

“Is It Old Age...or Is It Dementia?”



Presented by

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Introduction

As we age, the way our senses give us information about the world changes



Introduction

Changes can impact our lifestyles



Hearing

- Structures inside ear change and functions decline
- Ability to pick up sound decreases
- May have problems maintaining balance

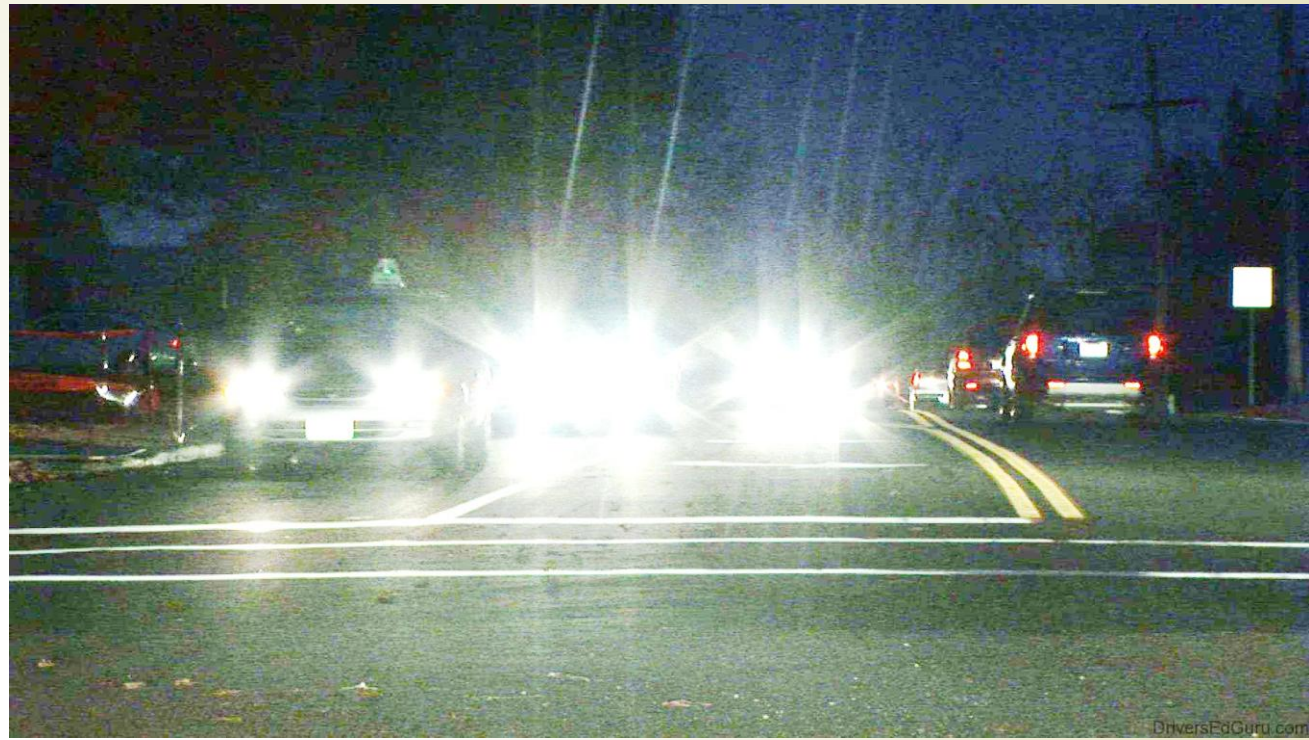


Vision

- As we age, all of the structures of the eye change



Vision



- Less able to tolerate glare
- Reduced peripheral vision
- Floaters in field of vision
- Visual field becomes smaller

Vision Changes

NOT Part of Normal Aging:

- Macular Degeneration
- Cataracts
- Glaucoma
- Retinopathy



Taste & Smell

- Number of taste buds decrease
- Less saliva produced
- Loss of nerve endings in the nose
- Less nasal mucous produced in the nose



Urinary System

- Kidneys become smaller
- Urine is not produced as quickly
- Bladder shrinks and loses muscle tone



Touch & Pain

- Sensations may be reduced or changed
- Reduced sensitivity to pain
- Problems walking due to reduced perception



Circulatory System

- Blood flow decreases
- Heart pumps with less force
- Blood vessels thicken, become less elastic



Skin

- Layers becomes thinner
- Pigment-containing cells increase in size
- Blood vessel become fragile
- Glands produce less oil and less sweat



aunty acid



**I remember the
words to every
song from the 80's**

**...but forget
why I walked
into a room.**



www.gocomics.com

Brain Changes



In Adolescence:

- Brain is fully grown, but “wiring” is still in process
- Emotional centers are fully developed
- Processing centers are still developing

Brain Changes



In Early Adulthood:

- At maximum of its ability and power
- Peaks at age 22 (5 years)
- Can assess situations and information quickly
- Proper neural pathways for emotional response have developed

Brain Changes



Adulthood (45+):

- Brain starts to hit its first major decline
- Between 45-49, there's a 3.6% loss
- Capacity for memory, reasoning, and comprehension begins to wane
- Levels of forgetfulness increase significantly

Brain Changes

Types of Memory that Decline Somewhat:

- Ability to process information
- Ability to learn something new
- Ability to do more than one mental task at a time
- Ability to shift focus between tasks quickly

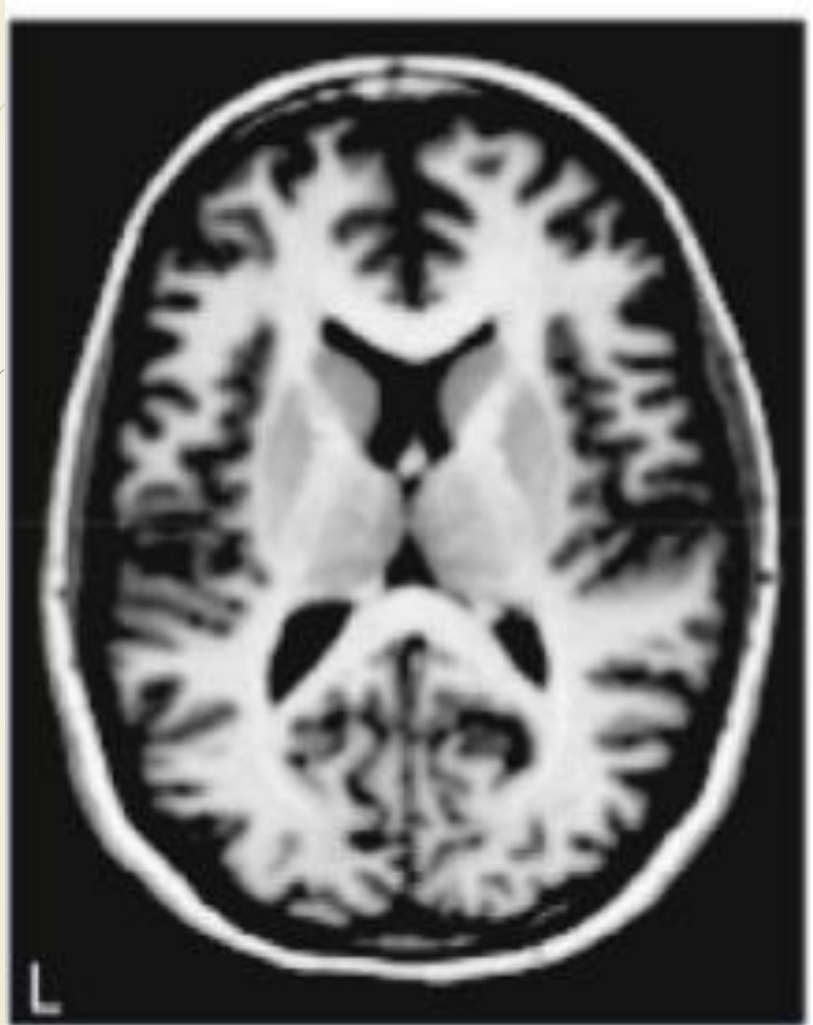


AAMI: “Age-Associated Memory Impairment”

- **Reduced blood flow to the brain**
- **Losing brain cells**
- **Frontal cortex and hippocampus shrink**
- **Ends of brain cell receptors start decaying**
- **Waste products can collect in the brain tissue as nerve cells break down**
- **Message transmission slows**

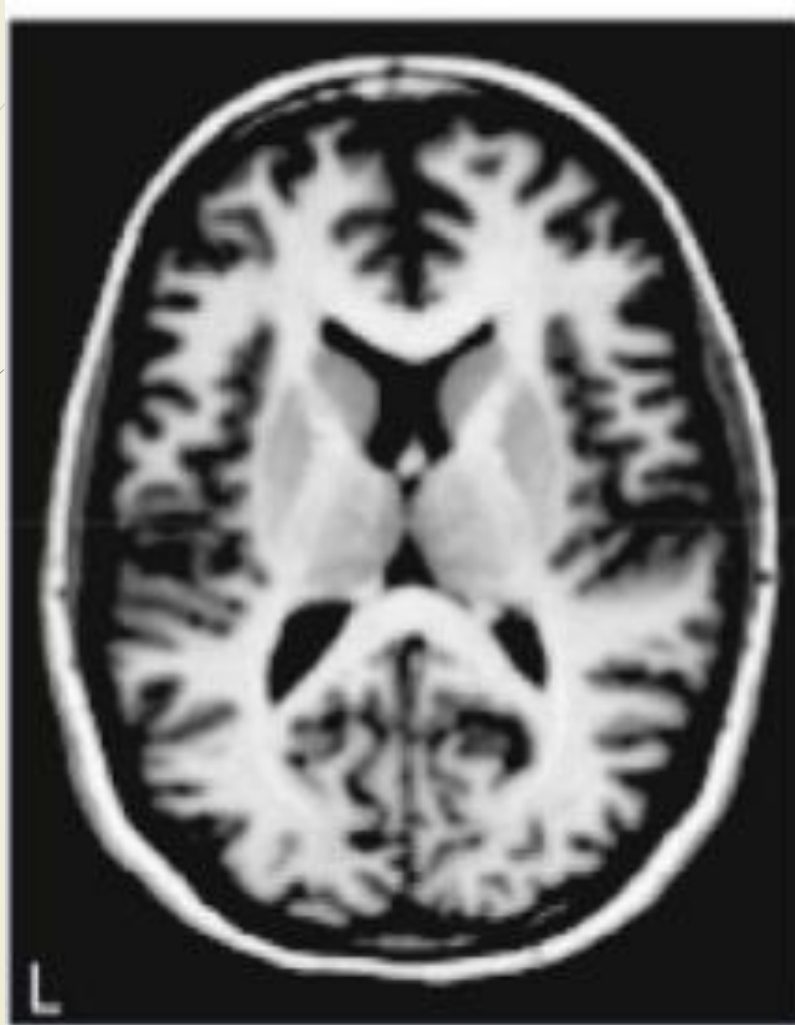


Brain Changes of Aging

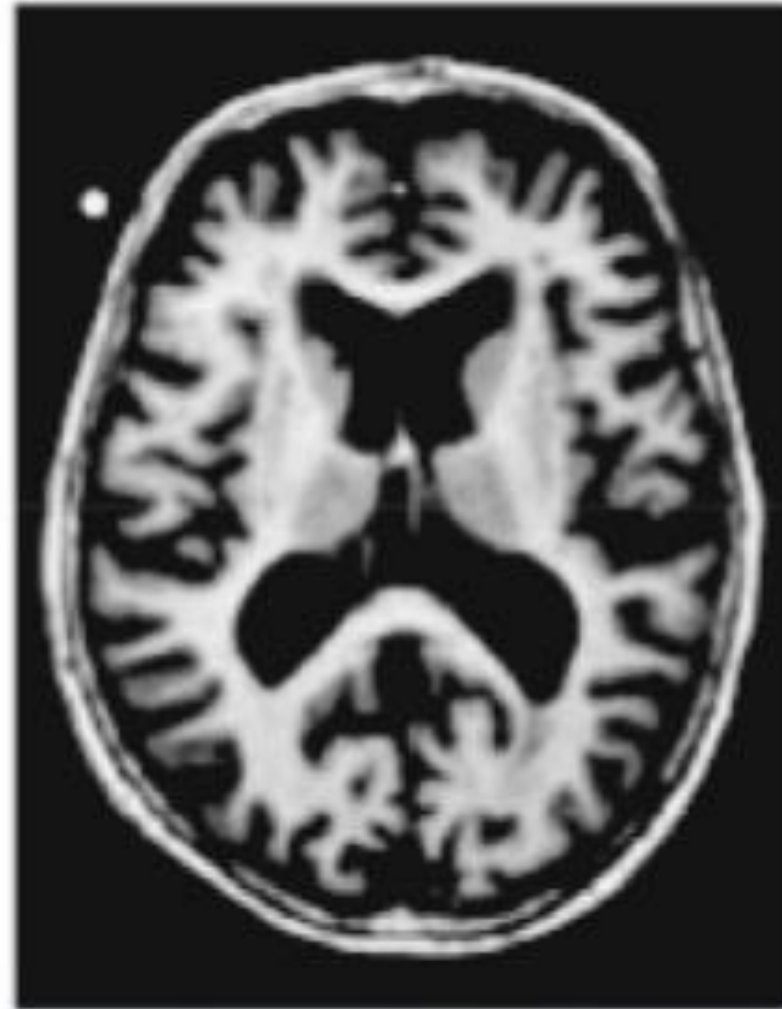


24-Year Old

Brain Changes of Aging



24-Year Old



94-Year Old



**“Dementia” ≠
“Dementia-Related
Disease”**

What Is “Dementia?”

SYMPTOM

DEMENTIA

An “umbrella” term used to describe a range of symptoms associated with cognitive impairment.

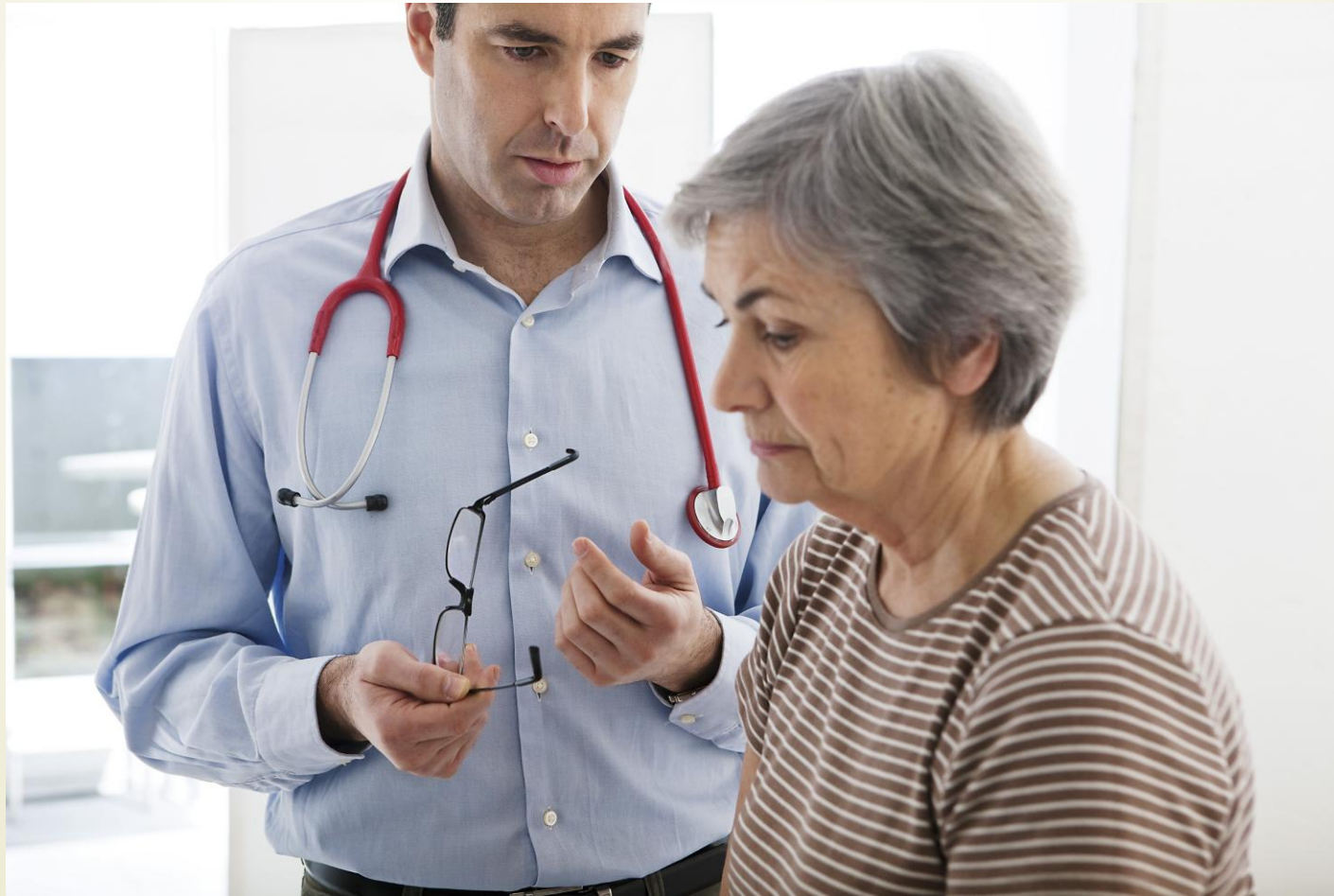
ALZHEIMER'S
50% - 75%

VASCULAR
20% - 30%

LEWY BODY
10% - 25%

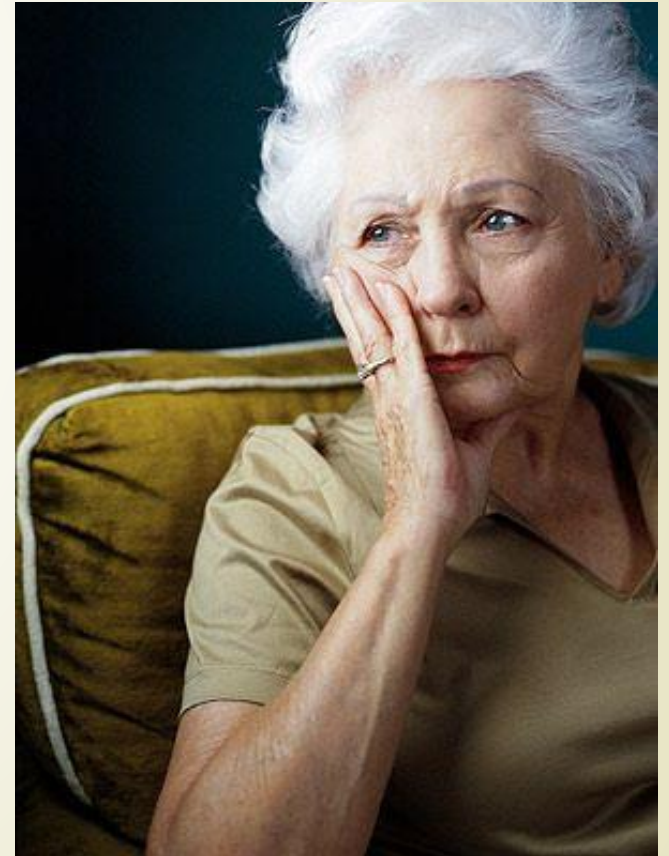
FRONTOTEMPORAL
10% - 15%

Reversible Dementias or Pseudo-Dementias



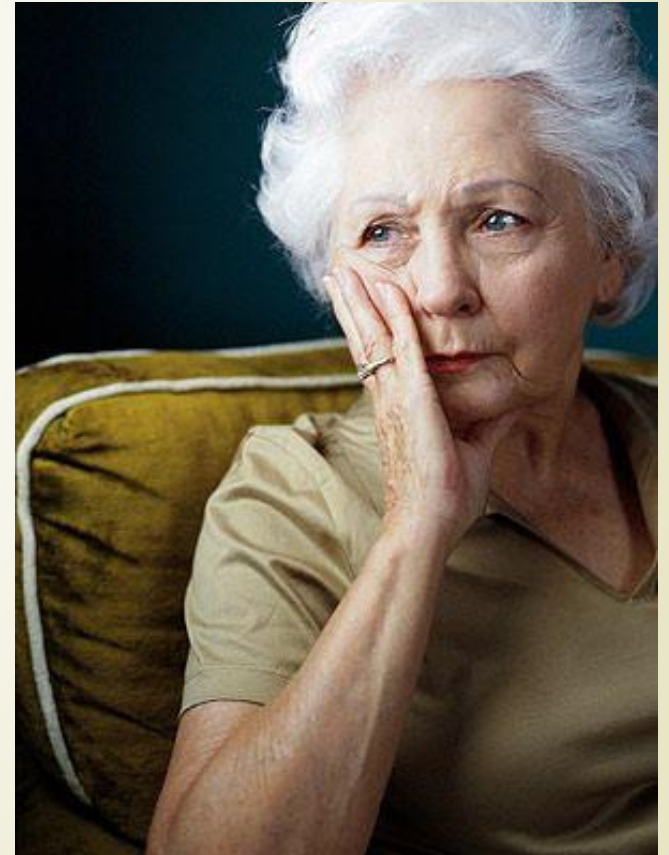
Conditions That May Cause Memory Problems:

- Tumors, blood clots, or infections of the brain



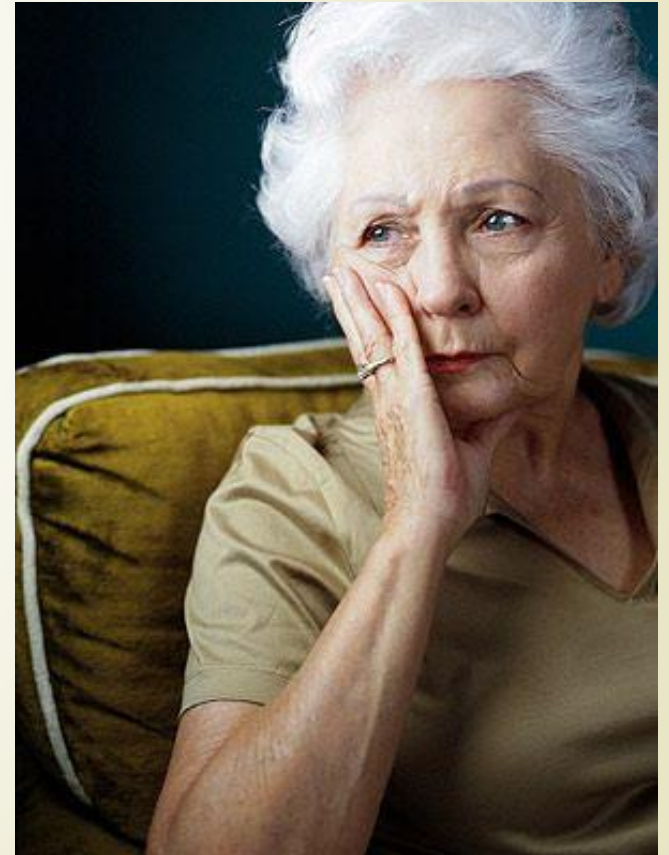
Conditions That May Cause Memory Problems:

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- Thyroid, kidney, or liver disorders



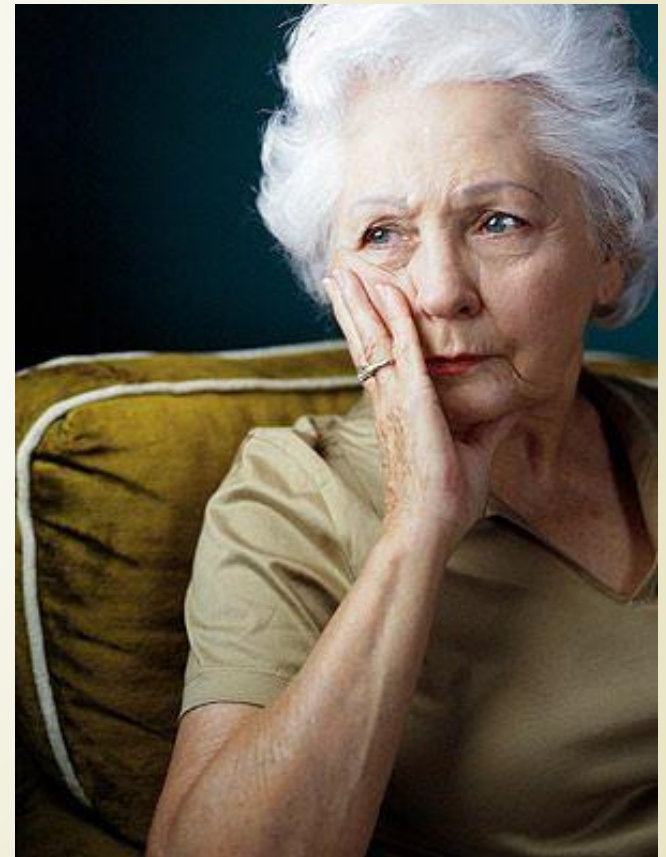
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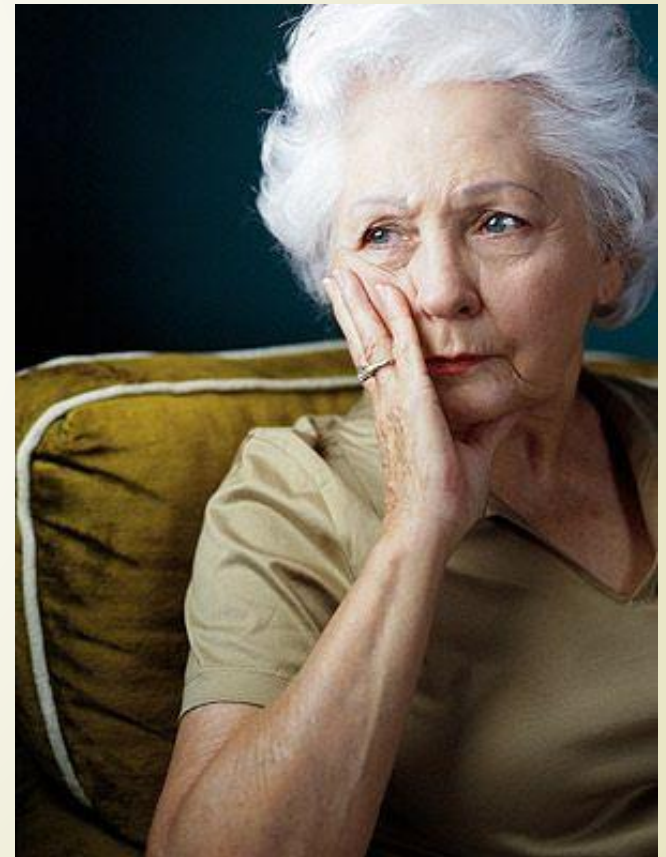
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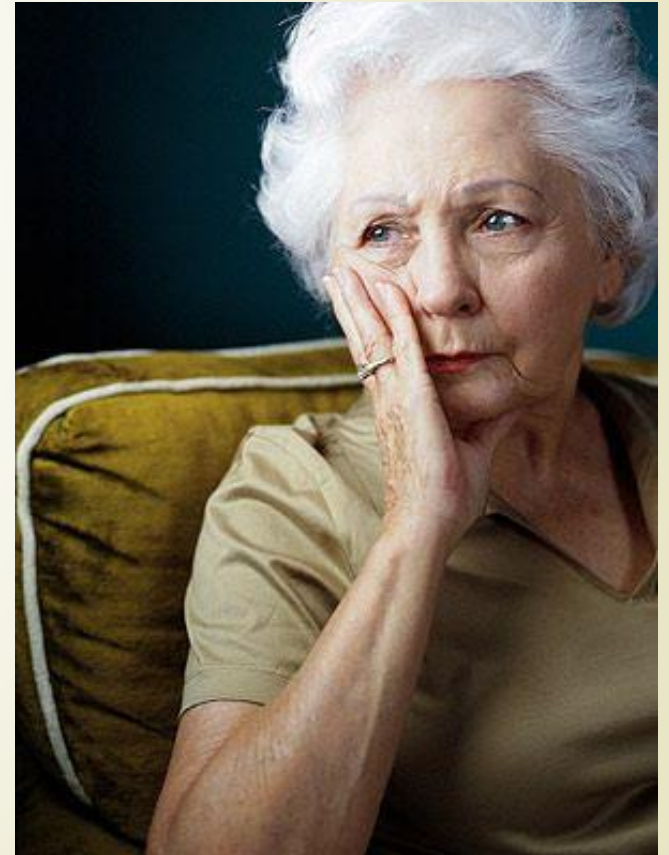
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- Drinking too much alcohol
- Head injury, such as a concussion
- Side effects from medication



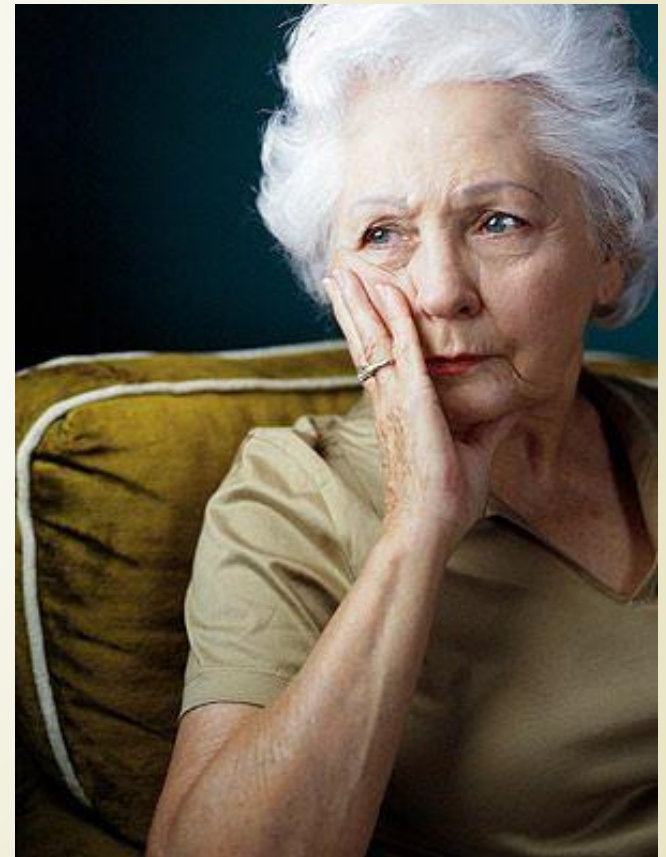
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- Dehydration



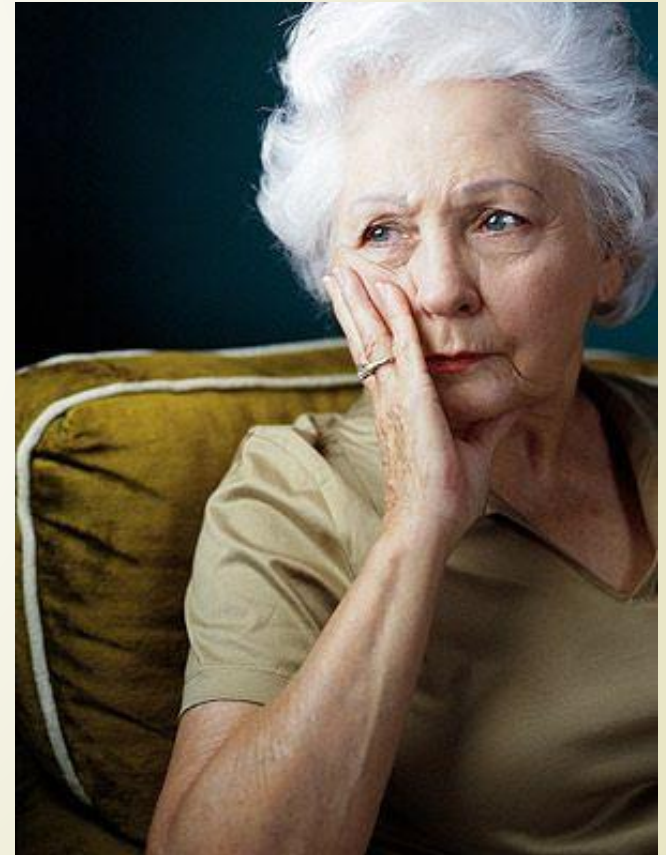
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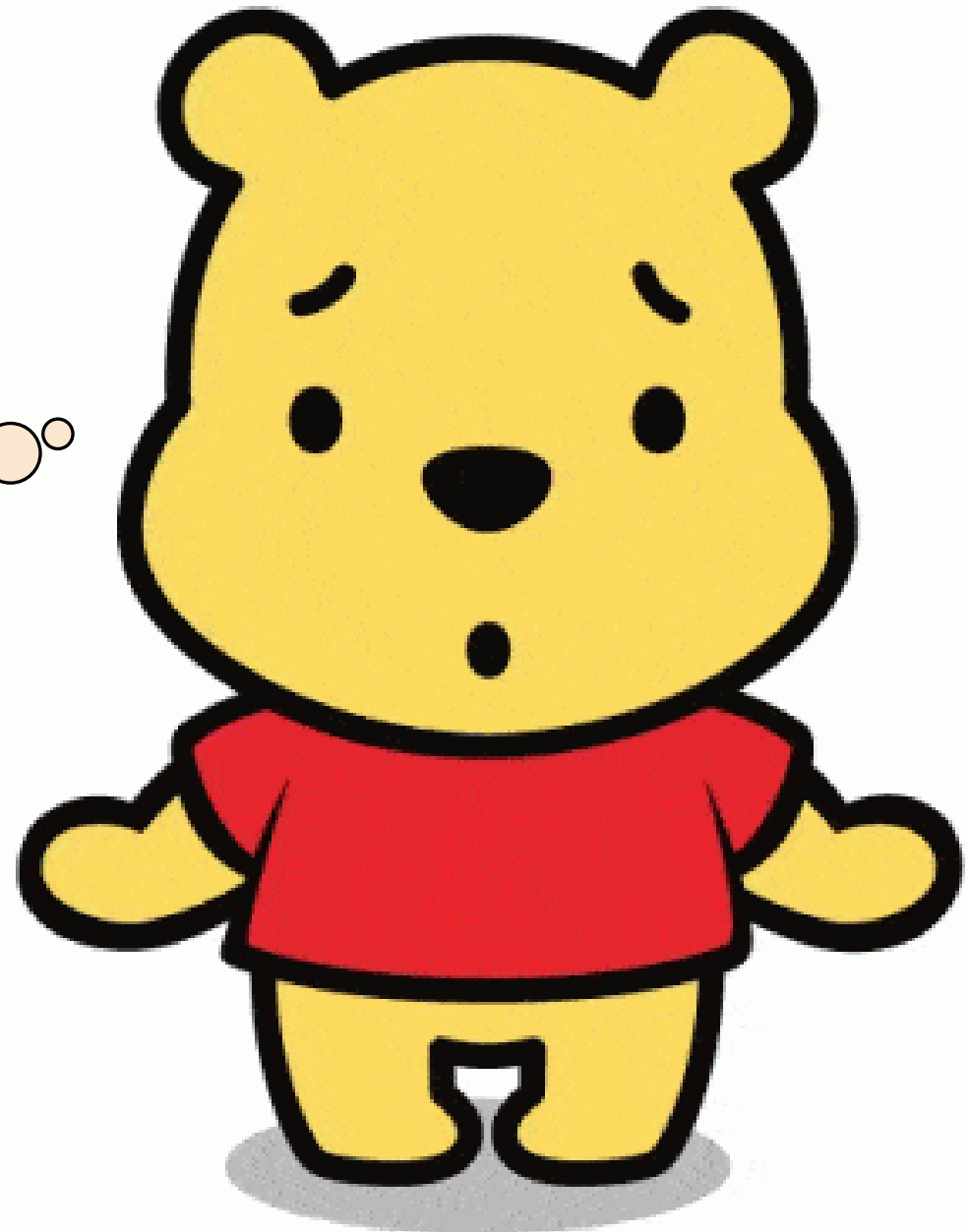
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- Thyroid, kidney, or liver disorders
- Drinking too much alcohol
- Head injury, such as a concussion
- Side effects from medication
- Dehydration
- Vitamin or mineral deficiency



Conditions That May Cause Memory Problems:

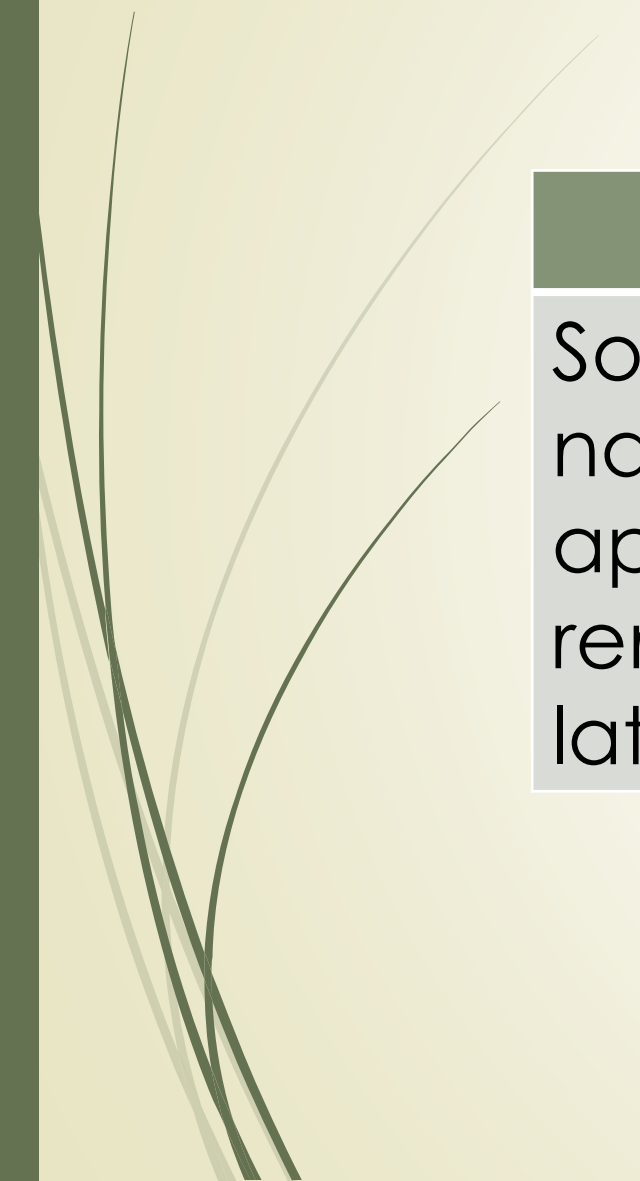
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- Thyroid, kidney, or liver disorders
- Drinking too much alcohol
- Head injury, such as a concussion
- Side effects from medication
- Dehydration
- Vitamin or mineral deficiency
- Stress, anxiety, or depression







Normal Aging Vs. Dementia



Normal Aging	
Sometimes forgetting names or appointments, but remembering them later.	



Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Sometimes forgetting names or appointments, but remembering them later.	Memory loss that disrupts daily life - for example, forgetting recently learned information.



Normal Aging Vs. Dementia

Normal Aging	
Making occasional errors when balancing a checkbook.	

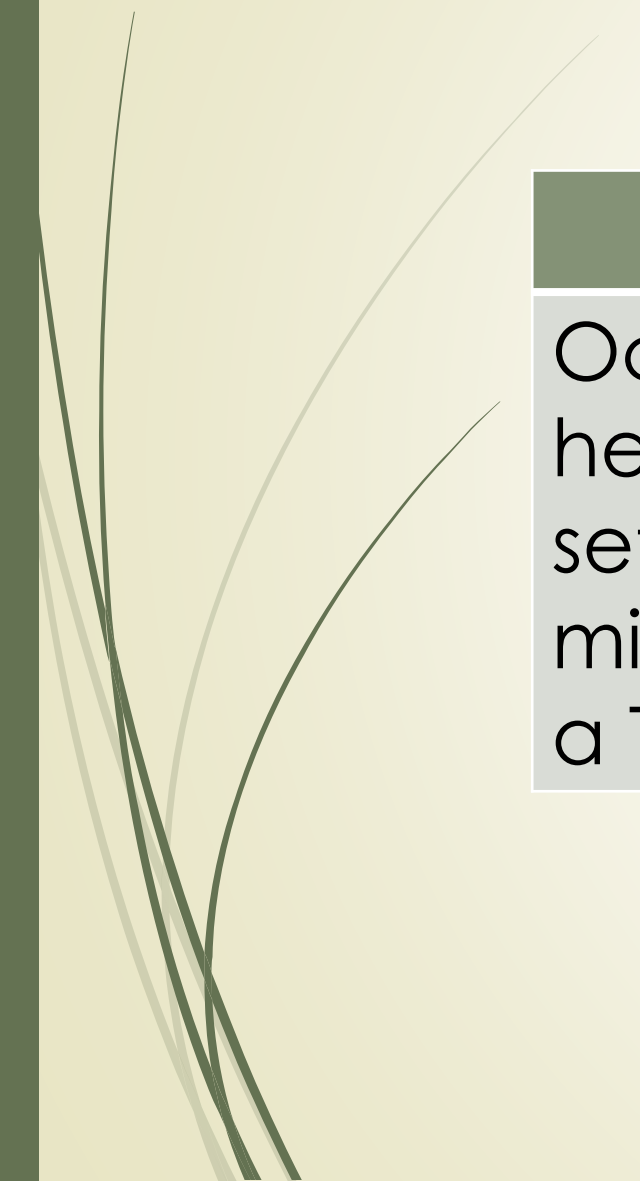


Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Making occasional errors when balancing a checkbook.	Challenges in planning or solving problems, such as trouble following a recipe or taking much longer to do things than they did before.



Normal Aging Vs. Dementia



Normal Aging	
Occasionally needing help to use the settings on a microwave or record a TV show.	



Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Occasionally needing help to use the settings on a microwave or record a TV show.	Difficulty completing familiar tasks, like driving to church or remembering the rules of a favorite game.



Normal Aging Vs. Dementia

Normal Aging	
Getting confused about the day of the week, but figuring it out later.	



Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Getting confused about the day of the week, but figuring it out later.	Losing track of dates, seasons, and the passage of time; can forget where they are and how they got there.



Normal Aging Vs. Dementia

Normal Aging	
Vision changes related to cataracts.	



Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Vision changes related to cataracts.	Trouble understanding visual images (like thinking their reflection in a mirror is another person in the room) or spatial relationships (like judging distance or color).



Normal Aging Vs. Dementia

Normal Aging	
Sometimes having trouble finding the right word.	




Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Sometimes having trouble finding the right word.	Trouble following a conversation, stopping in the middle of a conversation and not being able to continue, or repeating themselves.



Normal Aging Vs. Dementia



Normal Aging	
Misplacing things from time to time, such as a pair of glasses or the remote control.	



Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Misplacing things from time to time, such as a pair of glasses or the remote control.	Misplacing things and being unable to retrace steps; putting things in unusual places; accusing others of taking things they cannot find.



Normal Aging Vs. Dementia

Normal Aging	
Making a bad decision once in a while.	



Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Making a bad decision once in a while.	Decreased or poor judgment, such as giving large amounts of money to telemarketers or not bathing or combing their hair.



Normal Aging Vs. Dementia

Normal Aging	
Sometimes feeling weary of work, family, and social obligations.	



Normal Aging Vs. Dementia

Normal Aging	Sign of Dementia
Sometimes feeling weary of work, family, and social obligations.	Removing self from hobbies, work projects, or social activities; trouble remembering how to complete a favorite hobby.



Normal Aging Vs. Dementia

Normal Aging	
Developing very specific ways of doing things and becoming irritable when a routine is disrupted.	



Normal Aging Vs. Dementia

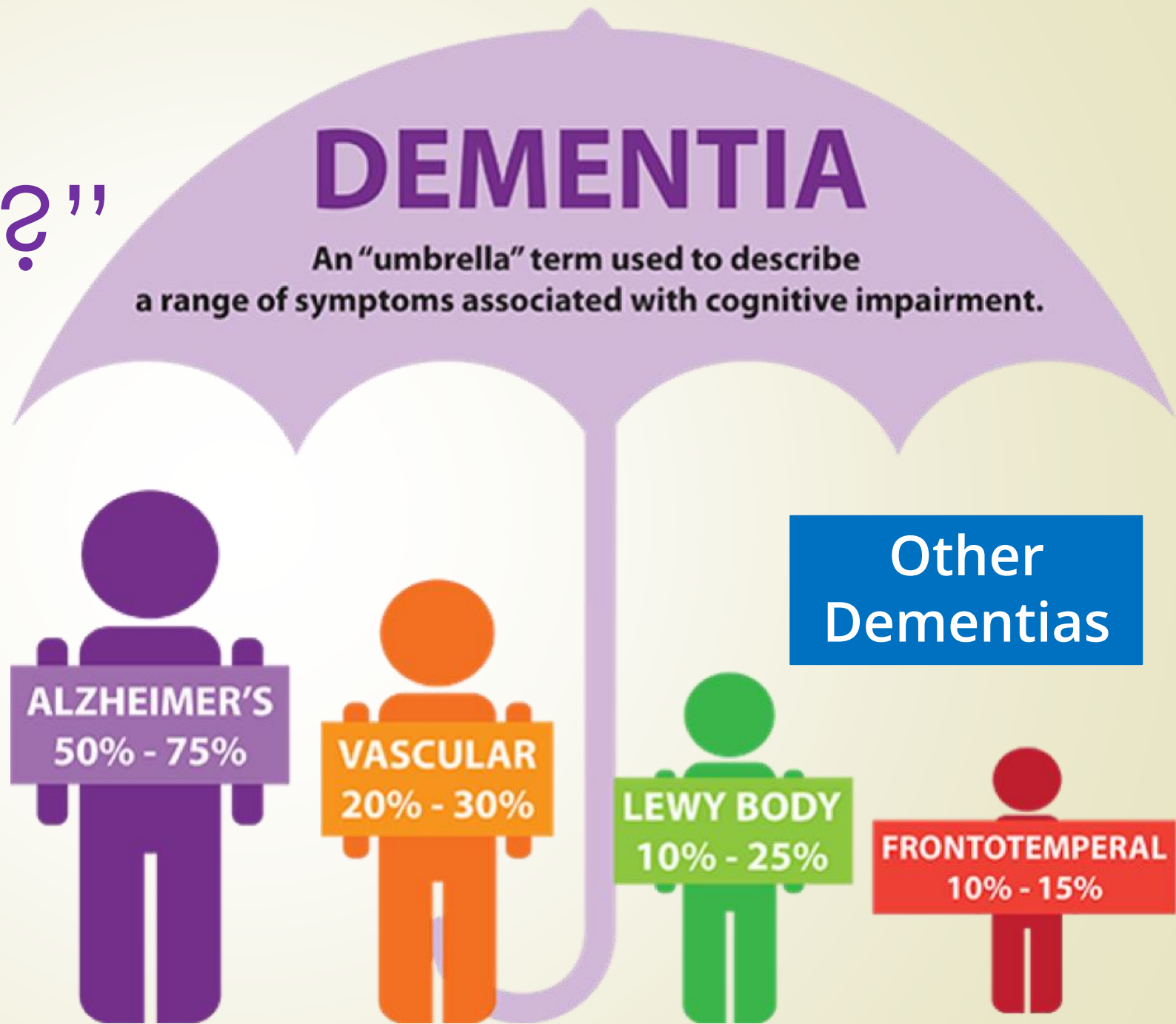
Normal Aging	Sign of Dementia
Developing very specific ways of doing things and becoming irritable when a routine is disrupted.	Change in mood and personality; becoming suspicious, confused, anxious, or fearful; easily upset when they are in places outside of their comfort zone.

Getting A Diagnosis

- What to expect/Ruling out other diagnoses:
 - Physical exam
 - Symptoms
 - Medications
 - Family history
 - Mental health status
 - Tests (MRI, CT Scan, Neuropsychological exam)
 - Mini-mental exam



What Is “Dementia?”



Alzheimer's Disease Impacts...

- Memory
- Language
- Attention
- Motor skills
- Perception
- Abstract thought
- Judgment





"No one can create a perfectly wonderful day when caring for people with dementia, but each and every one of us can create a perfectly wonderful moment."

– Jolene Brackey, Author of *Creating Moments of Joy*

Joy
is the absence
of fear.

< Sarah Ban Breathnach >





Pennsylvania Alliance of
Retirement Community Residents

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