

Welcome!

Normal vs. Not Normal Aging

Understanding the Difference

Start time: 10:00 am HST

You should hear music playing now.

Check that your computer is not muted and the volume is turned up. There is no phone dial up required.

Thank you for joining us!



CATHOLIC CHARITIES
HAWAI'I
CIRCLE OF CARE FOR DEMENTIA

Catholic Charities Hawaii 2020 Dementia Workshops for Caregivers of Persons Living with Memory Loss are made possible by a grant from the Administration for Community Living, U.S. Department of Health and Human Services, given to Catholic Charities Hawaii for the Alzheimer's Disease Program Initiative.

Please help us support this grant by completing this short 5-question pre-test poll. You will be asked to complete the same questions in a post-test at the end of the webinar. All answers are anonymous.

Thank you for your participation!

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Zoom Webinar Guide

Q&A: Everyone is muted and in “listen only mode,” but we still want to hear your questions! Please use the Q&A feature to submit your questions. There is the option to ask anonymously if desired.

Chat: If you have any technical issues during the webinar, please use the chat to let us know. Questions regarding content should be submitted through the Q&A feature.

Recording: Today’s webinar is being recorded for future viewing. You will receive a link to the recording after the event.

Slides: Presenter will be sharing PowerPoint slides. You will receive a PDF of today’s slides after the event.

CEUs: There are no CEs for this event. You will receive a printable PDF certificate of completion noting the topic and duration of the webinar.

Caregiver Survey: At the end of this webinar we would like to ask you to fill out a confidential survey. We value your feedback and always want to make improvements!

Today's Presenter



Dorothy Arriola Colby
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Director of Community Engagement
Positive Approach to Care Trainer

Positive™
Approach
to Care
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A G E N D A

What is normal aging?

01

What is not normal aging?

02

It's all about brain change

03

**Human sensory processing
systems**

04

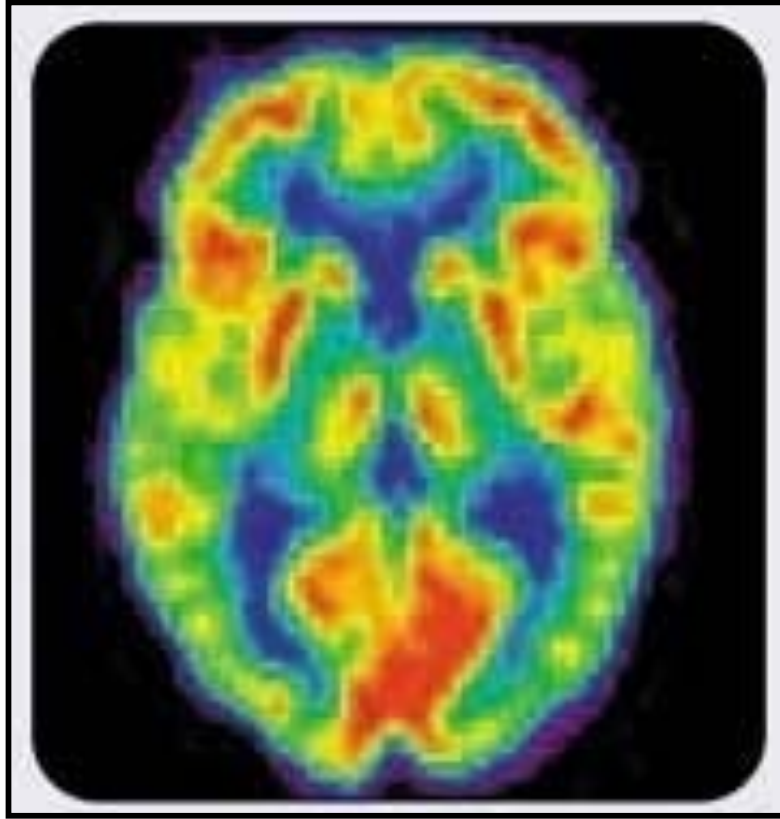
**How dementia affects sensory
awareness and processing**

05

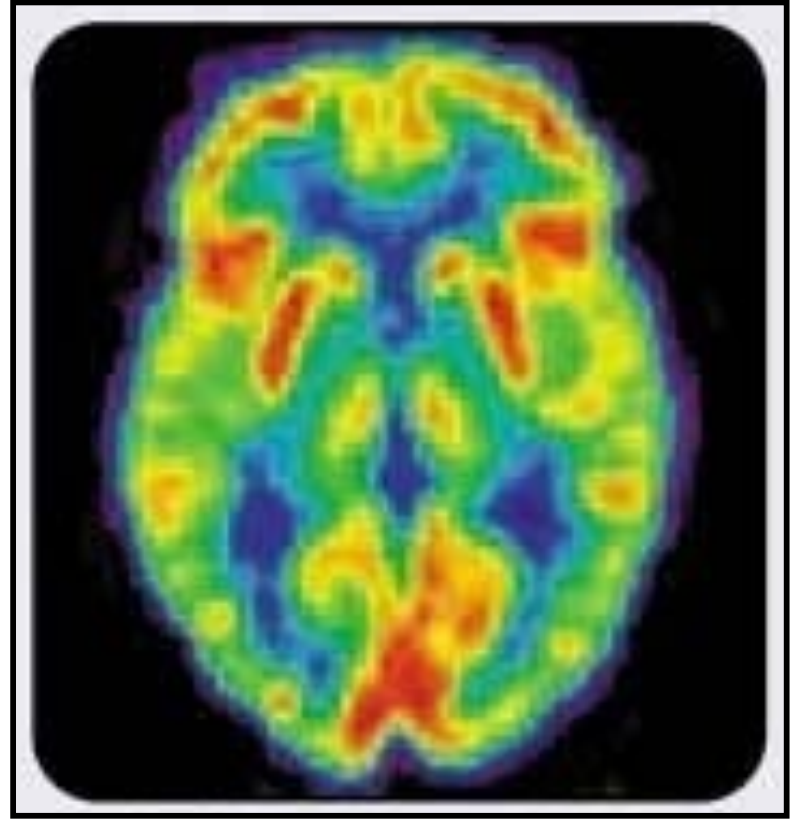
Care partner tips

06

PET and Aging



PET Scan of 20-Year-Old Brain



PET Scan of 80-Year-Old Brain

Have you ever had these experience?



What are Normal Aging Brain Changes?

- Slower to think
- Slower to do
- Hesitates more
- More likely to 'look before you leap'
- Know the person but not the name
- Pause to find words
- Reminded of the past
- **HARDER**

**As We Age,
WE DO NOT lose function in
our Brains, UNLESS...**

**Something Goes
Wrong with Our Brains**

Other words we sometimes use...

- Senile
- Hardening of the arteries
- Crazy
- “Not right”
- “Stubborn & Ornery”
- “Losing it”
- “Just getting old”
- “Not trying”
- More forgetful
- “Pleasantly confused”
- “More Makule...More Pupule
- “Baka!”

**What is the Difference
Between Forgetfulness &
Memory Loss that Comes
with Dementia?**

**Is there a CLEAR
Difference?**

YES!!!!

Normal vs. Not Normal Aging

NORMAL Aging

- Slower to think
- Slower to do
- Hesitates more
- More likely to 'look before you leap'
- Know the person but not the name
- Pause to find words
- Reminded of the past
- **HARDER**

NOT Normal Aging

- Can't think the same
- Can't do like before
- Can't get started
- Can't seem to move on
- Doesn't think it out at all
- Can't place the person
- Words won't come – even later
- Confused about past versus now
- **VERY DIFFERENT**

What Could It Be?

- **Another medical condition symptom**
- **Medication side-effect**
- **Hearing loss or vision loss**
- **Depression**
- **Acute illness - delirium**
- **Pain or medication for pain**
- **Other things...**

What Should the Doctor Do?

- A thorough physical & medical history
- Blood work
- A neurological exam
- A good history from the person and the family of the 'problem'
- A complete medication review
- A CAT scan or MRI or PET scan
- Neuropsychological testing – screening for cognitive changes
- FOLLOW-UP and counseling or at least a referral

SO... What is Dementia?

- It is NOT part of normal aging! It is a disease!
- It is more than just forgetfulness - which is part of normal aging
- It makes independent life impossible

Dementia: What Changes

- Structural changes –permanent
 - Cells are shrinking and dying
- Chemical changes - variable
 - ✓ Cells are producing and sending less chemicals
 - ✓ Can ‘shine’ when least expected – chemical rush





DEMENTIA
does not =
Alzheimer's
does not =
“Memory Problems”

Dementia Equals...



Brain Failure

The person's brain is dying

Four Truths About Dementia

1. At least 2 parts of the brain are dying
2. It is chronic and can't be fixed
3. It is progressive and will get worse
4. It is terminal



Dementia

An infographic featuring a large blue umbrella with the word 'Dementia' written on it. Below the umbrella, several light blue raindrops of varying sizes contain text about different types of dementia. The background is a light blue gradient with a faint brain illustration in the top right corner.

Fronto-Temporal Lobe Dementias

Alzheimers Disease:

- Young onset
- Late life onset

Lewy Body Disease:

- Parkinsons related
- Diffuse Lewy Body

Vascular Dementias:

- Multi-infarct
- Single-infarct
- Subcortical
- CADASIL

Other Dementias:

- Posterior Cortical Atrophy (PCA)
- Pick's disease (PiD)
- Normal pressure hydrocephalus (NPH)
- Chronic traumatic encephalopathy (CTE) – associated dementia
- Genetic syndromes
 - Huntington's Disease (HD)
 - Down Syndrome-associated dementia (HD)
- Infectious diseases (e.g., Creutzfeldt-Jakob disease; CJD)
- Metabolic diseases
 - Neuronal Ceroid Lipofuscinosis (NCL; Battens disease)
- Toxicity: induced by long-term exposure
 - Wernicke-Korsakoff Syndrome (WKS; Alcohol-induced dementia)
 - Methamphetamine induced

Mimics of Dementia Symptoms



•Depression

- can't think
- can't remember
- not worth it
- loss of function
- mood swings
- personality change
- change in sleep

•Delirium

- swift change
- hallucinations
- delusions
- on & off responses
- infection
- toxicity
- dangerous

If You Notice Changes...

- ✓ Get an assessment
- ✓ Go see the doctor

Dementia...



- It changes everything over time
- It is NOT something a person can control
- It is NOT the same for every person
- It is NOT a mental illness
- It is real
- It is very hard at times

Challenges for People Living with Dementia and their Care Partners

- Losing Important Things
 - Getting Lost
 - Unsafe task performance
 - Repeated calls and contacts
 - Refusing
 - Bad mouthing you to others
 - Making up stories
 - Resisting/refusing care
 - Swearing/cursing, sex talk, racial slurs, ugly words
 - Making 911 calls
 - Mixing day and night
 - No solid sleep time or sleeping all of the time
 - Not following care/Rx plans
 - No initiation
 - Perseveration
- Paranoid/delusional thinking
 - Shadowing
 - Eloping or Wandering
 - Seeing things and people
 - Getting into things
 - Threatening caregivers
 - Undressing in public
 - Not changing clothes or bathing
 - Problems w/intimacy & sexuality
 - Being rude
 - Feeling sick
 - Use of drugs or alcohol to cope
 - Striking out at others
 - Falls and injuries
 - Contractures and immobility
 - Infections and pneumonias
 - Problems eating or drinking

Positron Emission Tomography (PET)

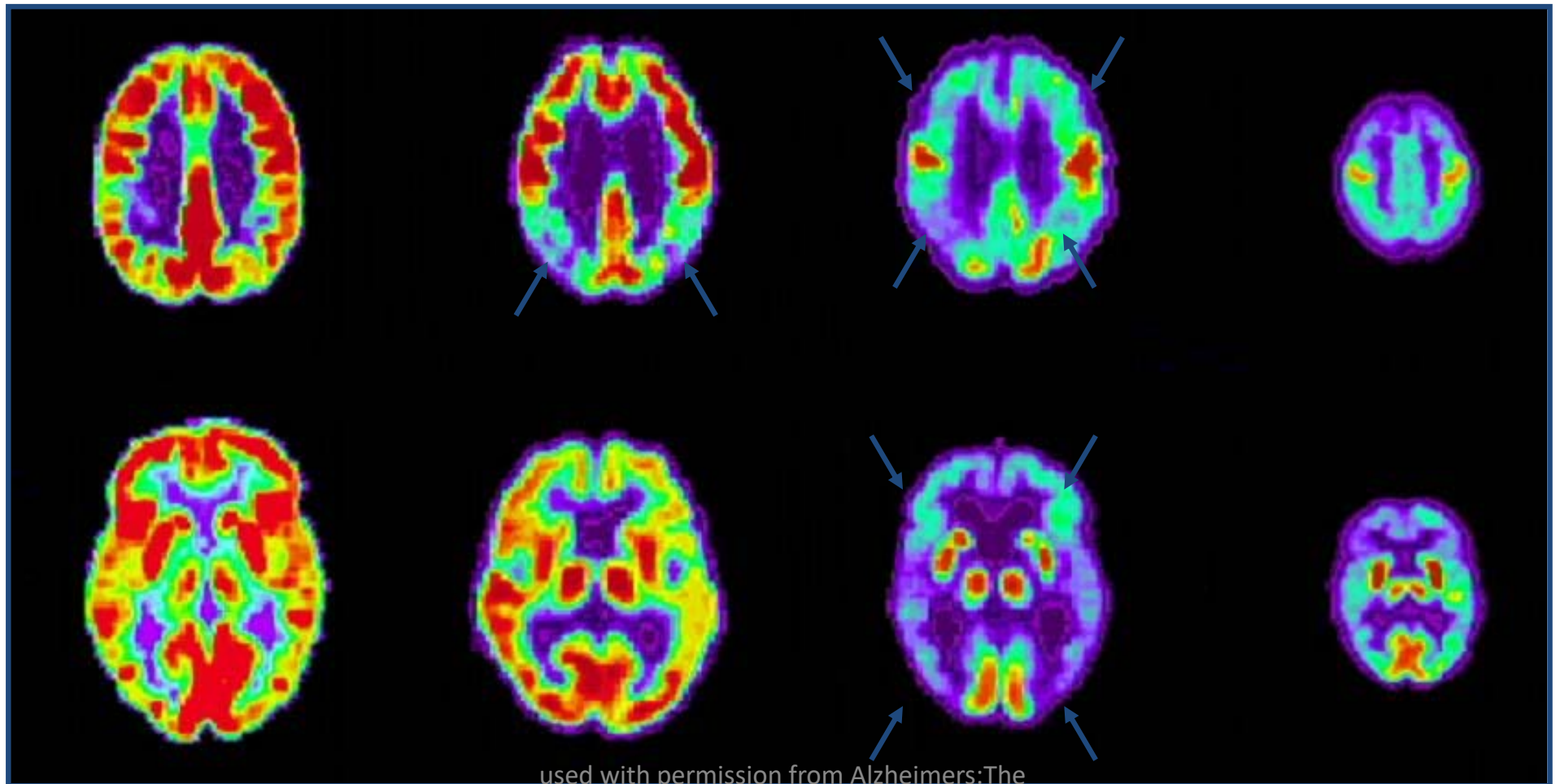
Alzheimer's Disease Progression vs. Normal Brains

Normal

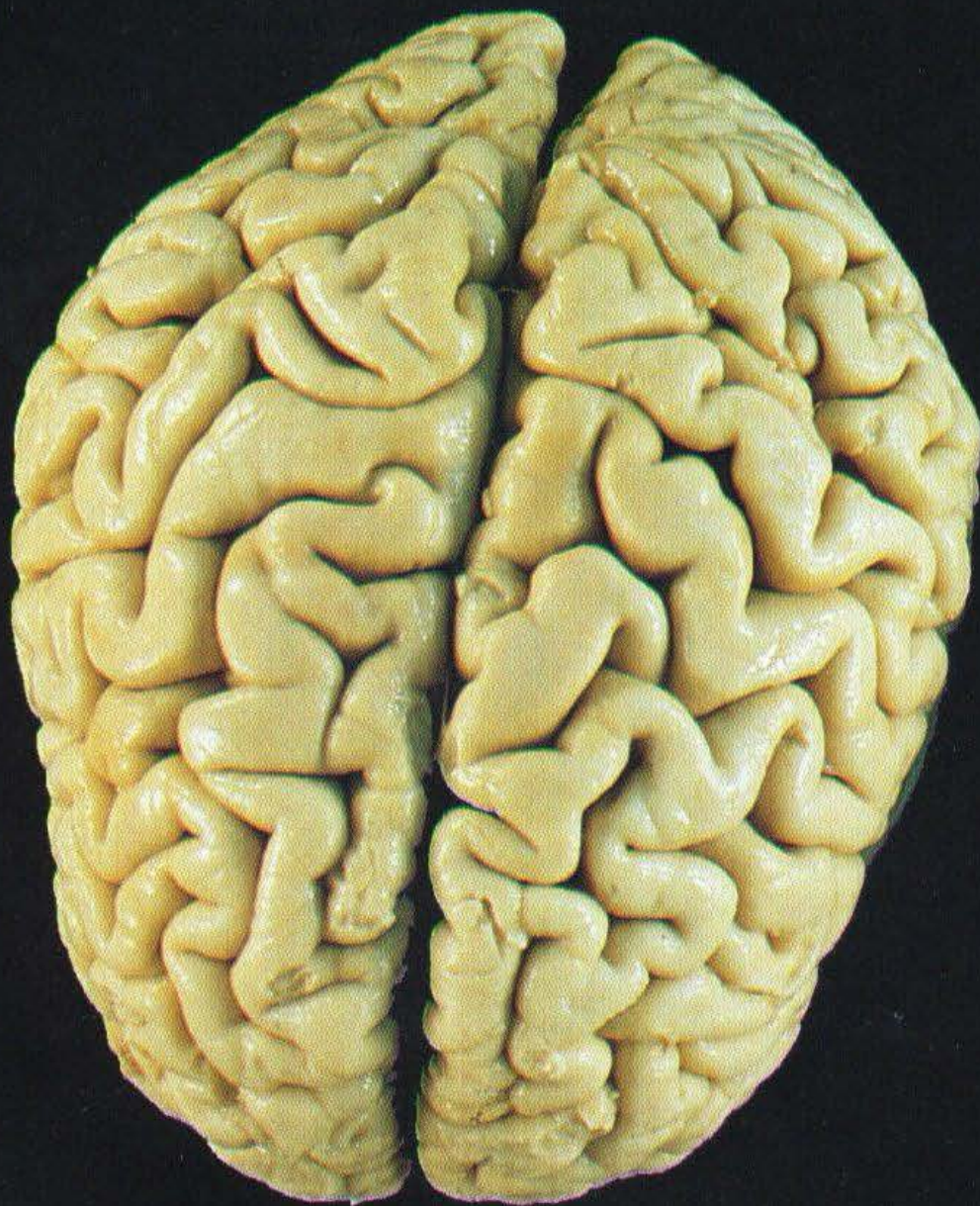
Early
Alzheimer's

Late
Alzheimer's

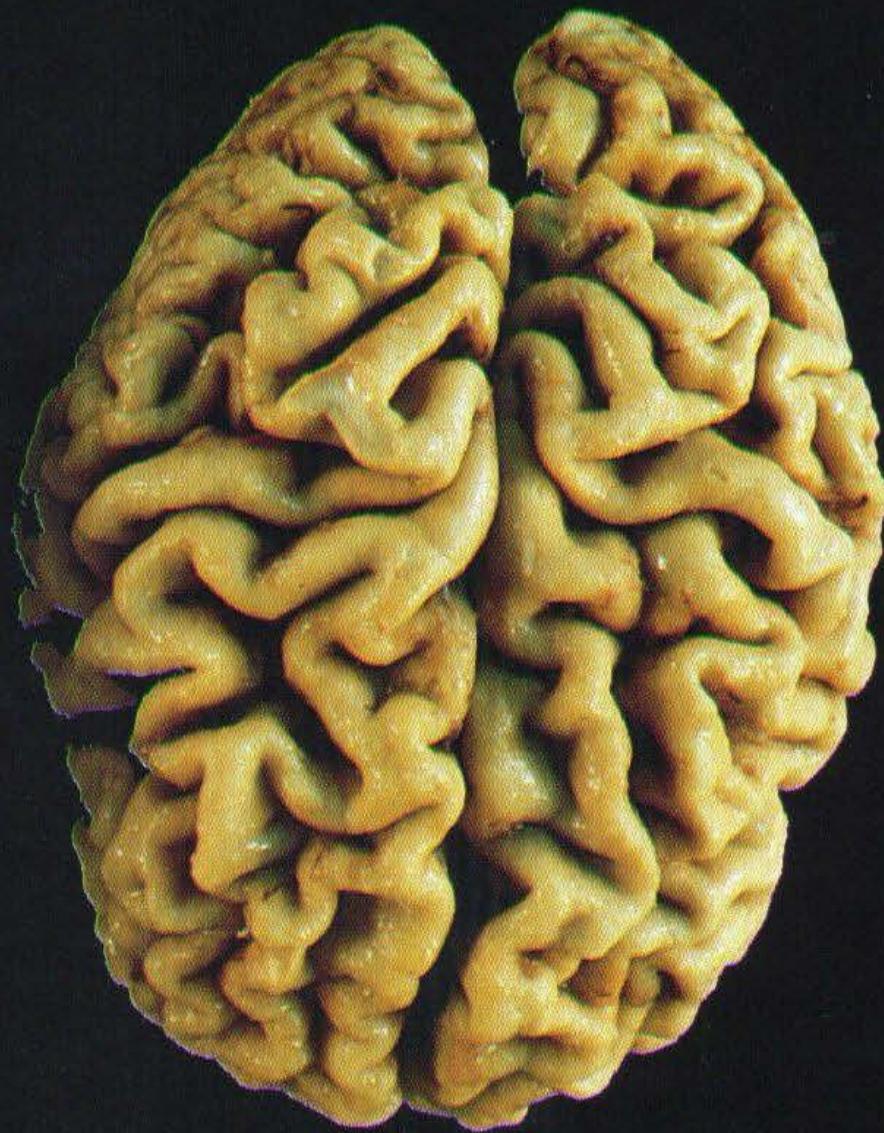
Child



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Normal Brain



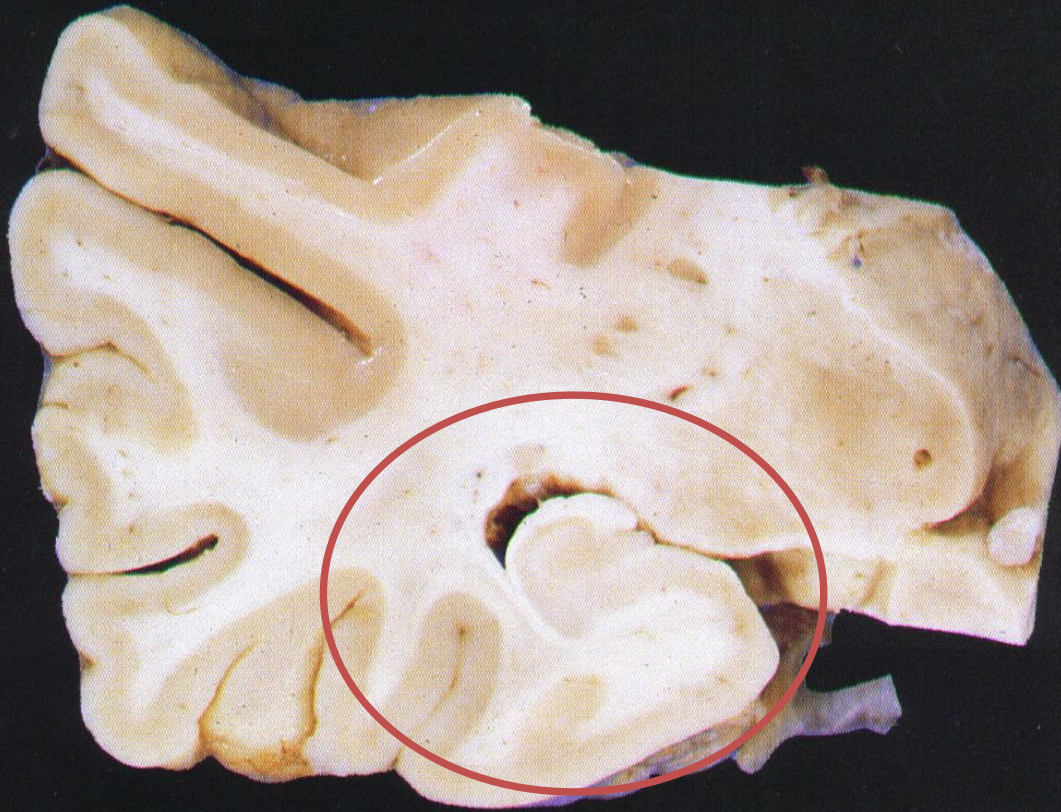
Alzheimers Brain

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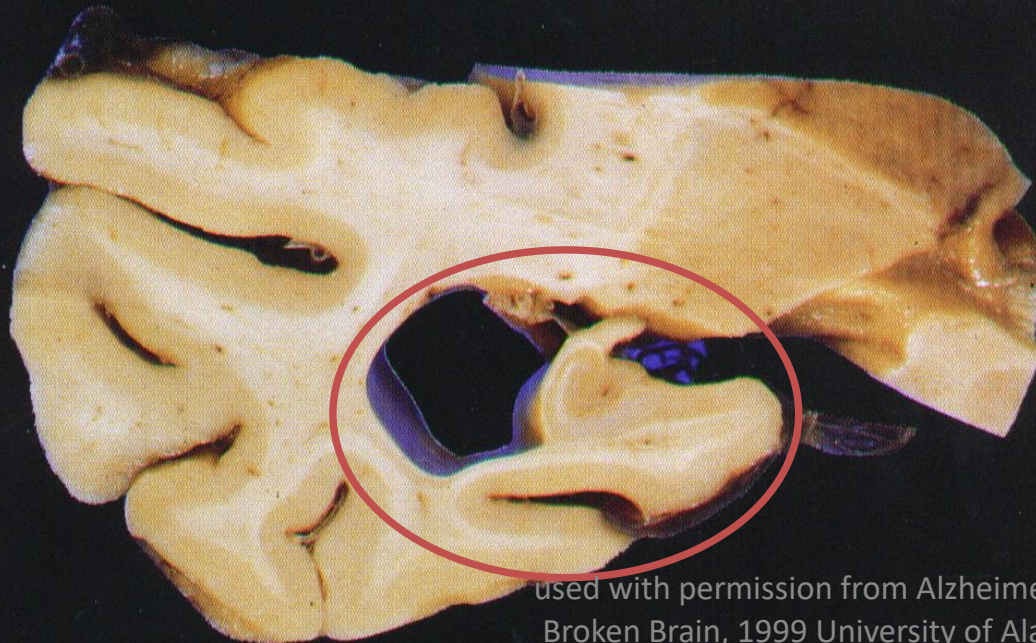
Brain atrophy

- the brain actually shrinks
- cells wither then die
- abilities are lost
- with Alzheimer's area of loss are fairly predictable
- ... as is the progression
- BUT the experience is individual...





**Learning &
Memory
Center
Hippocampus
BIG CHANGE**

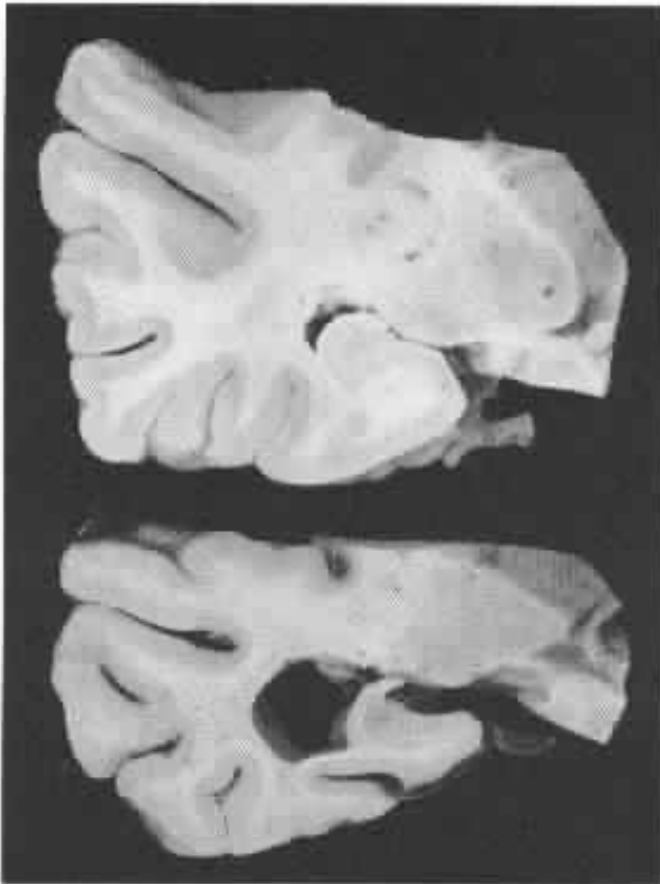


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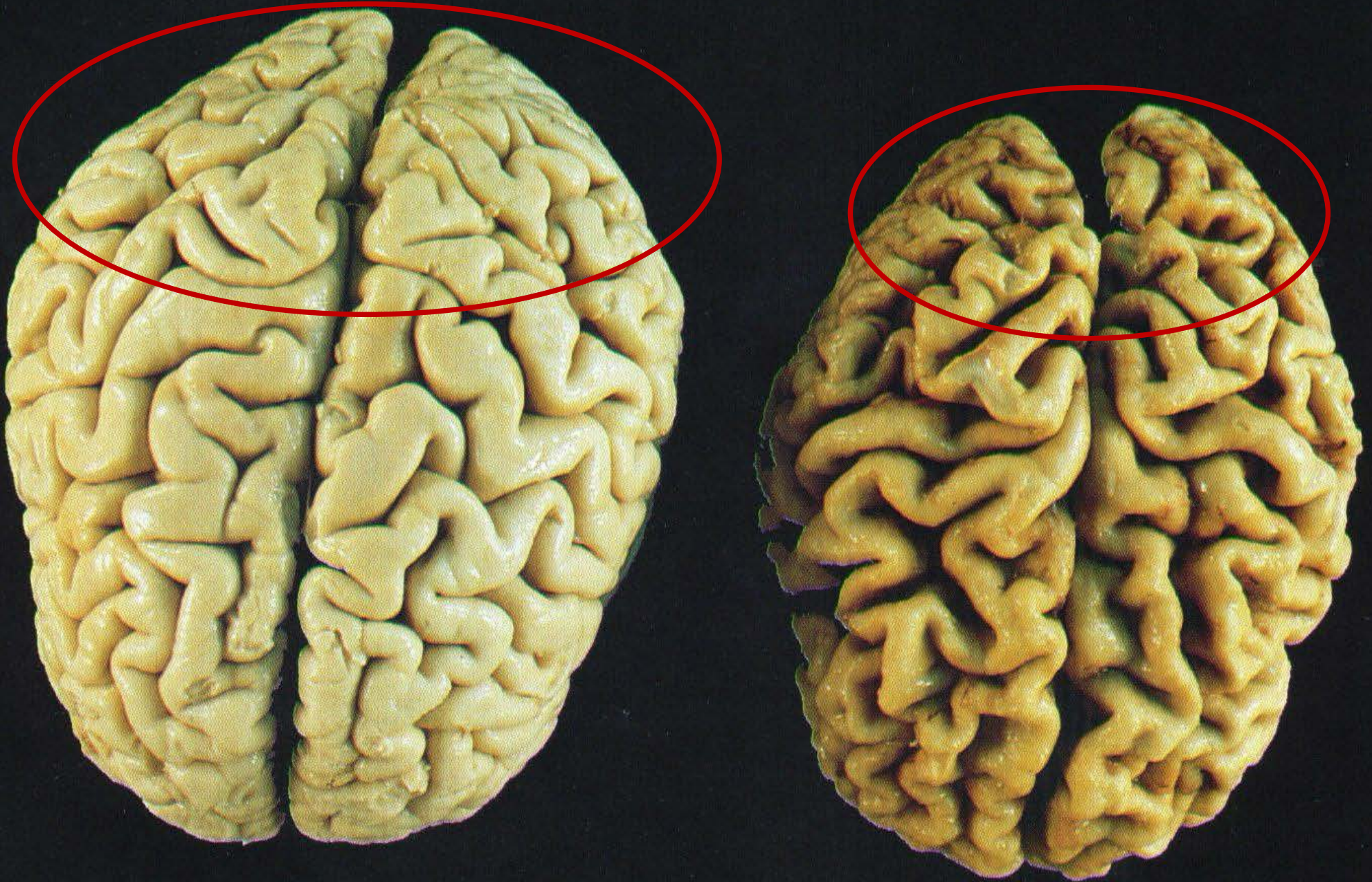
Memory Loss

Normal



Alzheimer

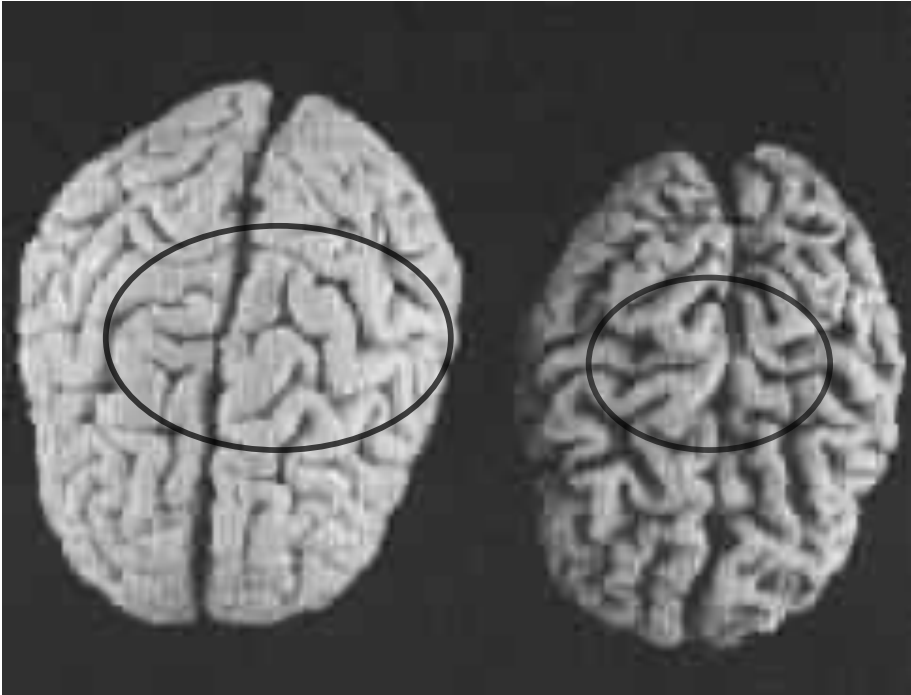
- **Losses**
 - Immediate recall
 - Attention to selected info
 - Recent events
 - Relationships
- **Preserved abilities**
 - Long ago memories
 - Confabulation!
 - Emotional memories
 - Motor memories



Vision Center – BIG CHANGES

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Vision



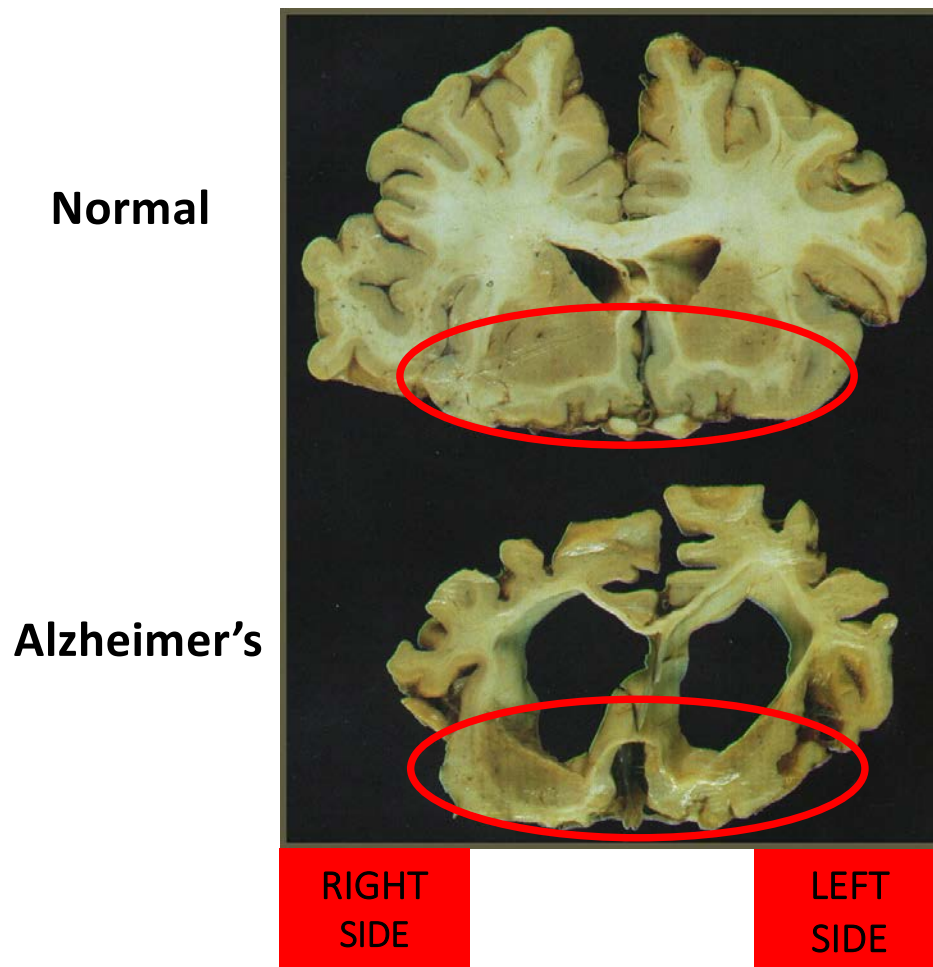
Losses

- Edges of vision – peripheral field
- Depth perception
- Object recognition linked to purpose
- SLOWER to process – scanning & shifting focus

Preserved

- ‘See’ things in middle field
- Looking at... curious

Language Changes



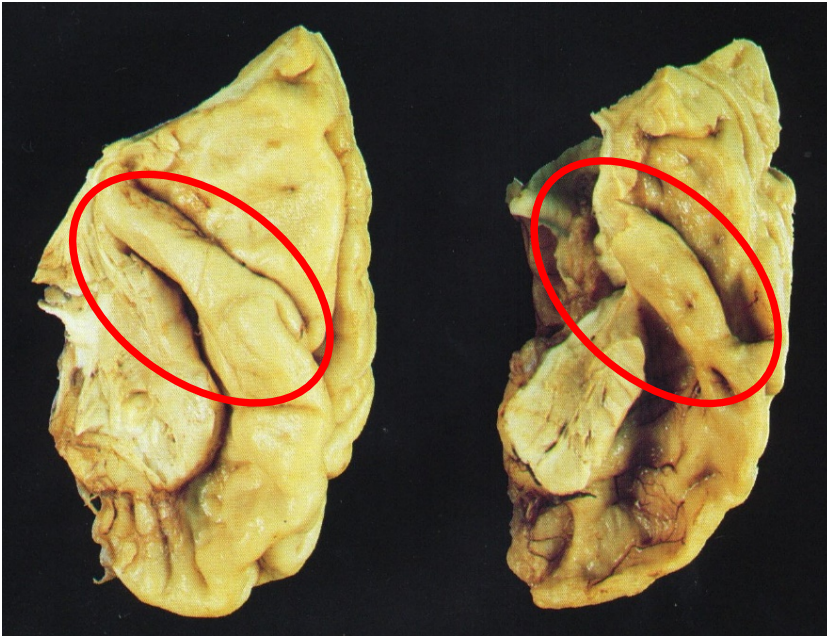
Language on the **LEFT** –
LOST

- Vocabulary
- Comprehension
- Speech production

Rhythm on the **RIGHT** -
REMAINS

- Social Chit-Chat
- Music, Poetry & Prayer
- Rhythmic Movement
- Forbidden words

Language or Hearing Change?



**Hearing Sound –
Not Changed**



**Understanding Language –
BIG CHANGE**

Where Does Communication Come From?



How words are spoken –
tone and inflection

38%



The meaning of words themselves

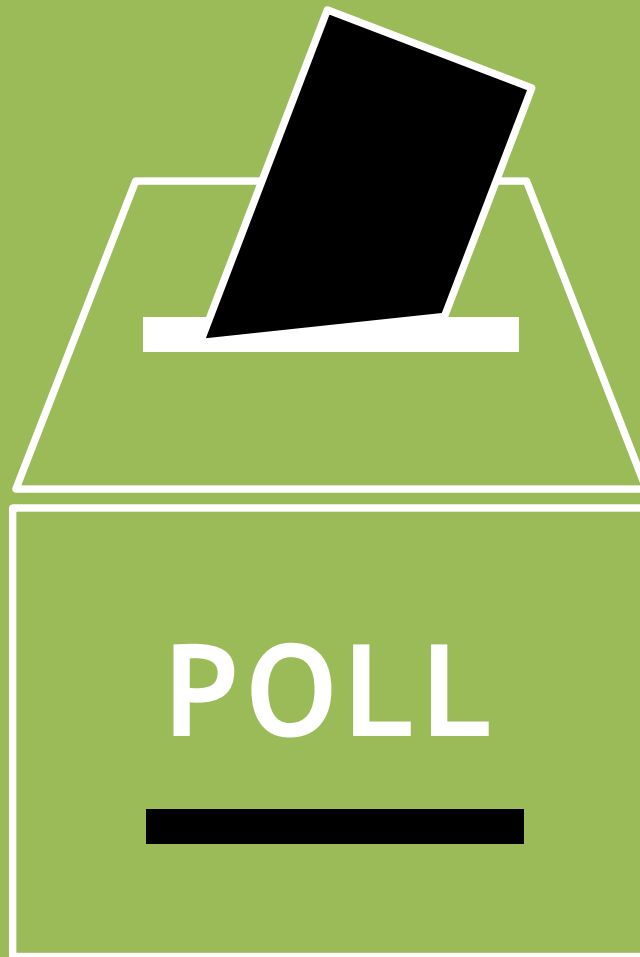
7%



Facial expression &
body language

55%

**Which of these have you experienced
while wearing face masks?**



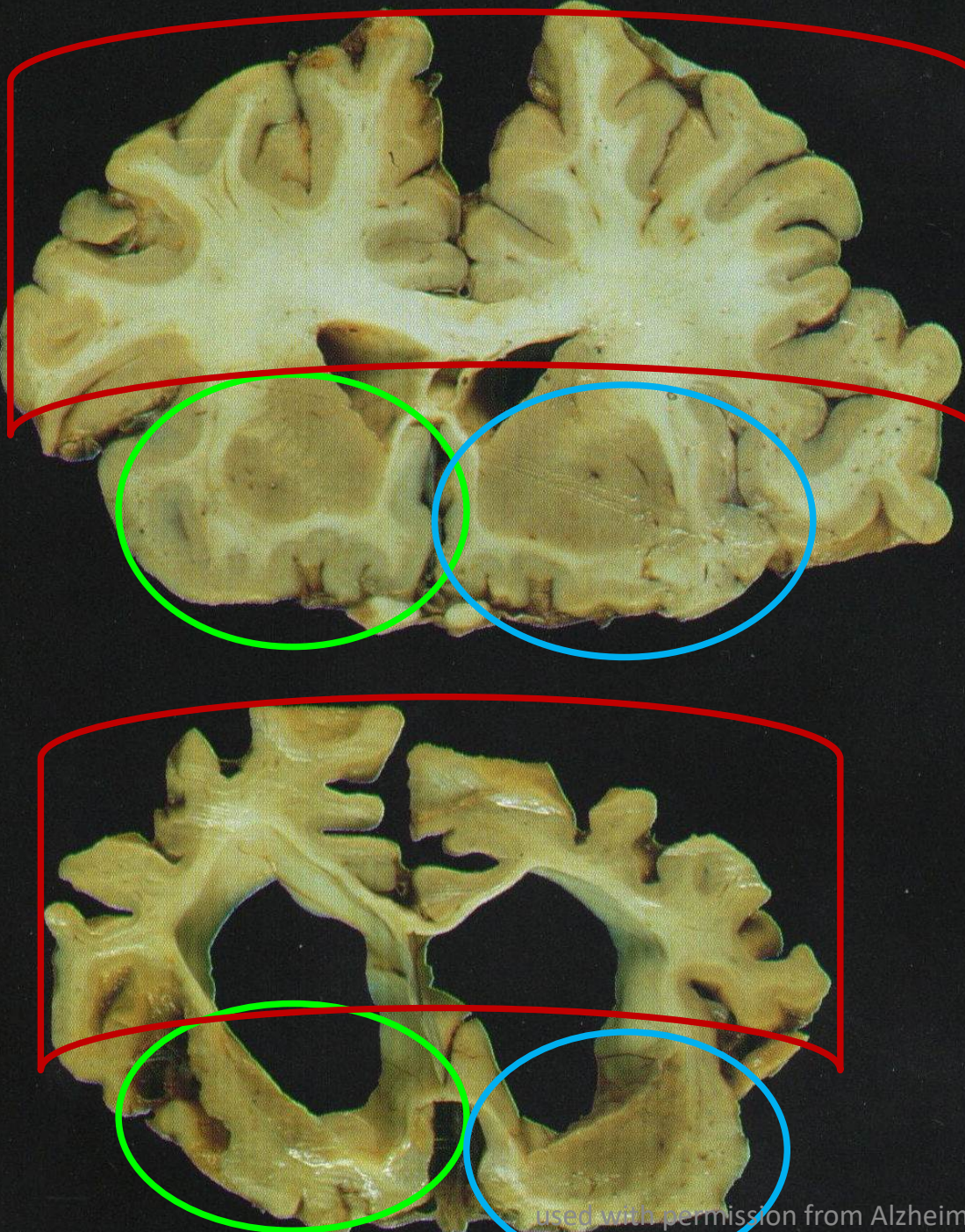
Mask Challenges

- **Can't see facial expressions**
- **Muffles sound**
- **Can't read lips**
- **Can't recognize face to identify person**



What can we do to help overcome the challenges?

- **Use visual cues to enhance every verbal interaction**
- **Smile big behind the mask so your eyes smile too!**
- **If safe to do so (such as outdoors), pause and reveal face from 6+ feet away so they can see your face. Put your mask back on before moving in closer than 6 feet.**
- **Speak low, slow and really enunciate!**
- **Introduce yourself, every time if necessary**



Sensory Strip
Motor Strip
White Matter
Connections
BIG CHANGES

Automatic Speech
Rhythm – Music
Expletives
PRESERVED

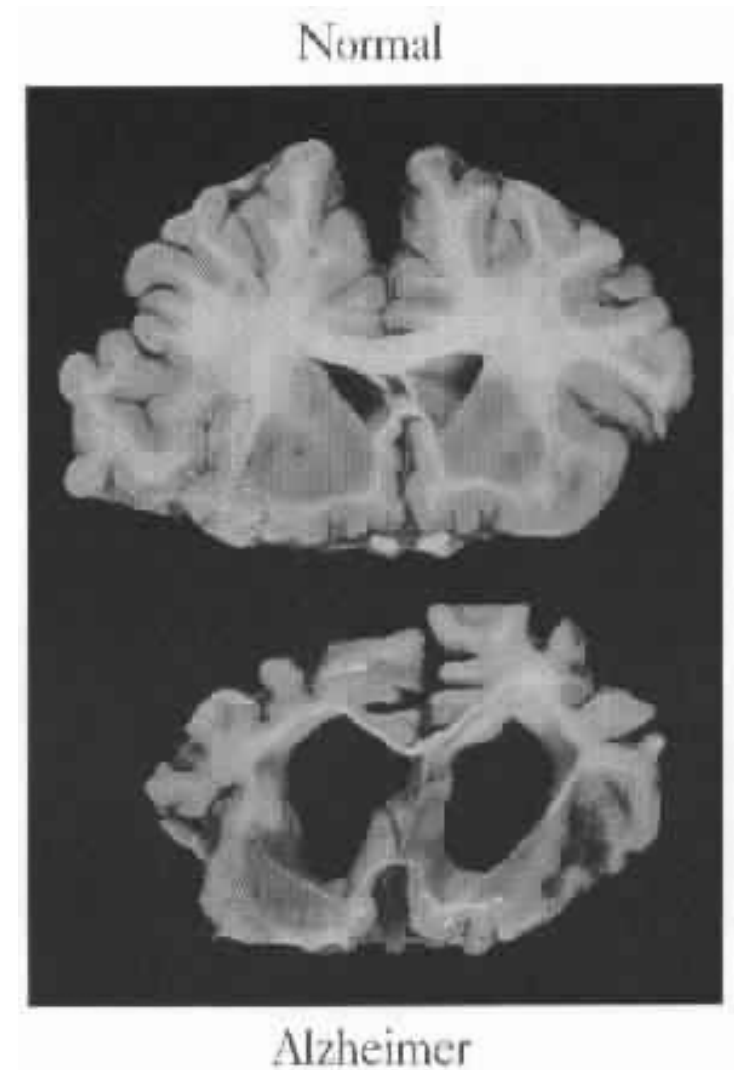
Formal Speech &
Language
Center
HUGE CHANGES

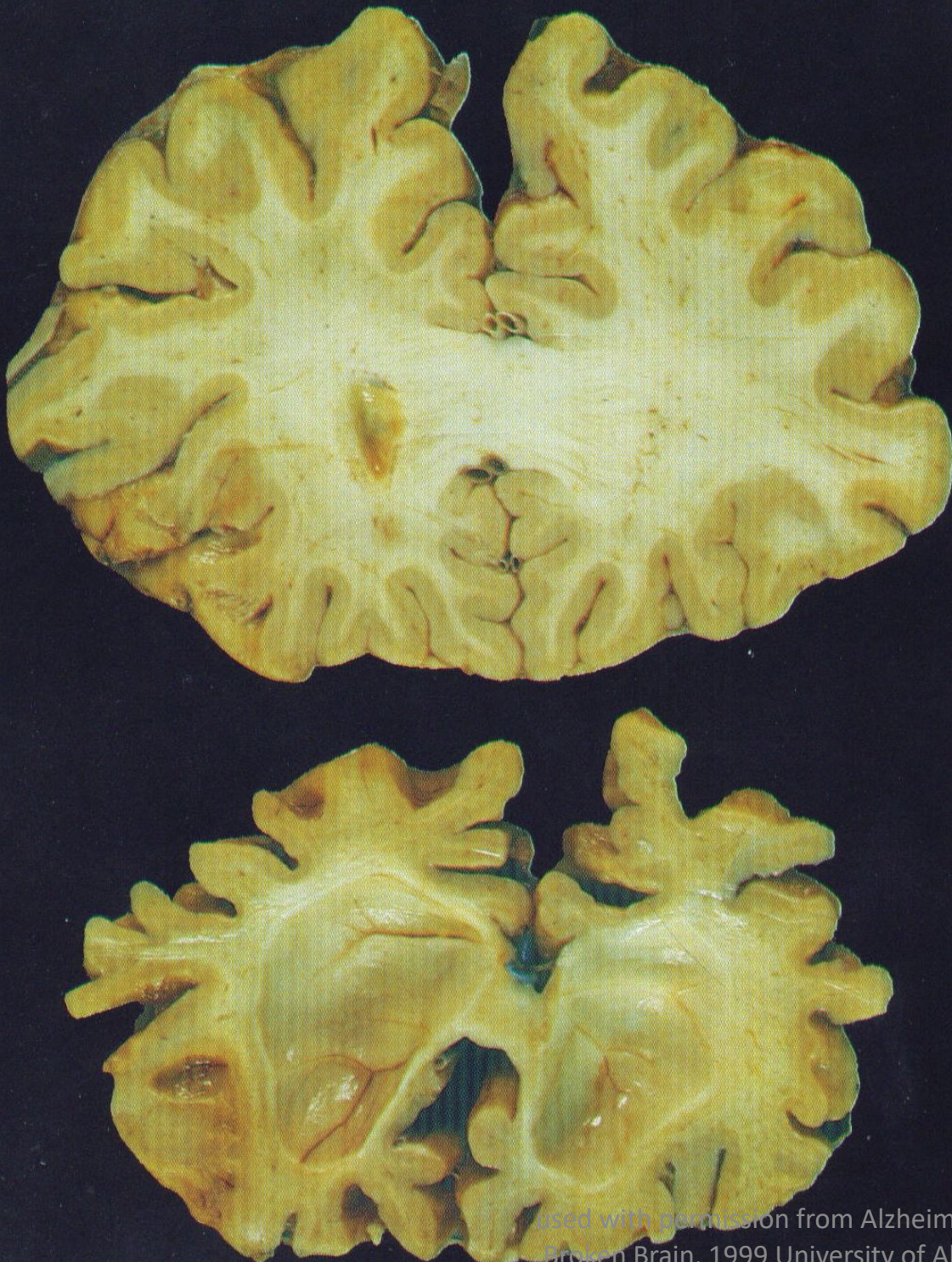
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Sensory Changes

- **Losses**
 - Awareness of body and position
 - Ability to locate and express pain
 - Awareness of feeling in most of body
- **Preserved Abilities**
 - 4 areas can be sensitive
 - Any of these areas can be hypersensitive
 - Need for sensation can become extreme





**Executive
Control Center**
Emotions
Behavior
Judgment
Reasoning

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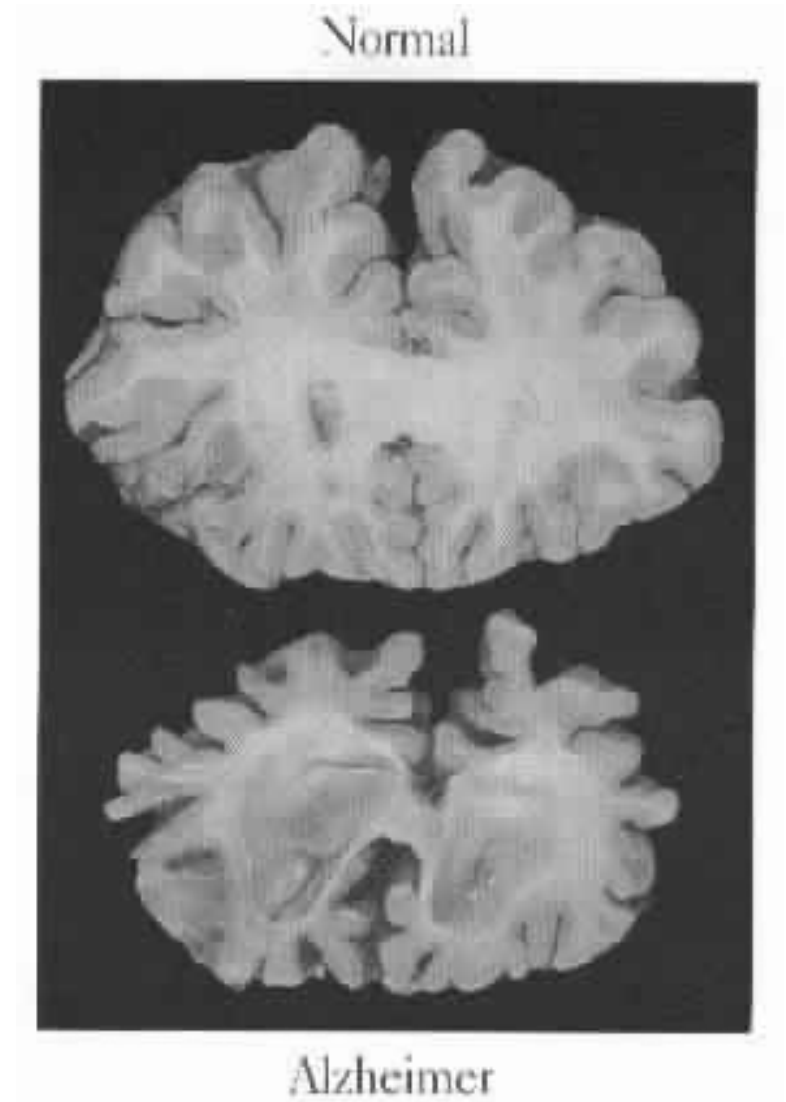
Self-Care Changes

- **Losses**
 - initiation & termination
 - tool manipulation
 - sequencing
- **Preserved Abilities**
 - motions and actions
 - the doing part
 - cued activity



Impulse & Emotional Control

- **Losses**
 - becomes labile & extreme
 - think it - say it
 - want it - do it
 - see it - use it
- **Preserved**
 - desire to be respected
 - desire to be in control
 - regret after action



Believe -

People with dementia

Are doing the BEST they can!

What can you do?

Remember

who has the healthy brain!



Care Partners Need To...

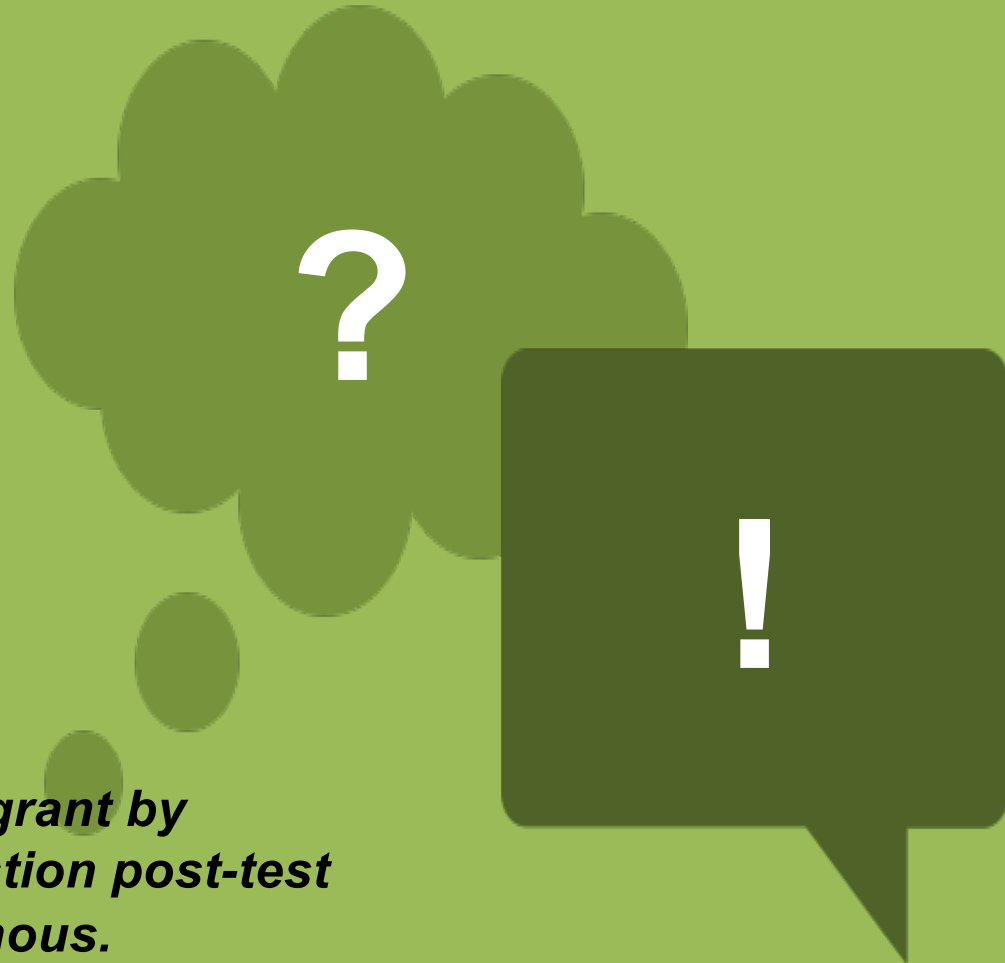
- Take care of yourself
- Understand the symptoms and progression
- Build skill in support and caregiving
- Build skill in communication and interactions
- Understand 'the condition' of brain change
- Identify and utilize local resources
- Set limits for yourself

So... What Should You Do?

- Plan for the probabilities
- Create environments that reduce risk
- Get skilled or find someone who is
- Get others on board
- Keep track of 'what is'
- Watch for signs of changes
- Get help early – call or contact
- Be flexible



Q&A



Please help us support this grant by completing this short 5-question post-test poll. All answers are anonymous.

Thank you for your participation!

Thank you!

Thank you so much for your desire to learn and your commitment to making a positive difference!

Please also help us support this grant by completing a short anonymous demographic and quality survey after this webinar. Your feedback is important to us, and helps us to keep providing these free educational events to our community.

To learn more about the Hawaii Circle of Care for Dementia visit,
www.catholiccharitieshawaii.org/dementia/

Visit www.halekuike.com learn about future Positive Approach to Care (PAC) workshops!

To learn more about PAC visit www.teepasnow.com



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