



Dementia Dynamics-Living Engaged with Dementia

Presentation by Hospice of the Pines

Pamela Cregger, Community Liaison and Adriana Shipowick, LCSW

Understanding the Disease Umbrella

What is Dementia:

Dementia is an umbrella term for a range of conditions that cause changes and damage to the brain. Oftentimes, the damage interferes with activities of daily living (aka: ADLs).

Types of Dementia:

- Alzheimer's Type
- Lewy Body Type
- Vascular Type
- Frontotemporal type
- Others-Parkinson's, Huntington's

Stages of Dementia:

- Seven total stages
- Early stage (AKA: Mild)
- Mid Stage (AKA: Moderate)
- Late Stage (AKA: Severe)

Risk Factors for Alzheimer's and Dementia:

- Age
- Family History
- Genetics
- Race:
- Sex: Women live longer than men which makes them more likely to develop the disease.
- Lifestyle
- Healthy Heart and Healthy Brain

Creating meaningful and engaged activities:

- Defining a meaningful activity
- Benefits of a meaningful activities
- Types of activities to keep your loved one engaged
- Preventing embarrassment



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Signs of disease progression:

Any type of dementia is progressive, meaning it will worsen with time. How quickly it progresses depends on the individual. As dementia progresses, a person will need more help and, at some point, will need a lot of support with daily living. Some key signs of disease progression include increased deficits in thinking and memory. Increased assistance with daily tasks. Increase in behaviors (i.e., agitation, anger, anxiety, wandering, etc.). If there is ever a question: please refer to your primary care physician.

When to Ask for Help:

Types of Questions to ask related to your loved one's care...

Can I realistically care for my loved one at home?

- How much support does my loved one need?
- Is other family support available?
- Can I afford to pay for additional help?
- Am I physically strong enough or do I have my own health issues?
- Am I emotionally able to cope?
- Is my loved one safe at home?
- Does my loved one have a healthy structured routine at home?

Is my loved one agitated or aggressive?

Are hygiene needs met?

Is my loved one wandering?

Are medications being responsibly managed?

Is my loved one getting proper nutrition?

Have I started feeling CG fatigue and burnout? Am I able to care for myself as well as my loved-one?

- Anger?
- Resentment?
- Do you still enjoy your loved one's company?

Self-Check:

What things are going well? What are things could be better? (*self-check*)

Am I getting advice from others on how to cope with this new situation?

- What are other family members suggesting?
- What is the doctor suggesting?

1. Placement Options:

- Assisted Living
- Memory Care
- Group Homes
- Hospice Care



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Resources:

Alzheimer's Disease Education and Referral Center P.O. Box 8250 Silver Spring, MD 20907-8250 Phone: 1-800-438-4380 Website: www.nia.nih.gov/alzheimers	NACOG-Area Agency on Aging (AAA) 1366 East Thomas Road, Suite 108 Phoenix AZ 85014 Phone: 1- 888-264-2258 Email: info@aaaphx.org Website: https://www.aaaphx.org/ AAA offers a variety of services from adult day health care, benefits assistance, elderSHOP (vetted social workers will go to the store for you and retrieve items of your choosing. You only pay the price of your groceries); family caregiving support; healthy living classes, home-delivered meals, legal assistance, senior adults independent living (SAIL); among many others. ** NACOG also refers customers for Meals on Wheels and Mom's Meals.
Alzheimer's Association Phone: 1-800-272-3900 Website: www.alz.org The Alzheimer's Association is a nonprofit group offering information and support services to people with Alzheimer's disease and their caregivers and families.	Spotlight Senior Services-Northern Arizona Region Phone: 1-480-266-8864 Website: https://spotlightseniorservices.com/region/northern-arizona/ Spotlight highlights a variety of resources ranging from support groups; transportation; housing; home care services; hospice; medical/safety equipment, etc.
Eldercare Locator Phone: 1-800-677-1116 Website: www.eldercare.gov The Eldercare Locator helps families find resources in their community, such as home care, adult day care, and nursing homes.	National Institute on Aging Information Center P.O. Box 8057 Gaithersburg, MD 20898-8057 1-800-222-2225 (toll-free) 1-800-222-4225 (TTY/toll-free) niaic@nia.nih.gov (email) www.nia.nih.gov
Arizona Long Term Care Ombudsman 1789 W. Jefferson Street, Mail Drop 6288 Phoenix, Arizona 85007 Phone: (602) 542-6454 extension 9 Email: ltcop@azdes.gov	Adult Protective Services 3274 Bob Dr. Prescott Valley, AZ 86314 Phone: 928-649-6894 Website: https://des.az.gov/services/basic-needs/adult-protective-services

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<p>The primary purpose of the Long-Term Care Ombudsman Program is to identify, investigate, and resolve complaints made by or on behalf of residents of nursing homes, assisted living facilities, and adult foster care homes.</p>	<p>Arizona Adult Protective Services (APS) is a program within the DES Division of Aging and Adult Services (DAAS) and is responsible for investigating allegations of abuse, exploitation, and neglect of vulnerable adults.</p>
<p>Arizona 211 275 W Washington St. Tempe, AZ 85282 Phone: (877) 211-8661</p> <p>The 2-1-1 Arizona Information and Referral services program helps individuals and families to find resources that are available to them locally and throughout the state. This helps with supplemental food and nutrition; shelter and housing; utility assistance; emergency information and disaster relief; employment and education opportunities; services for veterans; and many other services.</p>	<p>Arizona Caregiver Coalition Caregiver resources Family Caregiver Reimbursement Program Respite In-home Respite Vouchers 1-888-737-7494 Azcaregiver.org</p>
<p>Hospice of the Pines 13207 Hwy 169 Dewey, AZ 86327 Ph: 928-632-0111 F: 928-632-0333</p>	<p>Las Fuentes Resort Village 1035 Scott Drive Prescott, AZ 86301 Ph: 928-445-9300</p>



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