Dementia Touches Us All

Developed for HR Connections by UNIversity of Wisconsin OshKosh Center for Community Development, Engagement and Training (CCDET)
Wisconsin Data...An Aging Population

• By 2040, individuals ages 65 and older will increase by about 72%
• About 115,000 individuals currently have some type of dementia
• By 2040, that number is expected to more than double to 242,000
What is Dementia?

• A general or umbrella term that describes a group of symptoms such as loss of memory, judgment, language, complex motor skills, and other intellectual function

How is Alzheimer’s Disease Different from Dementia?

• AD is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time.
Most Common Types of Dementia

Alzheimer’s Disease
• Over time, the brain shrinks dramatically, affecting nearly all its functions

Vascular Dementia
• Caused by injuries (such as strokes) to blood vessels that supply blood to the brain

Lewy-body Dementia
• Abnormal groups of protein, called Lewy bodies, that eventually destroy brain cells
Dementia and Alzheimer’s disease often become clear to others through their symptoms.

**Stages of Alzheimer’s Disease**

- Mild
- Moderate
- Severe
Today, the police brought Dad home. An officer found him wandering in the park and thought something was wrong.

Thank goodness Dad remembered our address! But he got mad at the officer and didn’t even thank him. That’s not like our father at all! I think he was embarrassed.
Hi, my name is Lydia. I used to look forward to book club.

Now it just takes too much effort. Plus I can’t remember what I’ve read. I get confused when I try to talk about the book.

My daughter suggested I try listening to audio books, but I ‘ve never done that before—I don’t think I want to try it.
Identify the Symptoms

Maureen’s Story

Mom doesn’t recognize me at all anymore. That’s the hardest part. I visit her, but she can’t talk to me. I brought her flowers last week and she tried to put them under her pillow. I don’t think she knew what they were.

She needs lots of help to eat, and she can’t dress herself. I just couldn’t take care of her at home any longer.

I feel so guilty about that, and I miss my old mom…I guess I really don’t recognize her either.
Main Risk Factors for Dementia

- Age
- Family History
Additional Risk Factors

- Alcohol/Drug Abuse
- Smoking
- Diabetes
- Head Injuries
- Heart Disease
Best Practices for Communication

Communication Tips and Techniques

_for relating to people with dementia_
Local Resources
Aging and Disability Resource Centers (ADRCs)
www.dhs.wisconsin.gov/adrc/index.htm

State/National Online Resources
Alzheimer’s & Dementia Alliance of Wisconsin
www.alzwisc.org

Alzheimer’s Association
www.alz.org

National Institute on Aging
Alzheimer’s Disease Education and Referral Center
www.nia.nih.gov/alzheimers
More Learning Opportunities

Explore other online courses about dementia at www.uwosh.edu/dementia

Center for Community Development, Engagement and Training (CCDET)
Closing

Q & A
Thoughts?
Discussion?

Thank You!