

Module 1A

Understanding Alzheimer's & Dementia: Caring for the Individual



alzheimer's  association®

What You'll Learn

- Identify two common changes in memory as we age
- Recognize that Alzheimer's is the most common cause of dementia
- Identify three symptoms of dementia
- Recognize the difference between dementia and Alzheimer's
- Besides Alzheimer's, recognize three other diseases that cause dementia
- Describe Mild Cognitive Impairment (MCI)

What's the Difference?

Someone with typical age-related changes	Someone with a dementia or Alzheimer's disease
Forgets parts of experience	Forgets whole experiences
Often remembers later	Rarely remembers later
Usually able to follow written or spoken directions	Gradually unable to follow Written or spoken directions
Usually can use notes	Gradually unable to use notes
Usually can care for self	Gradually unable to care for self

“Dementia” is a group of symptoms that can include: memory loss, confusion, changes in thinking or behavior.



What is Dementia? Know The 10 Signs

1

Memory changes that disrupt daily life

2

Challenges in planning or solving problems

3

Difficulty completing familiar tasks

4

Confusion with time or place

5

Trouble understanding images and spatial relationships

6

New problems with words in speaking or writing

7

Misplacing things and losing the ability to retrace steps

8

Decreased or poor judgment

9

Withdrawal from work or social activities

10

Changes in mood or personality

Mild Cognitive Impairment (MCI)

Mild changes in thinking abilities that are noticeable to the person affected or to family members, but does not affect one's daily functioning.



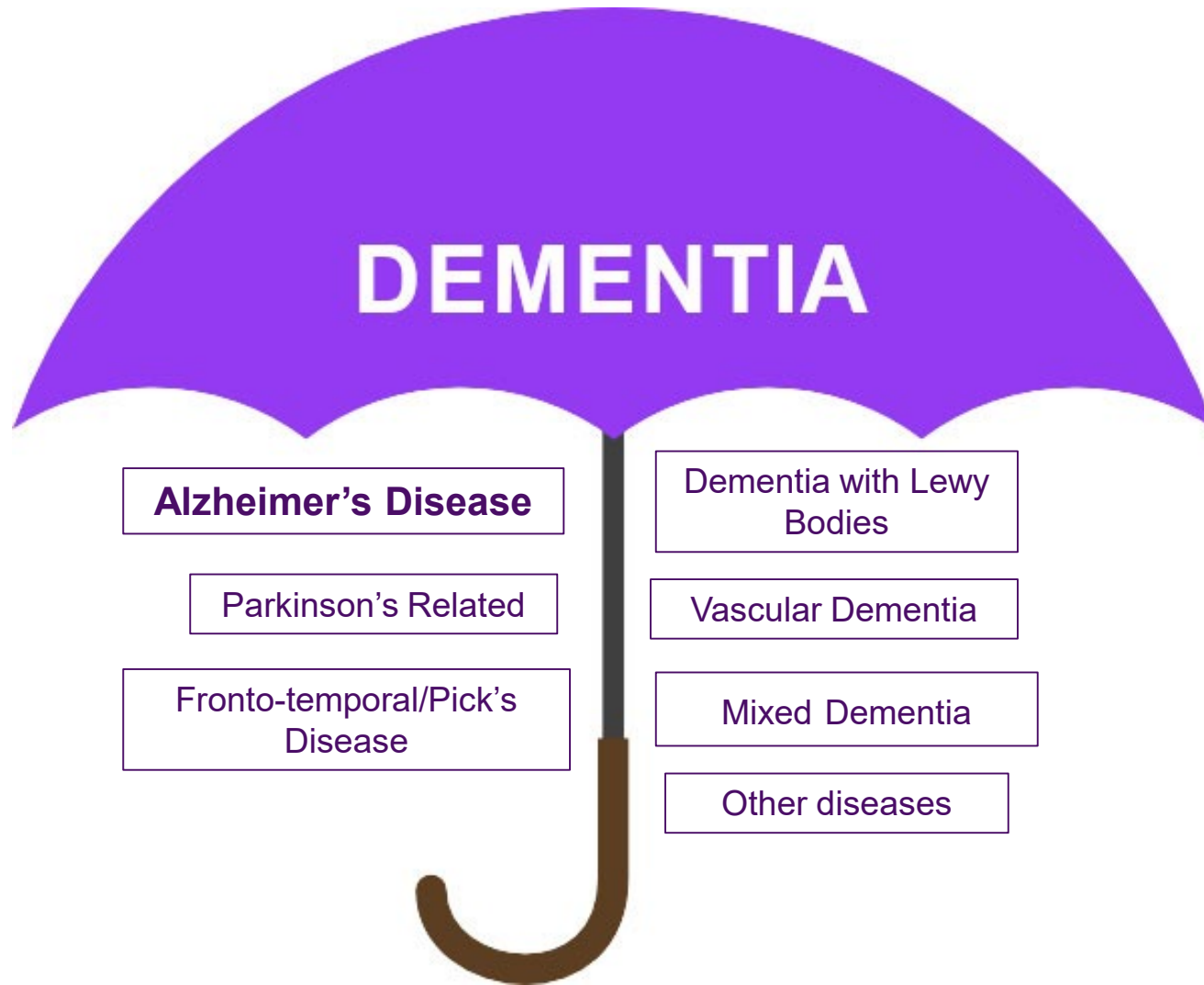
Treatable Conditions That Can Cause Dementia Like Symptoms:

- Urinary tract Infections
- Depression
- Thyroid problems
- Excessive use of alcohol

- Delirium
- Medication side effects
- Infections
- Vitamin deficiencies

Find the underlying cause so individuals can receive proper treatment.

Types of Irreversible Dementia



Important Facts About Alzheimer's

- The most common cause of dementia
- An irreversible, progressive brain disease that destroys brain cells and leads to death
- The risk of developing Alzheimer's disease increases with age, but it is not a typical part of aging



What Did We Talk About Today?

Let's Review...

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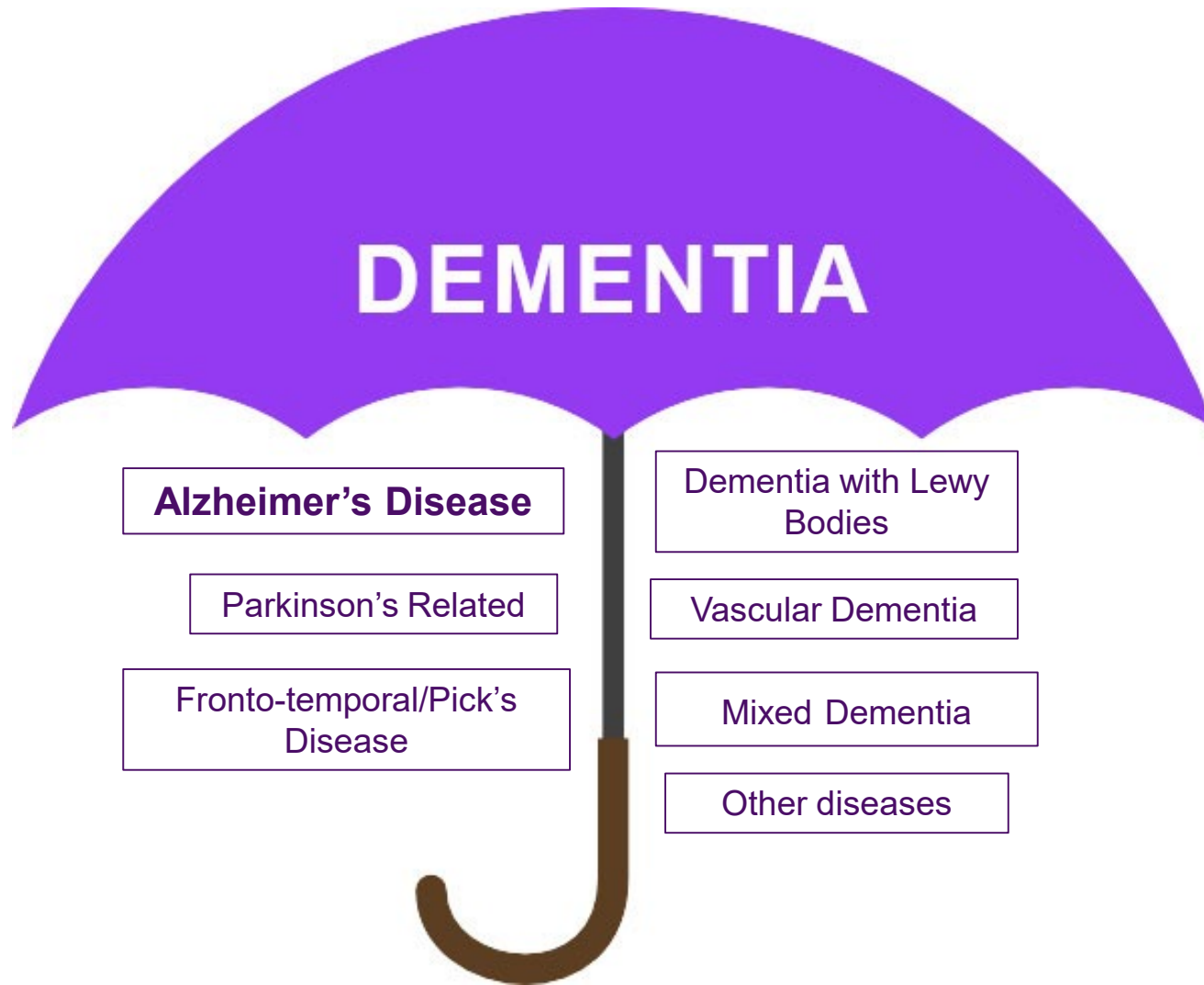
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Let's See What You've Learned

**Test 1A: Understanding Alzheimer's &
Dementia: Caring for the Individual**