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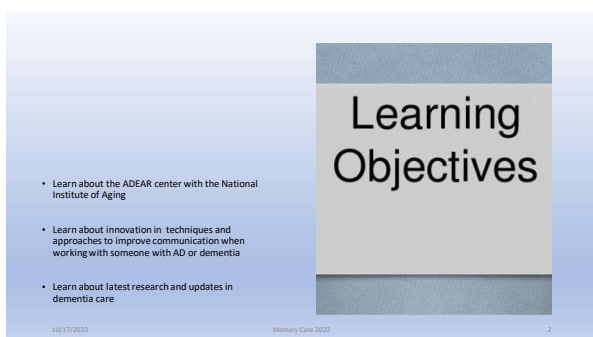
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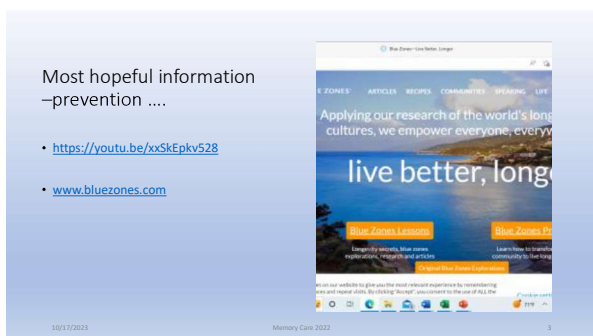
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Let's Check our neurons



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Refresher... Great clip for families new to caregiving

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Refresher...What are some signs or symptoms you know people living with AD or dementia experience?

- Memory loss
- Confused
- Forgetful
- Looses things
- Repeat themselves
- Can wander
- Behavior or personality changes
- Symptoms of anxiety, depression, paranoia, delusions and hallucinations are possible
- [About the ADEAR Center | National Institute on Aging \(nih.gov\)](#)



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Healthy Brain    Severe Alzheimer's

<https://www.nia.nih.gov/health/about-adear-center>

A healthy brain and a brain with AD

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### How Alzheimer's Changes the brain

Alzheimer's & the Brain

• [About the ADEAR Center | National Institute on Aging \(nih.gov\)](#)

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| Stage | Stage Name                         | Characteristic   | Expected Unreated AD Duration (months) | Mental Age (years) | MMSE (score) |
|-------|------------------------------------|--|--|--------------------|--------------|
| 1     | Normal Aging                       | No deficits whatsoever   | --                                     | Adult              | 29-30        |
| 2     | Positive Mild Cognitive Impairment | Subjective functional deficit  | --                                     |                    | 28-29        |
| 3     | Mild Cognitive Impairment          | Objective functional deficit interferes with a person's most complex tasks | 84                                     | 12+                | 24-28        |
| 4     | Mild Dementia                      | ADLs become affected, such as bill paying, cooking, cleaning, shopping     | 24                                     | 8-12               | 19-20        |
| 5     | Moderate Dementia                  | Needs help selecting proper attire   | 18                                     | 5-7                | 15           |
| 6a    | Moderately Severe Dementia         | Needs help putting on clothes  | 4.8                                    | 5                  | 9            |
| 6b    | Moderately Severe Dementia         | Needs help bathing   | 4.8                                    | 4                  | 8            |
| 6c    | Moderately Severe Dementia         | Needs help toileting   | 4.8                                    | 4                  | 8            |
| 6d    | Moderately Severe Dementia         | Urinary incontinence   | 3.6                                    | 3-4                | 3            |
| 6e    | Moderately Severe Dementia         | Facial incontinence  | 3.6                                    | 2-3                | 1            |
| 7a    | Severe Dementia                    | Speaks 5-6 words during day  | 12                                     | 1.25               | 0            |
| 7b    | Severe Dementia                    | Speaks only 1 word clearly   | 18                                     | 1                  | 0            |
| 7c    | Severe Dementia                    | Can no longer walk   | 12                                     | 1                  | 0            |
| 7d    | Severe Dementia                    | Can no longer sit up   | 12                                     | 0.5-0.6            | 0            |
| 7e    | Severe Dementia                    | Can no longer smile  | 18                                     | 0.2-0.4            | 0            |
| 7f    | Severe Dementia                    | Can no longer hold up head   | 12                                     | 0.0-0.2            | 0            |

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About the ADEAR Center | National Institute on Aging (nih.gov)



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### Refresh...What is Dementia?



- Dementia is the loss of cognitive functioning — thinking, remembering, and reasoning — to such an extent that it interferes with a person's daily life and activities. Some people with dementia cannot control their emotions, and their personalities may change. Dementia ranges in severity from the mildest stage, when it is just beginning to affect a person's functioning, to the most severe stage, when the person must depend completely on others for basic activities of living.
- The Diagnostic Statistical Manual5 (DSM-5) has included a category named the neurocognitive disorder which was formally known in DSM IV as "dementia, delirium, amnesia, and other cognitive disorders". The DSM-5 distinguishes between "mild" and "major" neurocognitive disorders.
- Dementia is a generic term used to describe a group of symptoms and there can be other disease processes that cause this.
- There can also be reversible causes such as vitamin B12 deficiency and infections that can be treated.

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### Treatment of Alzheimer's Disease



- Treating the symptoms of Alzheimer's can provide people with comfort, dignity, and independence for a longer period of time and can encourage and assist their caregivers as well. Galantamine, rivastigmine, and donepezil are cholinesterase inhibitors that are prescribed for mild to moderate Alzheimer's symptoms. These drugs may help reduce or control some cognitive and behavioral symptoms.
- Scientists do not yet fully understand how cholinesterase inhibitors work to treat Alzheimer's disease. New research indicates that they prevent the breakdown of acetylcholine, a brain chemical believed to be important for memory and thinking. As Alzheimer's progresses, the brain produces less and less acetylcholine, so these medicines may eventually slow their effects. Because cholinesterase inhibitors work in a similar way, switching from one to another may not produce significantly different results, but a person living with Alzheimer's may respond better to one drug versus another.
- About the ADEAR Center | National Institute on Aging (nih.gov)

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[NIA statement on report of lecanemab reducing cognitive decline in Alzheimer's clinical trial | National Institute on Aging \(nih.gov\)](#)



- Pharmaceutical companies Eisai and Biogen recently data for a phase 3 Alzheimer's disease clinical trial. The results show that lecanemab, an anti-amyloid antibody, slowed the rate of cognitive decline by 27% in an 18-month study involving participants experiencing the early stage of Alzheimer's. The incidence of adverse events was 21.3% for those who received lecanemab and 9.3% for those who received a placebo. About 25% of the U.S. participants in this study were Hispanic and African American.

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The nun study  
David Snowdon  
Aging with Grace

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New diagnostics



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<https://youtu.be/z1mcAAgrCnw>

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**Dementia Care Practice Recommendations**  
Alzheimer's Association

### Dementia Care Practice Recommendations

**Committed to improving the quality of life for people living with dementia**

Since its inception, the Alzheimer's Association has been a leader in setting principles and practices of quality care for individuals living with dementia. Early on, our Guidelines for Dignity described goals for quality care, followed by Key Elements of Dementia Care and the

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### FIRST FDA APPROVED DEVICE

- Brain health baseline scans
- [www.cognivue.com](http://www.cognivue.com)
- We will be offering here in the future - TBD - Stay tuned

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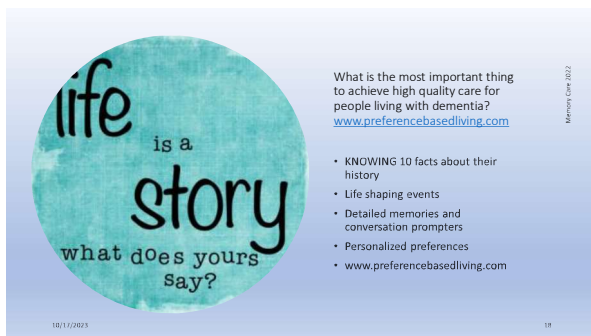
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life is a story  
what does yours say?

What is the most important thing to achieve high quality care for people living with dementia?  
[www.preferencebasedliving.com](http://www.preferencebasedliving.com)

- KNOWING 10 facts about their history
- Life shaping events
- Detailed memories and conversation prompts
- Personalized preferences
- [www.preferencebasedliving.com](http://www.preferencebasedliving.com)

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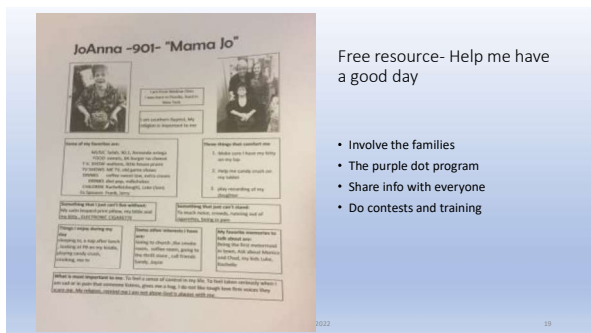
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Free resource- Help me have a good day

- Involve the families
- The purple dot program
- Share info with everyone
- Do contests and training

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### Preventative Reassurance programs

[Simulated presence therapy for dementia - PubMed \(nih.gov\)](#)

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Talking tiles for reassurances

Share Talking Products, Talking Tiles Voice Recordable Sound Buttons. 80 Seconds Recording Educational Learning Resource, Game Show Answer Buzzers, Pack of 6 Colours

Visit the Talking Products Store

★ ★ ★ ★ ★ 237 ratings

11 answered questions

\$69.95

FREE Returns

Get \$100 off instantly. Pay \$0.00 upon approval for the Amazon Store Card.

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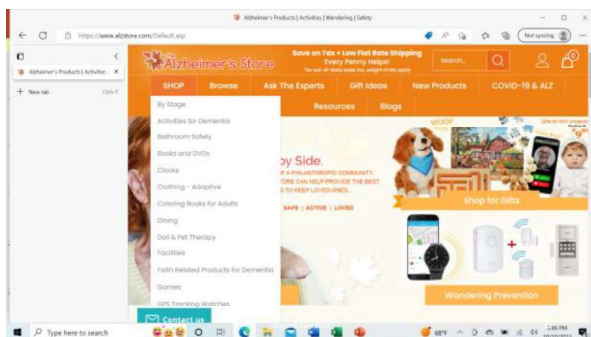
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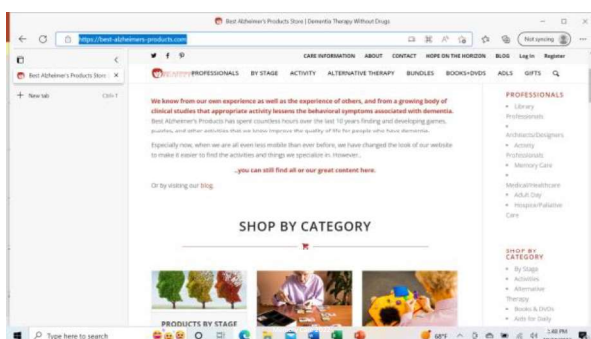
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Laminated resource for you to take

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Thank you for  
Attending



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alzheimer's  association

**24/7 Helpline**  
**800.272.3900**

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Thank you for attending  
this education webinar

My contact information:  
[rschabell@livingonsquares.com](mailto:rschabell@livingonsquares.com)

If you would like a copy of the "Help me have a good day too!" email me at  
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within 7 business days

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