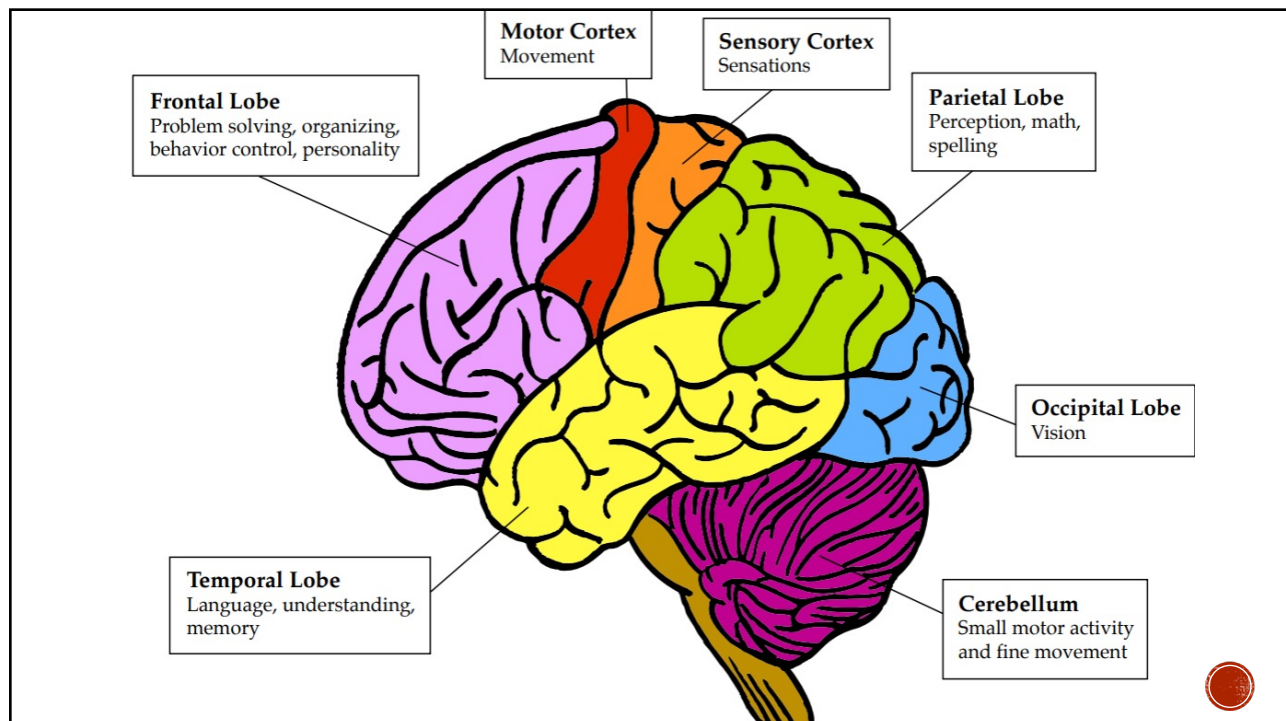
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TEN SIGNS OF ALZHEIMER'S

- Memory Changes that disrupt daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment.
- Withdrawal from work or social activities
- Changes in mood and personality



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DEMENTIA – NOT A SPECIFIC DISEASE

- **a descriptive term for a collection of symptoms that can be caused by a number of disorders that affect the brain.**
- People with dementia have significantly impaired intellectual functioning that interferes with normal activities and relationships.
- Dementia Society.org



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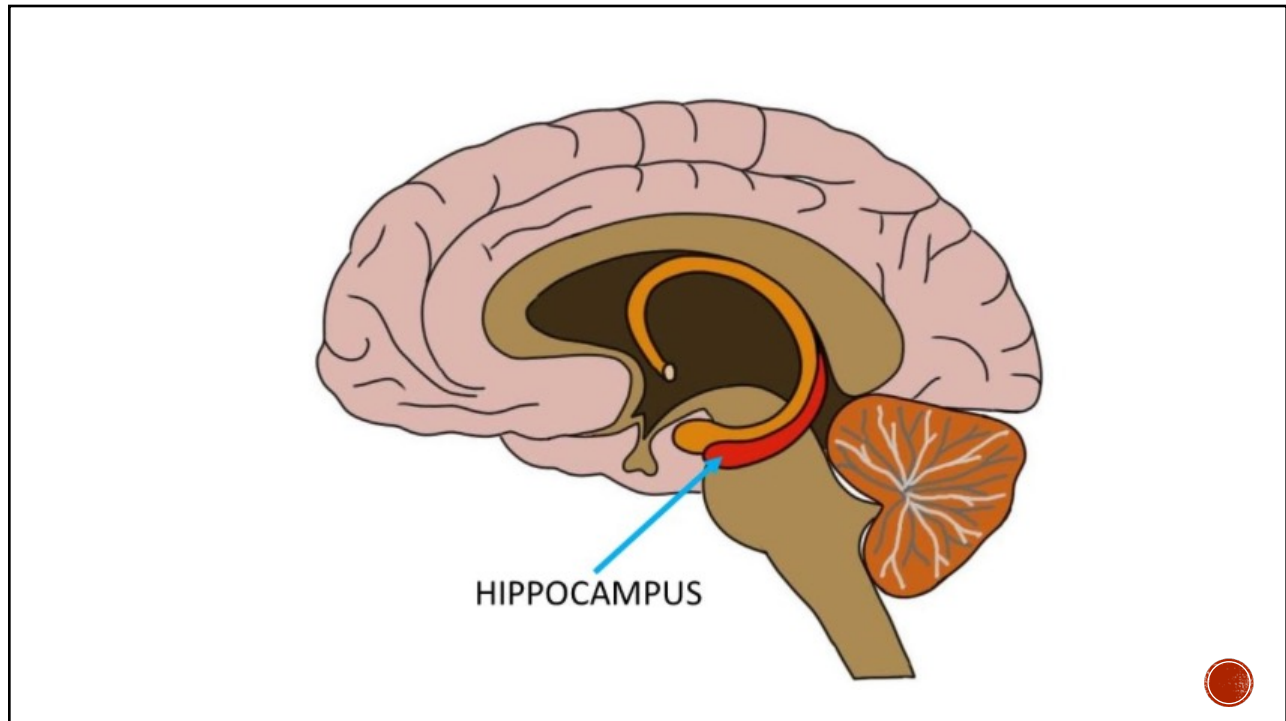
Dementia Is an Umbrella Term
It is used to describe a range of neurological conditions affecting the brain that worsen over time.

Alzheimer's disease A brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.	Frontotemporal dementia A brain disorder that is the result of damage to neurons in the frontal and temporal lobes of the brain, causing changes in thinking and behaviors controlled by those parts of the brain.	Lewy body dementia A brain disorder that can lead to problems with thinking, movement, behavior, mood, and other body functions.	Vascular dementia A brain disorder that is caused by conditions such as stroke that disrupt blood flow to the brain and lead to problems with memory, thinking, and behavior.
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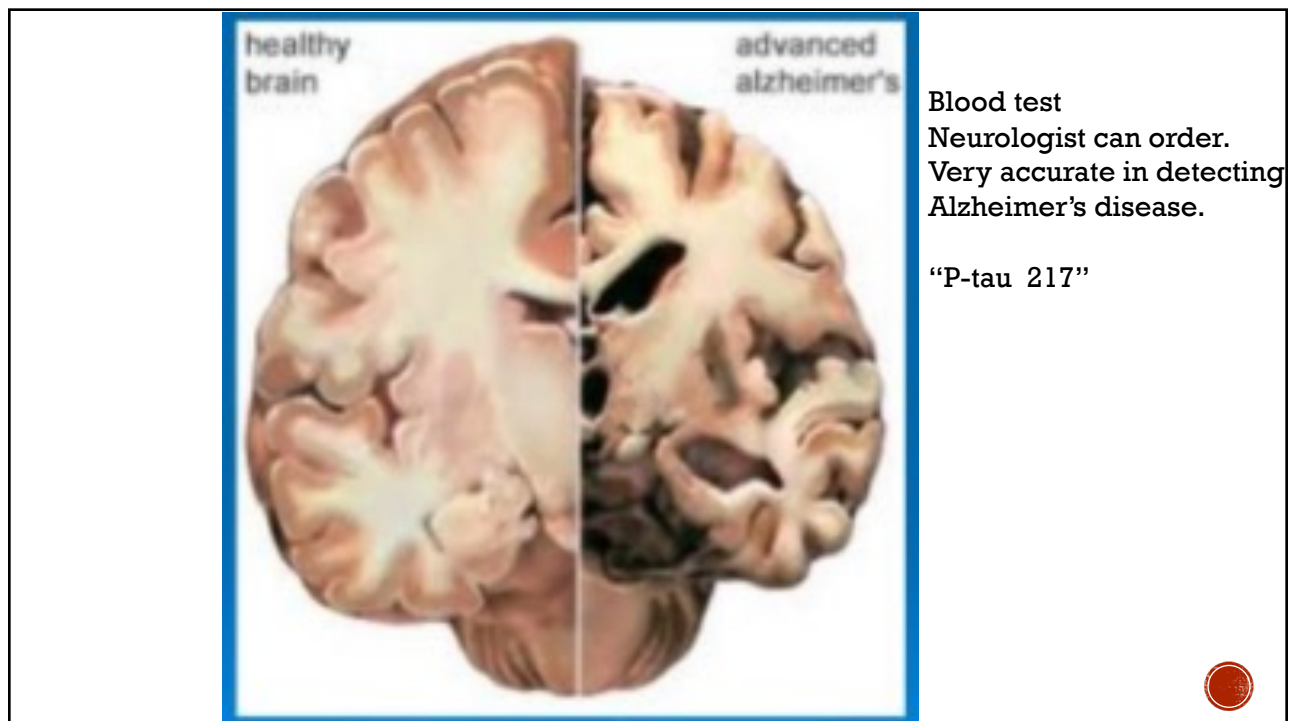
To learn more, visit: www.alzheimers.gov/dementia

NIH National Institute on Aging

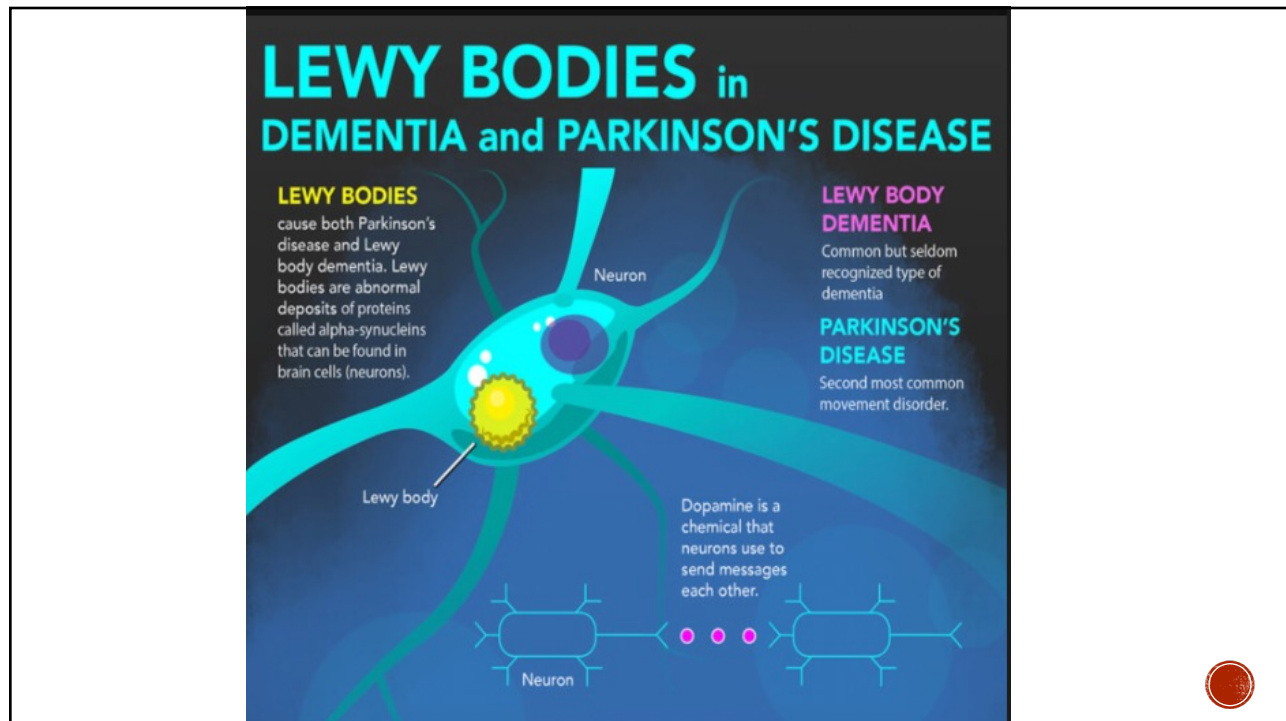
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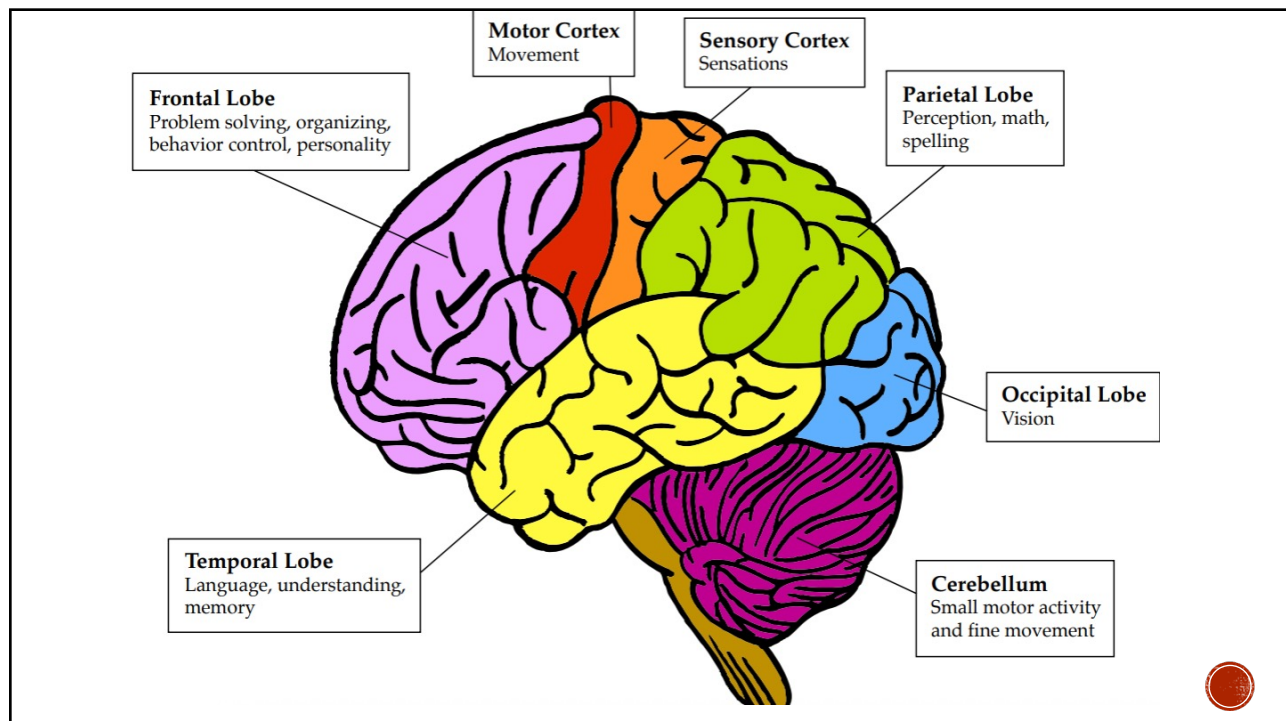
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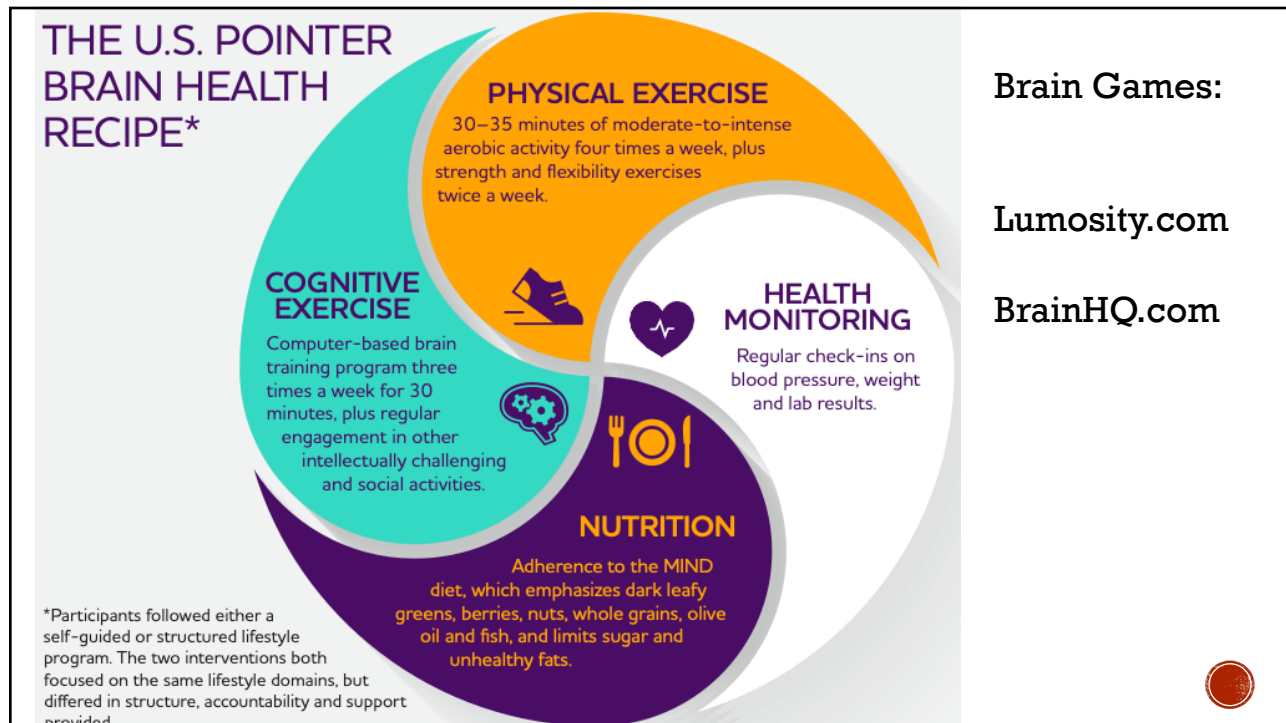
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YOUR CHOICES FOR BRAIN HEALTH

- Obviously, genetics & age are not with in our choice
- **LIFESTYLE IS!**
- Let's also include:




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UPCOMING SESSIONS

- November 12 1:30 p.m. to 3 p.m. Dementia & Your Role in Helping/ Advocating: What Family/Friends Can Do
- January 14 1:30 p.m. to 3 p.m. How to Work with Dementia Care Challenges
- February 11 1:30 p.m. to 3 p.m. Dementia Communication Techniques – Learn to Listen, learn to respond appropriately
- March 11 1 p.m. to 2:30 p.m. Metro Wide Resources
- April 15 6:30 p.m. to 8 p.m. Typical Aging, The Significant Role of Faith & Spirituality – What the Church body can do

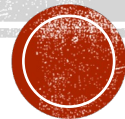


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QUESTIONS & ANSWERS

Thank you for coming.

I will stay after to answer everyone's questions.



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