



# My Friend Has Dementia...

## How Can I Help?



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# Our Mission:

**Empowering Families Facing  
the Challenges of  
Dementia and Alzheimer's.  
Advancing Brain Health for All.**



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# Who We Serve


Those with MCI & Mild to Moderate Dementia	Family Caregivers	Those Interested in Brain Health	Congregations
			

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# How We Serve

Day Program	Caregiver Support	Brain Health Education
		

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**Lifetime risk of developing Alzheimer's after age 65**

**PROBABILITY**  
**1 in 11**  
**MEN**

**PROBABILITY**  
**1 in 5**  
**WOMEN**

Facts provided by the Alzheimer's Association 2023 Facts and Figures

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**MORE THAN**

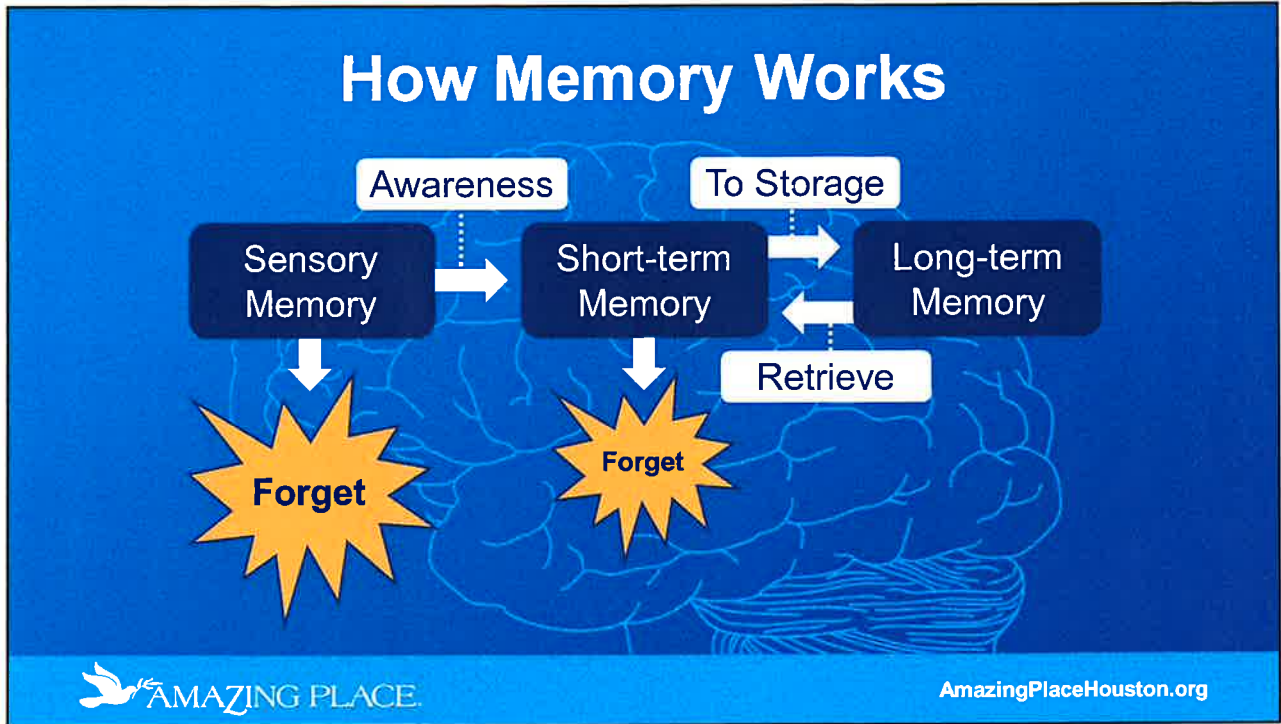
**1 IN 3**

**SENIORS AGE 85 AND OLDER**  
**HAVE DEMENTIA**

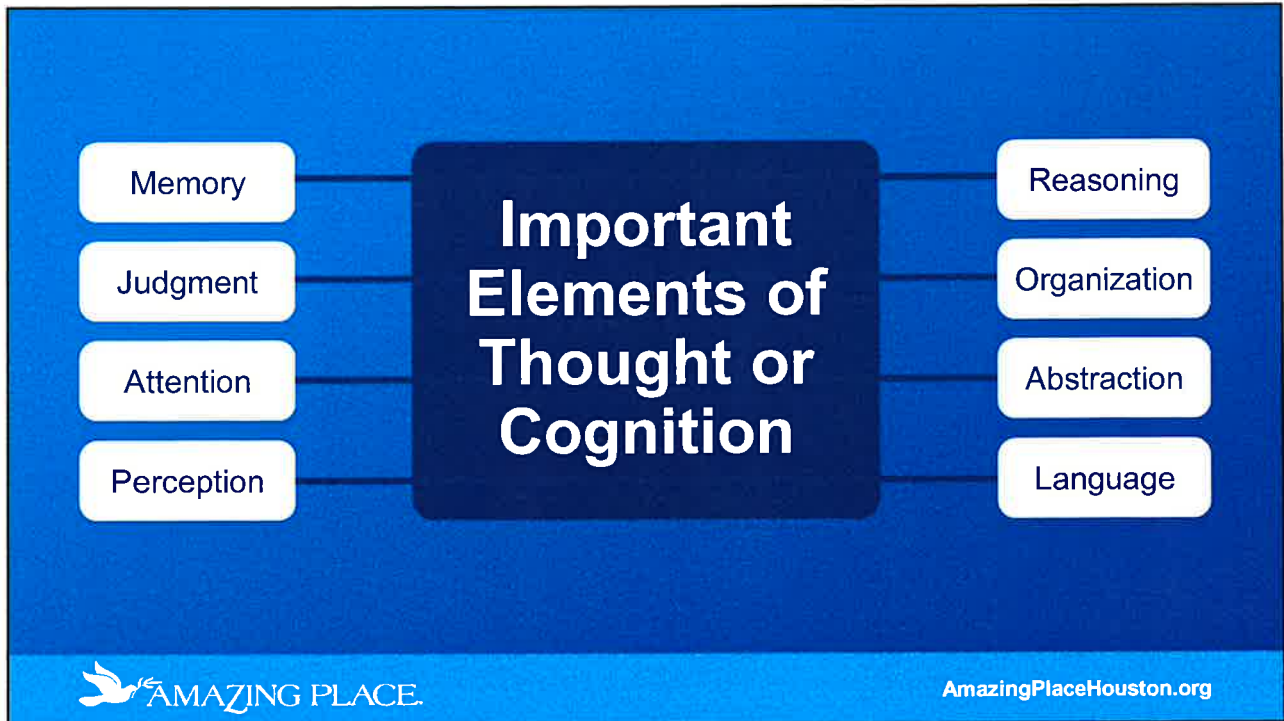
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# What is Dementia?

The loss of cognitive functioning — thinking, remembering, and reasoning — to such an extent that it interferes with a person's daily life and activities

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## Under the Dementia Umbrella

### Alzheimer's

Slow & steady changes, short-term memory loss early on. Confusion & inability to follow directions. Usually older onset, age 65+

### Vascular

Noticeable decline in problem-solving, processing speed & memory. Agitation & delusional thinking. Linked to blood pressure & mini-strokes. Fall risk. Older onset.

### Frontotemporal

Behavioral & executive function changes. Language & movement may be affected. Younger onset more likely. Genetic testing may add insight to diagnosis.


### Lewy Body

Sleep disturbances, hallucinations, & fluctuating alertness. Involuntary movements & memory changes. Can appear in 50's, but 65+ typical.

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## Variable Stages of Dementia


<p><b>MCI</b></p> <p>Mild Cognitive Impairment is not Dementia &amp; is not sufficient to disrupt daily life. May indicate risk for Dementias. Take steps to investigate.</p>	<p><b>Early</b></p> <p>Signs &amp; symptoms vary widely. Often includes memory loss but not always. Self isolation &amp; marked differences in personality. Time to address changes &amp; consider available resources.</p>
<p><b>Middle</b></p> <p>Memory, language &amp; critical thinking may be progressively impaired. ADL's significantly affected. Mobility changes. Safety, security &amp; stress management become paramount.</p>	<p><b>Late</b></p> <p>May include inability to move, speak &amp; swallow. Death, due to the brain being compromised, may be more imminent. Respect last wishes &amp; provide comfort care.</p>


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## Comparing Memory Loss


<p><b>Normal Age-Related Changes</b></p> <ul style="list-style-type: none"> <li>• Missing a monthly payment</li> </ul>	<p><b>Dementia</b></p> <ul style="list-style-type: none"> <li>• Inability to manage a budget</li> </ul>
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## Comparing Memory Loss


Normal Age-Related Changes	Dementia
<ul style="list-style-type: none"><li>• Missing a monthly payment</li><li>• <b>Forgetting what day it is and remembering later</b></li></ul>	<ul style="list-style-type: none"><li>• Inability to manage a budget</li><li>• <b>Losing track of the date or season</b></li></ul>

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## Comparing Memory Loss


Normal Age-Related Changes	Dementia
<ul style="list-style-type: none"><li>• Missing a monthly payment</li><li>• Forgetting what day it is and remembering later</li><li>• <b>Sometimes forgetting which word to use</b></li></ul>	<ul style="list-style-type: none"><li>• Inability to manage a budget</li><li>• Losing track of the date or season</li><li>• <b>Difficulty having a conversation</b></li></ul>

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## Comparing Memory Loss

Normal Age-Related Changes	Dementia
<ul style="list-style-type: none"><li>• Missing a monthly payment</li><li>• Forgetting what day it is and remembering later</li><li>• Sometimes forgetting which word to use</li> <li>• <b>Losing things from time to time</b></li></ul>	<ul style="list-style-type: none"><li>• Inability to manage a budget</li><li>• Losing track of the date or season</li><li>• Difficulty having a conversation</li> <li>• <b>Misplacing things and putting them in unusual places</b></li></ul>

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## How to Communicate

Difficulty finding the right word	Using familiar words repeatedly	Speaking less often
Relying on gestures rather than speaking	Describing familiar objects rather than calling them by name	Reverting to speaking a native language
Difficulty organizing words logically		

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### How You Can Help Your Friend...

- Listen with ears, eyes, and heart
- Limit choices
- Be patient with your friend... resist the urge to correct
- Ask simple, answerable questions
- Avoid arguments
- Join your friend's journey

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### How You Can Help Your Friend...

- Maintain your friend's dignity
- Simplify activities
- Reminisce.. *"I remember when...."*
- Distract and redirect
- Provide a sense of humor

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**~80%**

of the care received by elders is  
provided by **family members**



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Family caregivers are much more likely  
to indicate **substantial emotional,  
financial, and physical difficulties** when  
they care for someone with dementia



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*I can Help you with.....*

Nurse	Guardian	Behavior Manager	Cook	Companion and Comforter
Maid and Laundry Attendant	Safety Officer	Administrator	Chief Financial Officer	Key Decision Maker
Home Repair Specialist	Activity and Tour Director	Family Counselor and Diplomat	Liaison with Professionals	Social Worker

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**Things You Can do to Help**

- **Do Not Disappear**
- Tell the caregiver how you are going to help
- Offer to cook some healthy meals
- Provide respite for a few hours
- Gift exercise classes
- Take the night shift

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# Focus on Activities & Topics that involve the Senses



Visual



Touch



Auditory



Smell



Taste



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# Activities to Consider



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# Activities to Consider



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# The key is to be patient and flexible!



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## Things to Keep in Mind



**This is not easy**

- Grieve
- Seek support

**Educate yourself**

- Books, articles, and movies
- Other resources

**You are making a difference!**

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 ENDING THE STIGMA OF DEMENTIA

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