

Memory Care Infographics in Public Libraries: Education, Advocacy, and Marketing Inspirations and Links

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MindCare
Products to exercise & ease the mind



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**Memory Care Infographics in Public Libraries: Education, Advocacy, Marketing
Inspirations and Links**

Contents

Introduction: Ideas for using this graphics.

52 Graphics for Libraries to Train Staff and Educate Their Communities.



Introduction: Ideas for using this graphics.

MindCare has prepared several documents to assist Public Libraries to offer programs and services to their communities in the domains of programs and services for seniors and older adults, becoming a memory care friendly place, and ensuring staff are well informed and empathetic to the needs of members who may (or may not) be cognitive or memory decline.

The three reports so far are this one - **Memory Care Infographics in Public Libraries: Education and Marketing Inspirations and Links** as well as **Memory Care Programs in Public Libraries: Background and FAQ** (which answers the most common questions we hear about Library programs for memory care, and individuals affect by some stage of aphasia, dementia, or Alzheimer's) and **A Directory of Memory Care Program Guides for Caregivers and Public Library Members** (which outlines over 30 programs for Public Libraries to consider in senior-friendly environments), and

We are delighted to be participating in the ALA Conference 2023 in Chicago where we are maintaining on of our concepts for Public Libraries – A Memory Care and Sensory Space. We're there to chat and test our ideas with library professionals and introduce our ideas too. We look forward to many interesting conversations and sharing with you.

Some ways to use this guide is to:

1. Learn more about services to individuals and partners serving populations that experience memory issues in your community.
2. Prepare your staff teams with a deeper understanding of memory issues as we age.
3. Choose to meet some visionary goals in serving the seniors in your membership by providing innovative, inventive, and impactful activities in-house, in partnership, or during outreach.
4. Promote awareness to your communities using these graphics.

There are many good hooks to engage your communities since:

- Most of us will experience ourselves, or as a caregiver to friends and family, some memory issues on the memory loss spectrum.
- One great strength of our profession is that many of use see patrons experiencing physical and mental health issues daily and look to help where we can.
- We and our colleagues are a curious bunch, and love to learn more about the skills we need to serve our members well and with empathy for great social impacts on our communities.

Tips and Tricks for Setting Started on a Memory Care Initiative



1. Staff first! Consider a 60-day easy-to-do training and awareness e-mail. Use these graphics and send one every workday to all staff. Within 60-days your internal staff strengths will have increased, lots of conversations will have already been done, and you've enhanced the dynamic of being a senior friendly library in an important area for service.
2. Partners Next! Consider a roundtable event with potential partners to discuss these initiatives and the potential available for access to expert speakers, medically trained professionals, event spaces, and outreach/in-reach partners. Starting the conversation is just the beginning of growth in this portfolio. Consider these services in your community:
 - a. Alzheimer's Association
 - b. Dementia-friendly Communities
 - c. Memory Care Facilities and Senior Centers
 - d. Healthcare Providers and Social Service Agencies
 - e. Aging and Gerontology Organizations
 - f. Nonprofit Organizations
 - g. Community Support Groups
 - h. Local Universities, Colleges, and Research Institutions
3. Then Collections! Acquire some tools, games, toys, and more that enhance memory care programming, test them out, consider what items are just for in-library usage and which could comprise a borrowable collection.
4. Ready, Aim, Try! Program Pilots are where to start. Designate some staff team to investigate, try, and evaluate a seniors memory care program series while learning from successes and failures. Pilot with experimental programs including those desired by your community or partners.
5. Consider posting these graphics every week – you've potentially got a year's worth of 52 of them. Some of these are copyright-free and other's can be posted using the links provided.

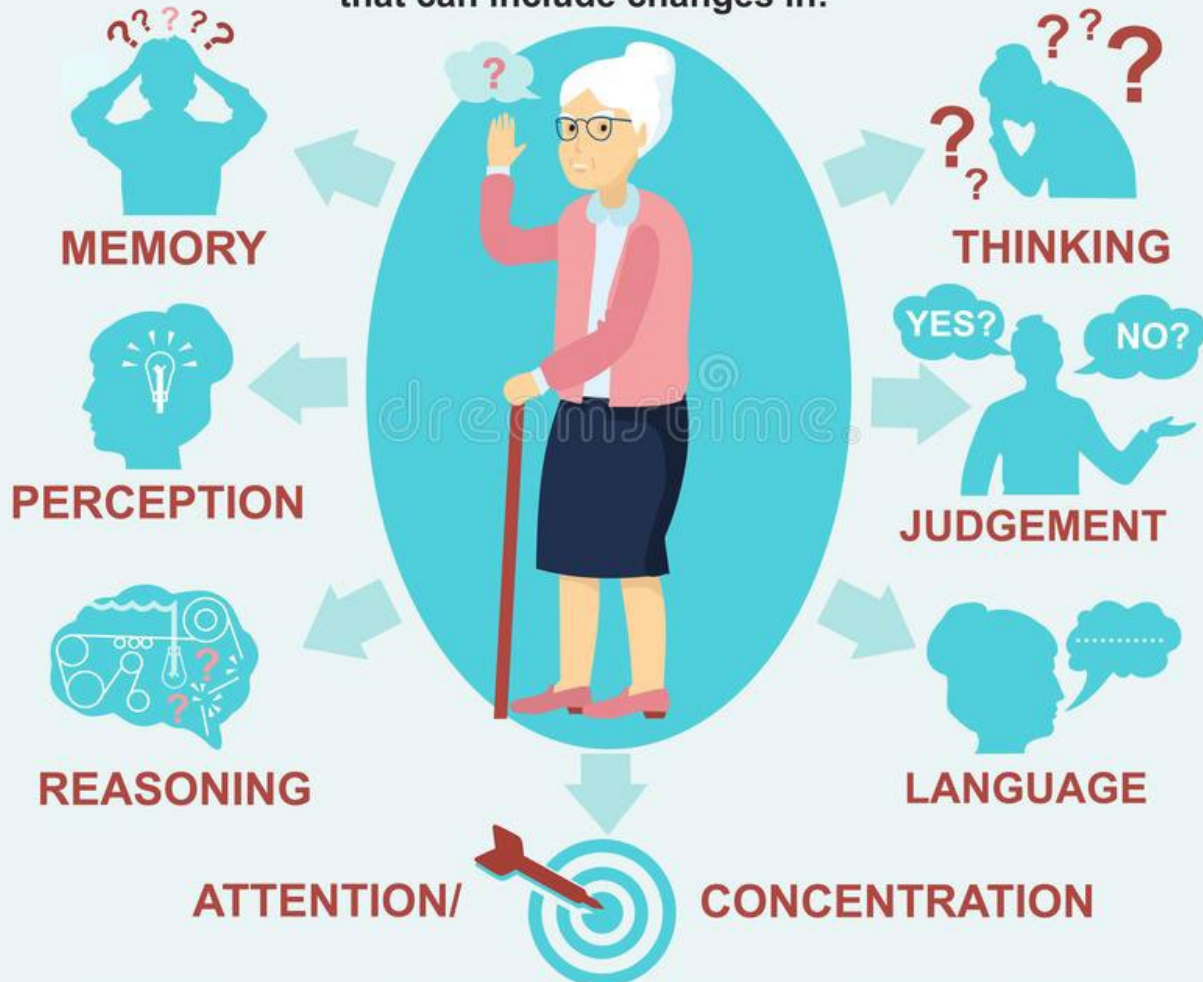
Need some advice or desire a conversation? We're looking for beta partners to test our ideas and respond in focus groups. Let us know. Following are some of our carefully curated infographics and images.

<https://psychologychartered.co.uk/blog/dementia-diagnosis-development-and-distress-during-covid-19-part-1/>



DEMENTIA

is umbrella term used to describe a set of symptoms that can include changes in:



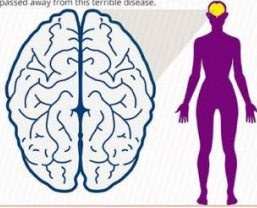
and must be severe enough to interfere with a persons ability to function



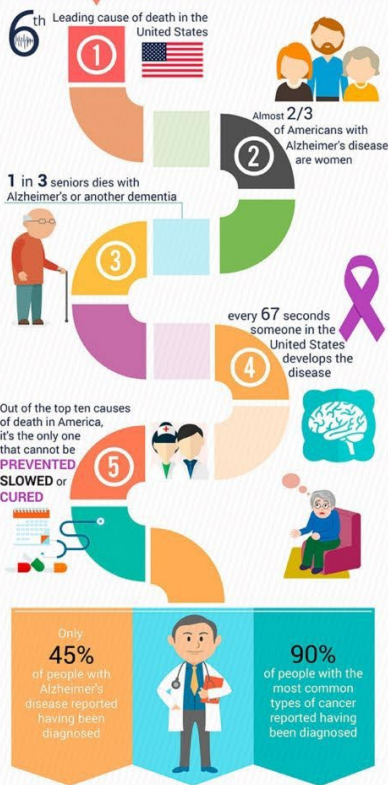
Alzheimer's and Dementia Care

SEPTEMBER IS WORLD ALZHEIMER'S MONTH!

The global theme for World Alzheimer's Month 2015 was **Remember Me**. Assisting Hands encourages people all around the world to learn to spot the signs of dementia, but also not to forget about loved ones who are living with dementia, or those who may have passed away from this terrible disease.



ALZHEIMER'S IS A TYPE OF DEMENTIA THAT CAUSES PROBLEMS WITH MEMORY, THINKING AND BEHAVIOR.



BENEFITS OF ALZHEIMER'S CARE

How can **Assisting Hands Home Care** caregivers help you or your loved one:

- By developing an individualized memory care plan with our specially trained staff
- By producing a stimulating care plan developed with the assistance of loving family members
- By using cues from the background history and the client's previous talents and interests
- By providing appropriate and positive reinforcement techniques in a loving and dignifying manner

Proud Member of:



Sources: <http://www.assistinghands.com/bocadelray/>
<http://alz.org>



[HTTPS://ASSISTINGHANDS.COM/3/INFORMATIONS/BENEFITS-OF-ALZHEIMERS-CARE/PAGE/15/](https://assistinghands.com/3/infographics/benefits-of-alzheimers-care/page/15/)





<https://eaglepointseniorliving.com/what-is-memory-care/>



[HTTPS://DEMENTIACARENOTES.IN/DEMENTIA/DEMENTIA-RISK-REDUCTION-INFOGRAPHIC/](https://dementiacarenotes.in/dementia/dementia-risk-reduction-infographic/)

Reduce Your Risk of Dementia/ Alzheimer's

Modify your lifestyle and remain alert about some important aspects to reduce your dementia risk

Remain active - physically, mentally and socially	Be alert about health problems. Adopt a "heart friendly" lifestyle	Remain alert about some other important things
<p>Be active mentally, learn new things, be creative</p>	<p>Get regular check-ups. Recognize and treat health problems early. Ask your doctor for advice for better heart and brain health</p>	<p>Avoid head injury. Avoid games where head injury is common. Stay safe when travelling. Use fall prevention techniques</p>
<p>Exercise regularly (consult your doctor)</p>	<p>Eat balanced, nutritious meals</p> <p>Maintain a healthy weight. Avoid obesity</p>	<p>Be alert about hearing loss. Get it treated. Use hearing aids if needed</p> <p>Avoid air pollution</p>
<p>Stay socially connected</p>	<p>Stop smoking</p> <p>Limit alcohol</p> <p>Avoid diabetes and high blood pressure, or keep these under control</p>	<p>Be alert about depression and get it treated. Also, be alert about early dementia symptoms</p>

There is no certain way to prevent dementia, but we can reduce our risk for it. Dementia related brain changes start 10-20 years before symptoms appear, so...

The earlier you begin to reduce your risk, the better it is

For information on dementia and care, see: dementiacarenotes.in

<https://www.pinterest.ca/pin/28640147615184033/>

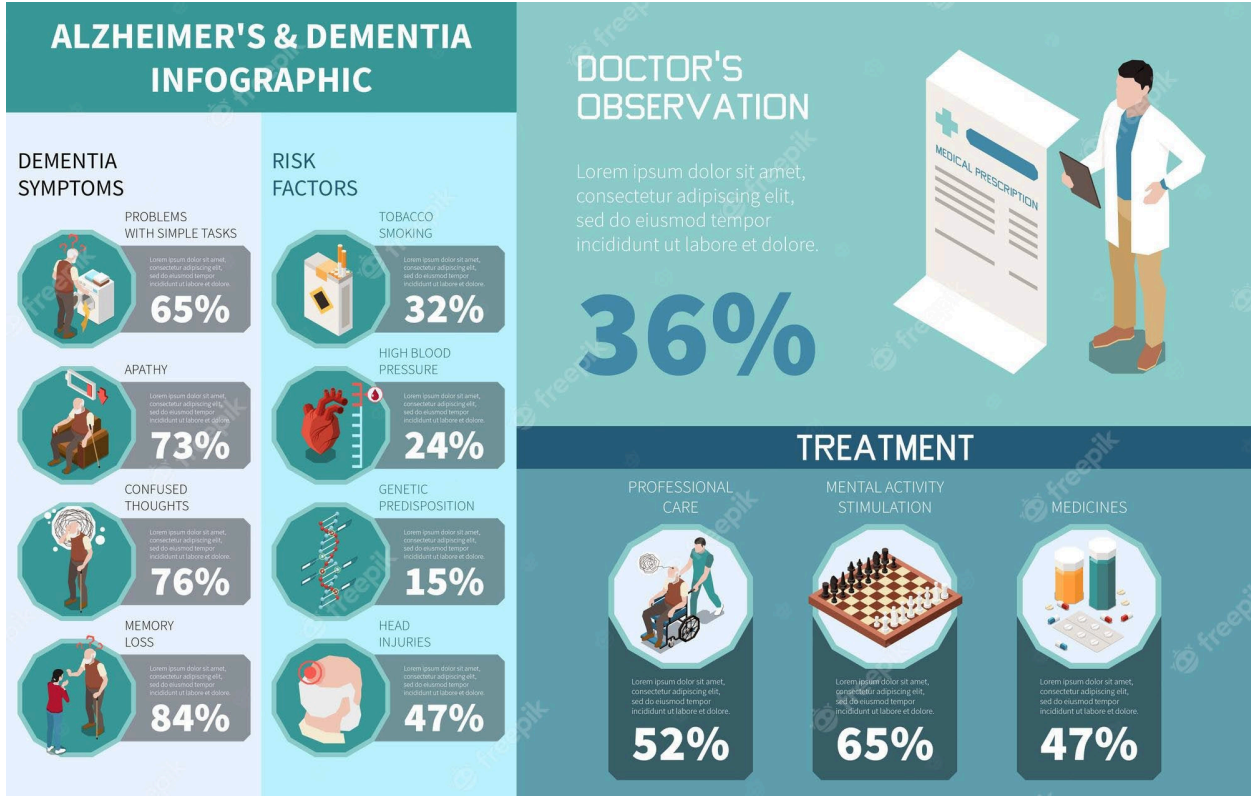


NORMAL MEMORY LOSS VERSUS DEMENTIA

RECOGNIZING THE DIFFERENCE

Forgetting someone's name or a word during conversation, but remembering later.	Losing oneself in conversation, stopping abruptly & forgetting what to say next, repeating oneself often.
Forgetting an appointment from time to time.	Forgetting recently learned information, or having to ask for it over & over. Increasing reliance on others for help remembering to complete tasks.
Forgetting what day it is occasionally, but figuring it out later.	Completely losing track of the day or season. Forgetting where you are & how you got there.
Getting irritated when one's normal routine is altered.	Getting extremely agitated by a change in routine, especially when the agitation is atypical of one's personality.
Making bad decisions occasionally when it comes to money.	Consistently exhibiting poor financial decision-making ability.
Feeling tired or worn out from time to time & wanting to stay home to rest.	Removing oneself from favorite hobbies due to forgetfulness or difficulty completing, becoming isolated & not wanting to venture out of the comfort of one's home.
Losing an item occasionally.	Putting items in strange places & being unable to retrace one's steps to find them.
Vision changes due to cataracts, or needing a new glasses prescription.	Increased difficulty understanding what one is seeing.





https://www.freepik.com/free-vector/dementia-alzheimer-disease-isometric-infographics-set-with-risk-factor-data-treatment-variants-vector-illustration_37916267.htm

<https://blog.expertpages.com/general/understanding-dementia-and-medical-legal-implications.htm>



DEMENTIA

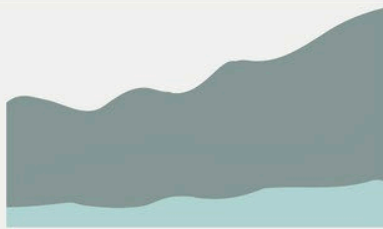
Over **30** million people live with dementia worldwide



Dementia is the loss of cognitive functioning—thinking and behavioral abilities

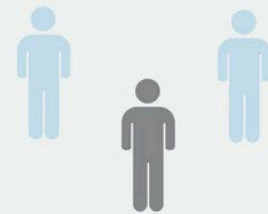


Every **3** seconds someone in the world develops dementia



The number of people living with dementia will **triple** by 2050

2050



1 in 3 seniors dies with Alzheimer's or another dementia

SYMPTOMS



Frequent memory loss



Problems with abstract thinking



Disorientation with time and place

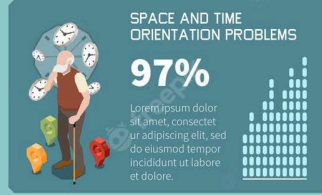
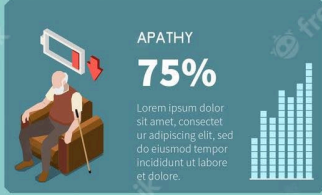
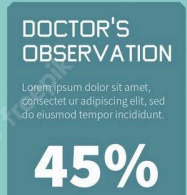
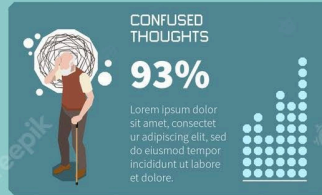
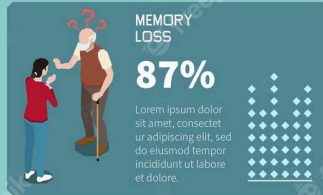
VectorStock®

VectorStock.com/24794853

https://www.freepik.com/free-vector/dementia-alzheimer-infographics-with-disease-facts-statistics-vector-illustration_37916264.htm



ALZHEIMER'S & DEMENTIA INFOGRAPHIC





BRIGHT MINDS

The 11 major risk factors that harm the brain and steal your mind

RISK FACTORS

B **BLOOD FLOW**
Hypertension, stroke, transient ischemic attacks, heart disease, erectile dysfunction, sedentary lifestyle

R **RETIREMENT/AGING**
Over 65, retirement, limited new learning, social isolation, less than high school education, high blood ferritin (iron) level

I **INFLAMMATION**
Leaky gut, low omega-3 intake, gum disease, joint pain

G **GENETICS**
Family member with dementia or mental health issues, apolipoprotein E4 gene

H **HEAD TRAUMA**
One or more head injuries, loss of smell

T **TOXINS**
Alcohol, drugs, smoking, pollution, pesticides, mold, carbon monoxide, BPA's, personal product toxins (phthalates, parabens, etc.)

M **MENTAL HEALTH**
Depression, Post-Traumatic Stress Disorder, Bipolar, Chronic Stress

I **IMMUNITY/INFECTIONS**
Low vitamin D, autoimmune disorders, infections, such as Lyme

N **NEUROHORMONES ISSUES**
Thyroid, cortisol, testosterone, dehydroepiandrosterone, estrogen, progesterone, insulin

D **DIABESITY**
Pre-diabetes, diabetes, overweight, obesity

S **SLEEP ISSUES**
Sleep apnea, chronic insomnia, sleeping pills

INTERVENTIONS

LIMIT CAFFEINE, nicotine and dehydration, **EXERCISE** (especially racquet sports), **SUPPLEMENTS** - Brain and Memory Power Boost, **FOODS** - beets, cayenne pepper and rosemary

NEW LEARNING, daily 12-16 hours **FAST**, **DONATE** blood if ferritin is high, social support & volunteering, **SUPPLEMENTS** - Brain and Memory Power Boost, **FOODS** - cloves, oregano, shrimp

HEAL THE GUT, Boost **OMEGA-3s (O3s)**, **FLOSS**, **SUPPLEMENTS** - Omega 3 Power, Brain Curcumins, Probrainbiotics, **FOODS** - walnuts, salmon, sardines

BE SERIOUS! EARLY screening! **ELIMINATE** all other risk factors, **SUPPLEMENTS** - Brain Curcumins, Neurovite Plus, **FOODS** - turmeric, blueberries, chocolate

PREVENT further head injuries, **HBOT** (hyperbaric oxygen therapy), **SUPPLEMENTS** - Brain and Body Power Max, **FOODS** - eggs, peppermint

LIMIT EXPOSURE, App - Think Dirty, Support 4 organs of detox: **Liver** - limit alcohol; **Gut** - add fiber; **Kidneys** - drink water; **Skin** - sweat with exercise/saunas, **SUPPLEMENTS** - Brain and Memory Power Boost, **FOODS** - brassicas (cauliflower, Brussels sprouts, broccoli, cabbage)

KILL THE ANTS, meditation, exercise, **SUPPLEMENTS** - Omega 3 Power, Serotonin Mood Support, SAMe, **FOODS** - wild fish, 8 servings of fruits and vegetables, chocolate

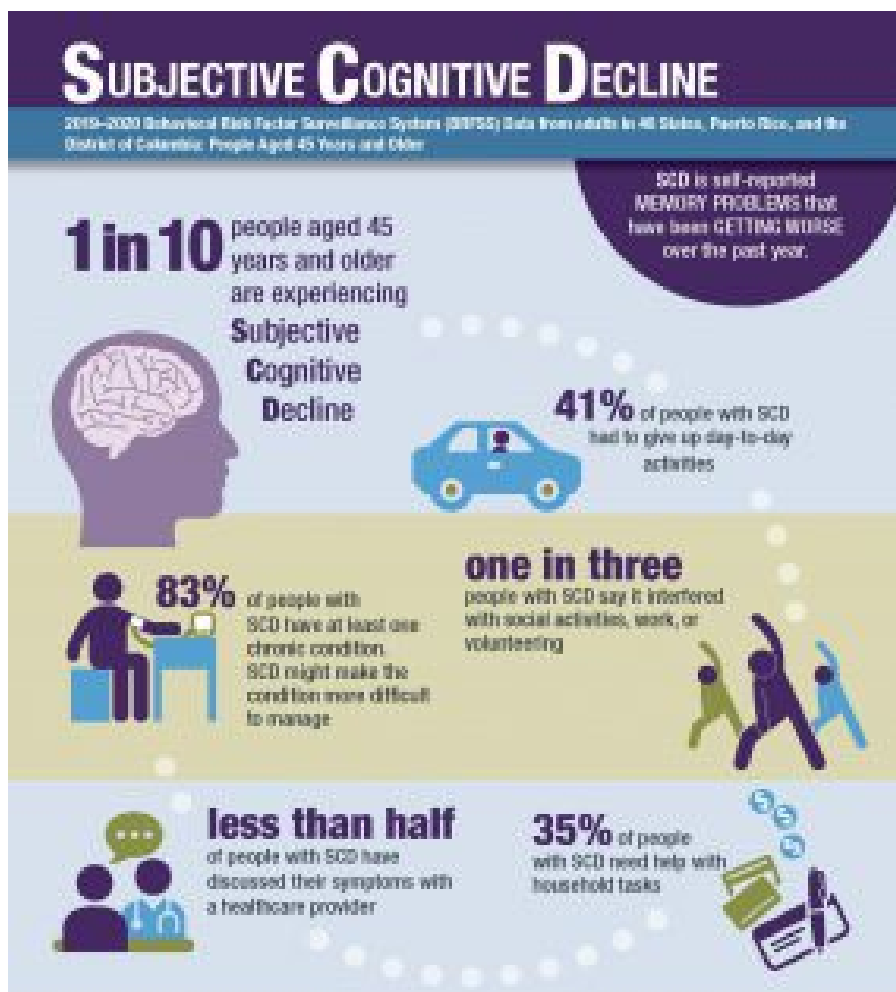
BOOST vitamin D, elimination diet, treat infections, **SUPPLEMENTS** - Vitamin D3, **FOODS** - garlic, onions, mushrooms

REGULARLY TEST and **OPTIMIZE** hormones, **AVOID** hormone disruptors (BPA's, phthalates, parabens), **SUPPLEMENTS** - zinc, l-tyrosine, DHEA, **FOODS** - oysters, fiber, flaxseeds

BRAIN HEALTHY, low glycemic, high-fiber, calorie-smart diet, **SUPPLEMENTS** - Craving Control, Vitamin D, **FOODS** - cinnamon, spinach, lentils, green peas

TARGET 7-8 hours a night, evaluate and treat sleep apnea if present, **LIMIT** caffeine, digital exposure after dark, noise, light, **ADD** blue light blockers to gadgets, **SUPPLEMENTS** - Restful Sleep, **FOODS** - don't eat within 2 hours of bedtime





U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



cdc.gov/aging
alz.org/2019/06/18/





Risk factors for Alzheimer's disease

non-modifiable



Age
The average Alzheimer's patient is 77 year old.



Sex
Most of people affected by Alzheimer's disease are women¹.



Genetic background
The most important genetic risk factor identified to date is the APOE 4 gene^{4,5}.

potentially modifiable



Diabetes (type 2)
Diabetes is associated with an increased risk of dementia with evidence suggesting up to 2.5-fold increased risk^{1,2}.



Unhealthy lifestyle
Smoking, alcohol consumption, etc. can increase AD risk by 30%.



Others
Other risk factors can be physical inactivity, midlife hypertension, midlife obesity, depression etc.



Mind your memory, mind yourself.

(1) World Alzheimer Report 2014 - Dementia and Risk Reduction an analysis of protective and modifiable factors. (2) Toshiharu Ninomiya - Curr Diab Rep (2014) 14:487.
(3) Ridge et alia. <https://www.ncbi.nlm.nih.gov/pubmed/27036079>. (4) Wingo et alia. <https://www.ncbi.nlm.nih.gov/pubmed/21911656>



This project has received funding from the Innovative Medicines Initiative 2 Joint Undertaking under Grant Agreement No 115985. This Joint Undertaking receives support from the European Union's Horizon 2020 research and innovation programme and the European Federation of Pharmaceutical Industries and Associations. © 2016 MOPEAD.





Why is timely diagnosis of Alzheimer's disease so important?

A timely diagnosis offers benefits to patients and families, healthcare providers, and society as a whole

1 The benefits of a timely diagnosis for patients and families



Avoids missed or misdiagnosis and delays in treatments.



Enables lifestyle changes that may help slow down disease progression.



Provides timely information to reduce anxiety about the disease.



Helps patients and families prepare and make decisions for the future.

When I was given the diagnosis, confirming the beginning of dementia, my life changed a lot. For the better! I became more attentive, accurate, with improved self-discipline... And my quality of life is better, I am really more committed, because I know what is ahead of me. But my present is quite OK. Let it last.

Tomaz, Slovenia

2 The role of healthcare providers in timely diagnosis



Gives patients access to non-medical support and evidence-based treatment as the disease progresses.



Triggers a coordinated multi-disciplinary support to patients and families.



Enables the inclusion of patients in clinical trials investigating new medications.



Provides support to patients and families to adapt to the new condition.

MOPEAD works to achieve a timely diagnosis. This means having a chance to deal with the disease, adapt your life and enjoy every moment. Timely diagnosis will give people the chance to make crucial decisions; this can range from enrolling in a clinical trial to spending more time with their loved ones.

Mercè Boada, Neurologist and Medical Director, Fundació ACE

3 The value of timely diagnosis for society



Increases awareness and empowers people to recognize early symptoms.



Preserves patients and carers inclusion and active participation in society.



Offers patients and carers the opportunity to shape a dementia-friendly environment.



Helps reduce the social stigma associated with Alzheimer's disease.

Alzheimer's disease impacts patients, their families, caregivers and society as a whole. Increased awareness and early diagnosis is vital to reduce the toll of the disease and empower those affected by it.

Peggy Maguire, Director General, European Institute of Women's Health



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Where are my keys?

Hi, I can't remember the name of Hanna's sister, do you?

What's the name of this place we went to last month?

Listen, I can't remember our phone number...



Memory matters

Normal Ageing



Unable to remember the name of an acquaintance.



Occasionally having difficulty finding words.



Able to use common objects (i.e. remote control, microwave oven).



Maintains prior level of interpersonal social skills.

Dementia*



Not recognizing or knowing the names of family members.



Frequent pauses and substitutions when finding words.



No longer able or unable to operate common devices...



Exhibits a loss of interest in social activities and inappropriate behaviors.



If you are worried, ask your doctor or visit the nearest memory clinic



www.mopead.eu
mopead@ps@medins.lt



@MopeadEU

*These are general statements. This is not an exhaustive list. For further information visit www.mopead.eu.



This project has received funding from the Innovative Medicines Initiative 2 Joint Undertaking under Grant Agreement No 115985. This Joint Undertaking receives support from the European Union's Horizon 2020 research and innovation programme and the European Federation of Pharmaceutical Industries and Associations.

<https://www.nia.nih.gov/health/infographics/understanding-different-types-dementia>

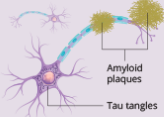
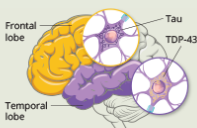
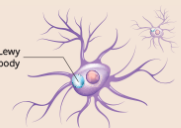
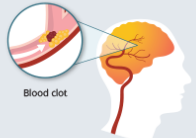


Understanding Different Types of Dementia

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four different types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What Is Happening in the Brain?*			
<p>Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain.</p> 	<p>Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes.</p> 	<p>Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers.</p> 	<p>Conditions, such as blood clots, disrupt blood flow in the brain.</p> 
<small>*These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.</small>			
Symptoms			
<p>Mild</p> <ul style="list-style-type: none"> Wandering and getting lost Repeating questions <p>Moderate</p> <ul style="list-style-type: none"> Problems recognizing friends and family Impulsive behavior <p>Severe</p> <ul style="list-style-type: none"> Cannot communicate 	<p>Behavioral and Emotional</p> <ul style="list-style-type: none"> Difficulty planning and organizing Impulsive behaviors Emotional flatness or excessive emotions <p>Movement Problems</p> <ul style="list-style-type: none"> Shaky hands Problems with balance and walking <p>Language Problems</p> <ul style="list-style-type: none"> Difficulty making or understanding speech <p><small>There are several types of frontotemporal disorders, and symptoms can vary by type.</small></p>	<p>Cognitive Decline</p> <ul style="list-style-type: none"> Inability to concentrate, pay attention, or stay alert Disorganized or illogical ideas <p>Movement Problems</p> <ul style="list-style-type: none"> Muscle rigidity Loss of coordination Reduced facial expression <p>Sleep Disorders</p> <ul style="list-style-type: none"> Insomnia Excessive daytime sleepiness <p>Visual Hallucinations</p>	<ul style="list-style-type: none"> Forgetting current or past events Misplacing items Trouble following instructions or learning new information Hallucinations or delusions Poor judgment
Typical Age of Diagnosis			
Mid 60s and above, with some cases in mid-30s to 60s	Between 45 and 64	50 or older	Over 65

Diagnosis

Symptoms can be similar among different types of dementia, and some people have more than one form of dementia, which can make an accurate diagnosis difficult. Symptoms can also vary from person to person. Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.

Treatment

There is currently no cure for these types of dementia, but some treatments are available. Speak with your doctor to find out what might work best for you.

Living with dementia can be challenging, but there are ways to manage it. To learn more about these types of dementia and other conditions that can cause dementia, visit www.nia.nih.gov/health/what-is-dementia.





50 FACTS ABOUT ALZHEIMERS

[HTTPS://DAILYCARING.COM/50-FACTS-ABOUT-ALZHEIMERS-INFOGRAPHIC/](https://dailycaring.com/50-facts-about-alzheimers-infographic/)



<https://www.dreamstime.com/alzheimer-s-disease-dementia-symptoms-prevention-infographic-medical-icons-image142638139>

FACTS ABOUT ALZHEIMER'S DISEASE

SIX PREVENTION STEPS

- PHYSICAL EXERCISE
- HEALTHY DIET
- REGULAR SLEEP
- MENTAL STIMULATION
- SOCIAL ENGAGEMENT
- STRESS MANAGEMENT

EARLY SIGNS AND SYMPTOMS

- MEMORY LOSS
- MISPLACING ITEMS
- DIFFICULTY IN DECISION MAKING AND JUDGING
- REDUCED ABILITY IN UNDERSTANDING VISUAL IMAGES
- CONFUSION WITH TIME AND PLACES
- MOOD SWINGS
- REPETITIVE SPEECH AND WRITING ISSUES
- DIFFICULTY IN PROBLEM SOLVING
- SOCIAL WITHDRAWAL
- INABILITY TO COMPLETE COMPLEX TASKS

MEDICINE AND HEALTHCARE

[dreamstime.com](https://www.dreamstime.com) ID 142638139 © Elenabsl

<https://communitymedicine4all.com/2017/09/21/who-updates-fact-sheet-on-dementia-21-september-2017/>



DEMENTIA



A public health priority

What are the symptoms?

Difficulties with everyday tasks

Confusion in familiar environments

Difficulty with words and numbers

Memory loss

Changes in mood and behaviour



Who is affected?



Nearly 10 million new cases every year

One every 3 seconds

50 million people worldwide

Set to triple by 2050



Majority of people who will develop dementia will be in low- and middle-income countries

What is the cause?

Conditions that affect the brain, such as Alzheimer's disease, stroke or head injury



What does it cost?

2015

US\$818 billion: estimated costs to society in 2015

2030

US\$2 trillion



Families and friends provide most of the care

Carers experience physical, emotional and financial stress



The Global Action Plan on the Public Health Response to Dementia 2017 - 2025

Vision

A world in which dementia is prevented and people with dementia and their carers live well and receive the care and support they need to fulfil their potential with dignity, respect, autonomy and equality.

Goal

To improve the lives of people with dementia, their carers and families, while decreasing the impact of dementia on them as well as on communities and countries.

The seven action areas and targets

Dementia as a public health priority



By 2025, 75% of countries have national policies, strategies, plans or frameworks for dementia

Dementia awareness and friendliness



By 2025, 100% of countries have a functioning public-awareness campaign on dementia
By 2025, 50% of countries have at least one dementia-friendly initiative

Dementia risk reduction



Risk reduction targets identified in the Global action plan for prevention and control of noncommunicable diseases 2013-2020 are achieved

Dementia diagnosis, treatment & care



By 2025, 50% of people with dementia are diagnosed, in at least 50% of countries

Support for dementia carers



By 2025, 75% of countries provide support and training for carers and families

Information systems for dementia



By 2025, 50% of countries routinely collect data on core dementia indicators

Dementia research and innovation



Global research output on dementia doubles between 2017 and 2025

<https://communitymedicine4all.com/2017/09/21/who-updates-fact-sheet-on-dementia-21-september-2017/>



CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.*

43.5 million
2015  **53 million**
2020



18%  **21%**
2015 2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

More Americans are caring for more than one person.



18%  **24%**
2015 2020

More family caregivers have difficulty coordinating care.

19%  **26%**
2015 2020 

More Americans caring for someone with Alzheimer's disease or dementia.



22%  **26%**
2015 2020

More family caregivers report their own health is fair to poor.

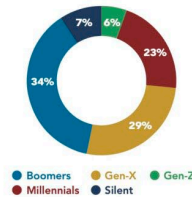
17%  **21%**
2015 2020 

23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

Who are today's family caregivers?


39%
MEN


61%
WOMEN



45%
HAVE HAD AT LEAST ONE FINANCIAL IMPACT


61%
WORK

AARP
Family Caregiving™

*Provided care to an adult or child with special needs.
**The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.
URL: www.aarp.org/uscaregiving DOI: <https://doi.org/10.26419/ppi.00103.002>

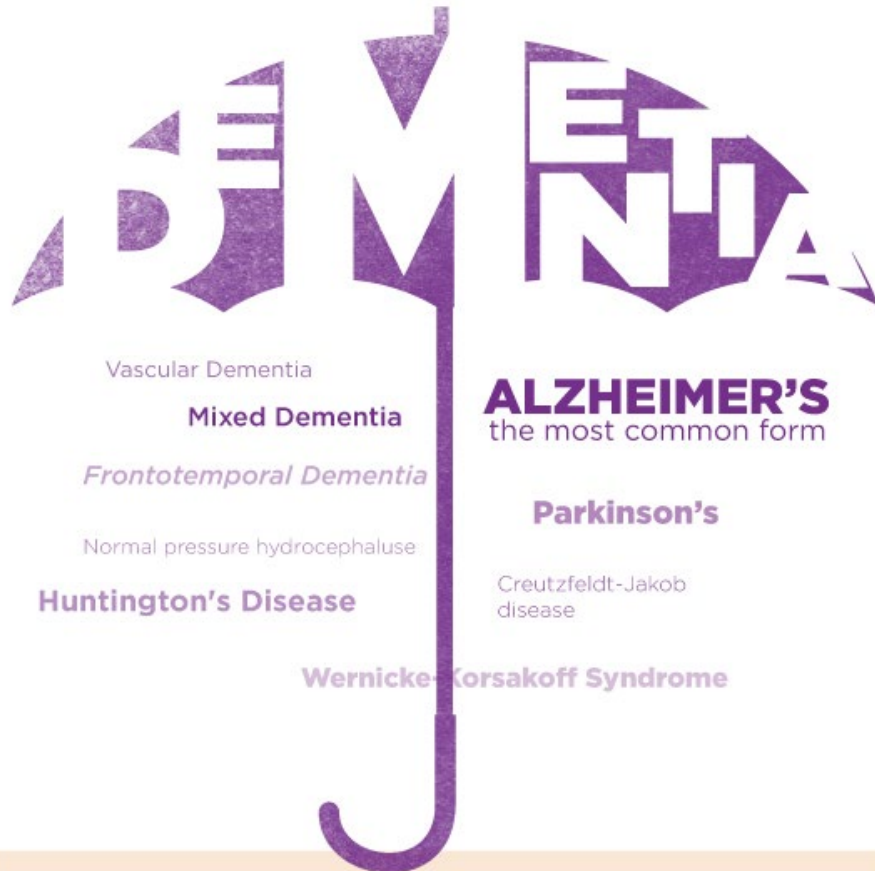
nac
National Alliance for Caregiving
Caregiving in the U.S. 2020,
National Alliance for Caregiving and AARP
For media inquiries, contact Media@aarp.org

<https://www.famlinet.com/2021/01/10/what-does-a-2020-us-unpaid-caregiver-look-like/>

<https://www.pinterest.ca/pin/152770612336169423/> -



What's the difference between **ALZHEIMER'S** and **DEMENTIA**?



Dementia is an umbrella term that describes a wide range of symptoms including memory loss and mental decline. Alzheimer's is the most common form of dementia, but there are many others. **Learn more at alz.org/relateddementias**





Ways to Improve Memory

01

Focus Your Attention

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02

Read More

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03

Jot Down Notes

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04

Speak It Loud

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05

Learn more new things

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06

Sleep Well

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07

Improve Eating Habit

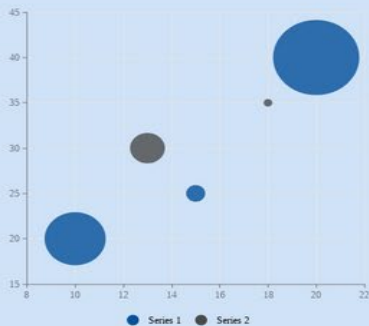
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08

Draw Mind Map

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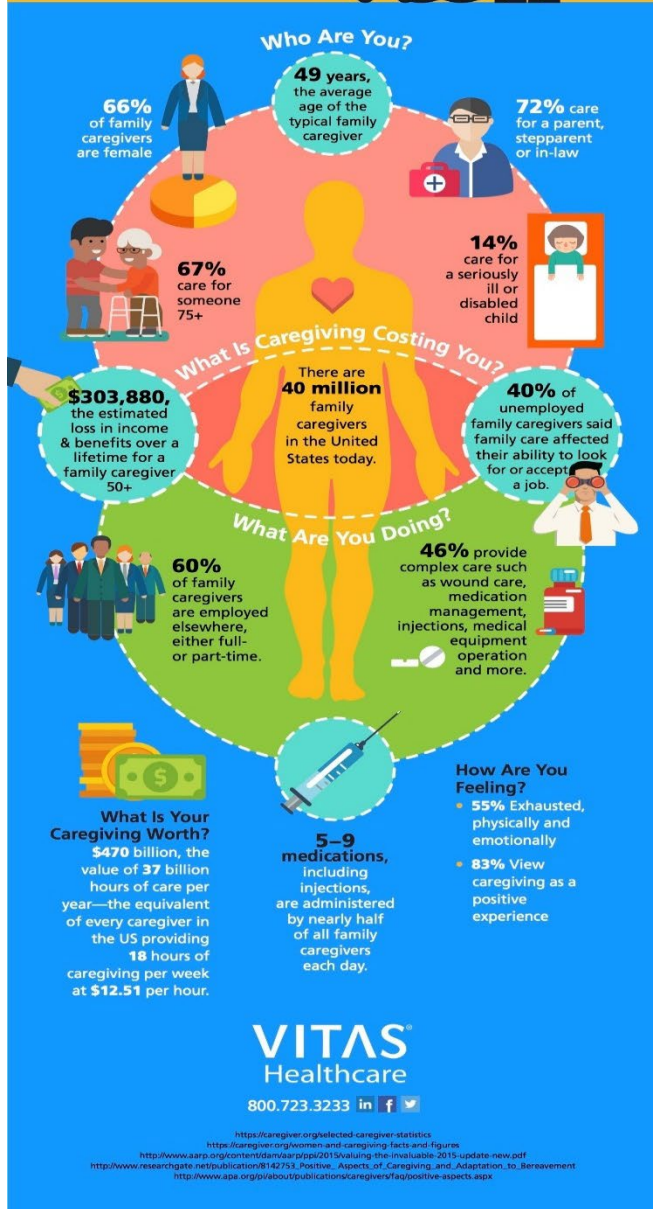
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Anatomy of a Family Caregiver

A look inside the family caregiver's world

A family caregiver is anyone who provides physical and/or emotional care for an ill or disabled loved one at home.



[HTTPS://WWW.VITAS.CO
M/FAMILY-AND-
CAREGIVER-
SUPPORT/CAREGIVING/
CAREGIVING-
BASICS/INFOGRAPHIC-
CAREGIVER-FACTS-AND-
FIGURES](https://www.vitas.com/family-and-caregiver-support/caregiving-basics/infographic-caregiver-facts-and-figures)



Caring for seniors with dementia



The Public Health Agency of Canada (PHAC), estimates that more than 402,000 seniors in Canada, or 7.1% of all people 65 and older (excluding Saskatchewan), have dementia; two-thirds of those are women.



\$1.4 billion

Estimated total out-of-pocket costs paid for by caregivers of people with dementia in Canada in 2016. These costs are projected to rise to \$2.4 billion by 2031.

83%



The number of seniors with dementia increased by 83% between 2002 and 2013.

45%

of caregivers to seniors with dementia experience distress compared with 26% for caregivers of other seniors.



61%

of seniors with dementia live at home. Most of them require support to do so comfortably.

26 hr/week

Unpaid caregivers to seniors with dementia spend an average of 26 hours a week providing care, compared with 17 hours for caregivers of other seniors.



58%

of children and spouses most commonly take on the role of caregiver to seniors with dementia (58% and 32%, respectively).



76,000

New cases of dementia are diagnosed in Canada every year.

Seniors with dementia living at home have complex care needs:

- 1 in 5 have severe cognitive impairment
- 1 in 4 require extensive assistance or are dependent on others to help with activities of daily living
- 1 in 4 have signs of depression
- 1 in 4 exhibit any responsive behaviours



Getting help

No one has to face dementia alone. Bayshore Home Health provides home care services to those living with dementia and respite services for those caring for someone with dementia. Call us today at 1-877-289-3997 or email us at clientservice@bayshore.ca

Bayshore
HealthCare

<https://www.bayshore.ca/infographics/>



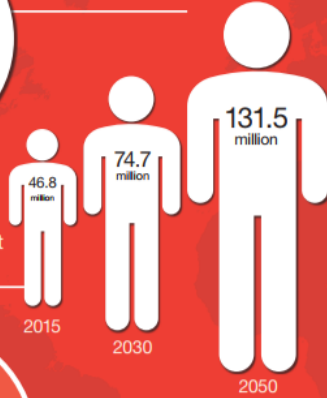
The global impact of dementia



Around the world, there will be 9.9 million new cases of dementia in 2015,

one every 3 seconds

46.8 million people worldwide are living with dementia in 2015. This number will almost double every 20 years.



Much of the increase will take place in low and middle income countries (LMICs): in 2015, 58% of all people with dementia live in LMICs, rising to 63% in 2030 and 68% in 2050.



The total estimated worldwide cost of dementia in 2015 is US\$ 818 billion. By 2018, dementia will become a trillion dollar disease, rising to **US\$ 2 trillion by 2030**

If global dementia care were a country, it would be the **18th largest economy** in the world exceeding the market values of companies such as Apple and Google



This map shows the estimated number of people living with dementia in each world region in 2015.

We must now involve more countries and regions in the global action on dementia.



Alzheimer's Disease International
The global voice on dementia

The World Alzheimer Report 2015 was independently researched by King's College London and supported by Bupa.

<https://www.thememorycenter.com/global-impact-of-dementia/>



This is How YOUR BRAIN AGES

It's no surprise that our brains change as we age; however, new studies report that mental decline may start around age 45 – earlier than was previously believed. While the brain goes through several significant changes as it gets older, it's not all bad news. Plus, there are several things you can do to make sure your brain stays healthy.

Timeline



Since the brain begins to grow four weeks after conception, it needs a healthy prenatal environment to develop properly.

Gestation



At certain times during brain development, 250,000 neurons are added each minute.



A shortened gestation period can lead to brain development disruptions, which may contribute to behavioral and psychological problems later on.



The brain produces twice the number of neurons it will need, and only those that are reinforced with use will remain.

Childhood



At this point in time, the brain is as energetic and flexible as it will be.



By age 6, a brain is 95% of its adult weight.



Some say our brains begin to age as early as puberty.

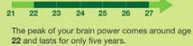
Adolescence



The brain is fully grown; however, the "wiring" is still a work in progress.



This time of life brings "waves of gray-matter pruning," which means teens lose about 1% of their gray matter every year until they hit their early 20s.



The peak of your brain power comes around age 22 and lasts for only five years.

What starts to decline? The abilities to plan and recall events, as well as task coordination.



By age 45-49, men and women suffer a 3.6% loss, and the brain's capacity for memory, reasoning and comprehension begins to wane.

Adulthood



Between 20 & 90, the brain loses an average 5-10% of its weight.



The grooves on the brain's surface widen.

The brain reaches adulthood when you're in your 20s.

By age 80, our brains have lost a little weight and have shrunk by a few ounces; most of the weight lost is water.



The shrinkage of the brain usually leads to worsened cognitive abilities, including inductive reasoning, spatial orientation and verbal memory. When the hippocampus begins to shrink, there's a loss of orientation and wandering, which many elderly people experience.

Old Age



Decayed portions of dendrites that extend from neurons increase.



By age 65-70, men will suffer a loss of 8.6%, and women will suffer a 7.4% loss.



Our brains essentially dry out as we age. Drinking more water will not help prevent that, and living in a dry climate won't increase the amount your brain shrinks.

Factors that may impact brain aging



Education
Constantly learn and keep your brain active.



Exercise
Walk rapidly for 45 minutes three times a week.



Rest
Sleeping eight hours a night may help prevent memory loss.



General health
Eat a balanced diet, don't smoke and maintain healthy blood pressure and cholesterol levels.



Hypertension
Speeds up normal brain shrinkage and loss of mental abilities.



Stress
Leads to the release of a hormone that in large amounts wears away the neurons in the hippocampus.

Sources: newscenter.com | mckoz.edu | psychologytoday.com | daymal.co.uk | medford.wv.edu
Information provided by: <http://www.bermlifeinsurance.org>



<https://www.pinterest.ca/pin/408349891195021109/>



STARTING THE CONVERSATION ABOUT IN-HOME CARE

SIGNS IT MIGHT BE TIME FOR IN-HOME SENIOR CARE



Resistance to leaving the house



Refusal to shower and/or change clothes



Weight loss from failure to cook or eat meals



Forgetting to take medication regularly and as prescribed



Getting confused when asked questions



Isolation from friends and family members

TIPS FOR HAVING THE CONVERSATION



START EARLY

Choose a comfortable time and place—keep it simple

Forethought is vital during early stages of diseases like Parkinson's or Alzheimer's

Ask open-ended questions to learn what is important to your loved one

Use words that are non-threatening and avoid acting like a parent

BE UNDERSTANDING

Diagnosis of Parkinson's or Alzheimer's is scary to hear. Realize that any resistance may be a result of fear of losing control. Put yourself in your loved one's shoes—would you want help with personal care? Look for signs of depression



BE HONEST

Express concern without accusing. "I'm worried about you," rather than "You can't take care of yourself"

Provide examples, such as "Your medications got mixed up"

Focus on the behavior, not the person

BE RESPECTFUL

It is hard for seniors to admit they can't do everything themselves anymore

Suggest ideas without being pushy

Remember that the decision is ultimately up to your loved one



ASK FOR HELP

Ask other seniors who use home care if they would be willing to talk about the benefits with your loved one

Meet with your loved one and his or her doctor for an unbiased opinion

Contact your local Veterans Administration or Area Agency on Aging for guidance

INFOGRAPHIC PROVIDED BY:
www.comfortkeepersspringkop.com



SOURCES:

www.comfortkeepers.com/office-326/family-education-center/starting-the-conversation
www.hillguide.org/elder/senior_services/living_home.htm
www.caregiverstress.com/family-communication/40-70/communication-tips



[HTTPS://WWW.PINTEREST.CA/PIN/455215474806565044/](https://www.pinterest.ca/pin/455215474806565044/)



Aged Care
Sector Committee

A Quality Vision for Aged Care



Quality is about the best possible experiences and outcomes for care.

PRINCIPLES

- Nothing about me without me
- Choice and control
- Empathy in communication and seeking to understand others' point of view
- Respect for diversity
- Support and encouragement of independence.

CHARACTERISTICS

Quality services encompass eight essential characteristics:

• Safe	• Transparent
• Effective	• Accessible
• Inclusive	• Responsive
• Caring	• Well-led

<p>SAFE</p> <p>Care is delivered in a way that is culturally safe, appropriate, accessible, and sensitive to individual needs.</p>	<p>EFFECTIVE</p> <p>Care is based on evidence that results in improved outcomes for everyone.</p>	<p>INCLUSIVE</p> <p>Aged care services embed an inclusive culture where everyone is valued and respected.</p>	<p>CARING</p> <p>Consumers are treated with dignity, empathy and respect. Services are delivered in ways that are responsive to individual needs or preferences.</p>
<p>TRANSPARENT</p> <p>Consumers, families and carers have easy access to high quality information that helps them make informed decisions.</p>	<p>ACCESSIBLE</p> <p>People can access quality care suited to their needs regardless of their circumstances.</p>	<p>RESPONSIVE</p> <p>Care is timely, dependable and consumer centred.</p>	<p>WELL-LED</p> <p>Well-led aged care organisations are underpinned by effective governance that defines their aims and translates them into action.</p>



COMMUNICATION STRATEGIES FOR DEMENTIA CARE

REALISE YOUR CHALLENGE THERE WILL BE GOOD DAYS AND BAD DAYS

BE PATIENT TOLERATE COMPASSIONATELY ANY DELAYS OR PROVOCATION

OFFER REASSURANCE LISTEN ATTENTIVELY & EMPATHIZE

MINIMIZE NOISE NOISE CAN DISTURB AND CONFUSE

AVOID ARGUING DO NOT CONTRADICT

USE NON-VERBAL CUES GESTURES, TOUCH & FACIAL EXPRESSIONS

BE PRECISE AVOID PRONOUNS SUCH AS 'THEY' 'HE' OR 'SHE'

KEEP IT SIMPLE MAKE SURE QUESTIONS CAN BE ANSWERED WITH 'YES' OR 'NO'

BE SENSITIVE DON'T TALK ABOUT THEM AS IF THEY WERE NOT THERE

TAKE A BREAK IF YOU FEEL FRUSTRATED, TAKE A BREAK

www.goldencarers.com

<https://www.facebook.com/dementia.awareness.every.day/posts/ten-sensible-communication-strategies-for-dementia-carehttpswwwfacebookcomgolden/1148430068625115/>

<https://health.gov.au/elementor-15906/>




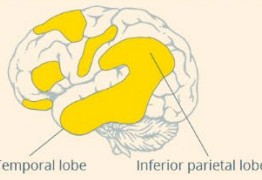

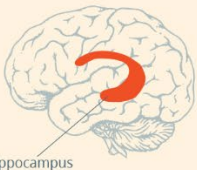

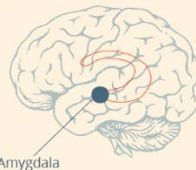

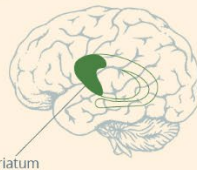
Alzheimer's Symptoms



<https://www.nicabm.com/trauma-how-trauma-can-impact-4-types-of-memory-infographic/>



How Trauma Impacts Four Different Types of Memory

EXPLICIT MEMORY		IMPLICIT MEMORY	
SEMANTIC MEMORY	EPISODIC MEMORY	EMOTIONAL MEMORY	PROCEDURAL MEMORY
<p>What It Is The memory of general knowledge and facts.</p> <p>Example You remember what a bicycle is.</p>  <p>How Trauma Can Affect It Trauma can prevent information (like words, images, sounds, etc.) from different parts of the brain from combining to make a semantic memory.</p> <p>Related Brain Area The temporal lobe and inferior parietal cortex collect information from different brain areas to create semantic memory.</p> 	<p>What It Is The autobiographical memory of an event or experience – including the who, what, and where.</p> <p>Example You remember who was there and what street you were on when you fell off your bicycle in front of a crowd.</p>  <p>How Trauma Can Affect It Trauma can shutdown episodic memory and fragment the sequence of events.</p> <p>Related Brain Area The hippocampus is responsible for creating and recalling episodic memory.</p> 	<p>What It Is The memory of the emotions you felt during an experience.</p> <p>Example When a wave of shame or anxiety grabs you the next time you see your bicycle after the big fall.</p>  <p>How Trauma Can Affect It After trauma, a person may get triggered and experience painful emotions, often without context.</p> <p>Related Brain Area The amygdala plays a key role in supporting memory for emotionally charged experiences.</p> 	<p>What It Is The memory of how to perform a common task without actively thinking</p> <p>Example You can ride a bicycle automatically, without having to stop and recall how it's done.</p>  <p>How Trauma Can Affect It Trauma can change patterns of procedural memory. For example, a person might tense up and unconsciously alter their posture, which could lead to pain or even numbness.</p> <p>Related Brain Area The striatum is associated with producing procedural memory and creating new habits.</p> 



12 WAYS TO KEEP YOUR BRAIN HEALTHY



Stimulation

Challenge your brain with puzzles, games and new inputs



Exercise

Consistent physical exercise will heal the brain and keeps it fit



Proper diet

Eat foods with protein, unsaturated fat, fruits and vegetables



Safety

Avoid head trauma by wearing helmets and seat belts



Sleep habits

Brains need around 7-8 hours of sleep to process & recharge



Learning

Keep your brain young by learning new things like a language



Switch routines

Change habits, it will surprise your brain & turns off auto-pilot



Be social

Interacting will trigger brain processes and lowers depression



Manage stress

Try relaxation, as stress exhausts your brain and hormones



Read books

Words and stories reduce the risk of cognitive decline



Avoid substances

Alcohol, drugs and smoking is bad for your brain health



Digital detox

Too much screen time impacts sleep and will overwhelm the brain

@THEPRESENTPSYCHOLOGIST

https://www.linkedin.com/posts/debrakurtz44_brain-infographic-resilience-activity-6937398713266962432-YEAF/

<https://www.goodtherapy.org/blog/can-we-purposely-make-memories-last-forever-0324167/improve-memory-infographic>



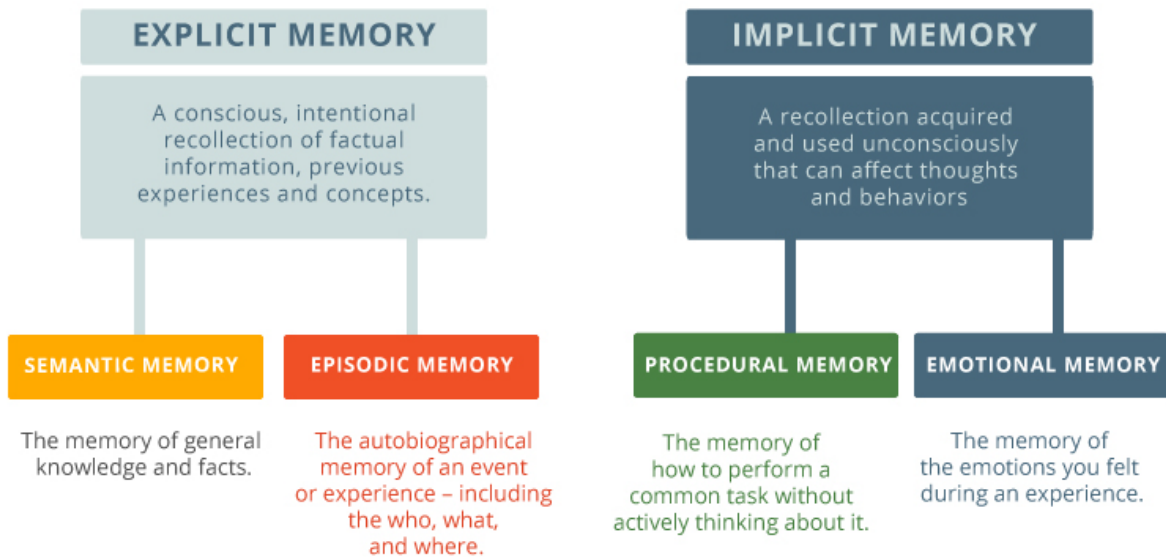
9 Ways to Prolong Memories



GoodTherapy.org®

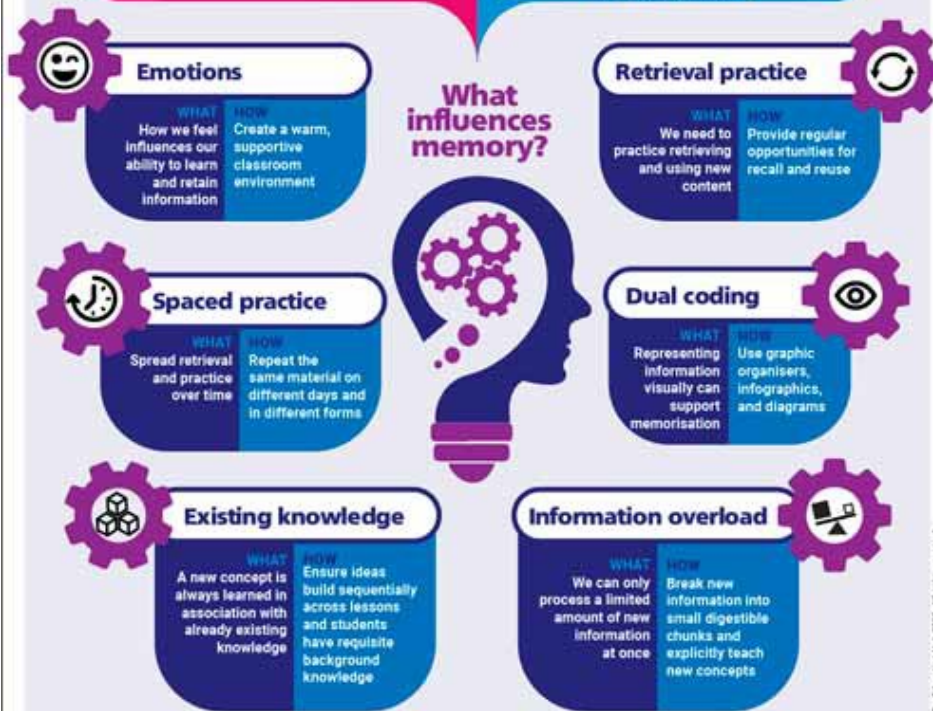
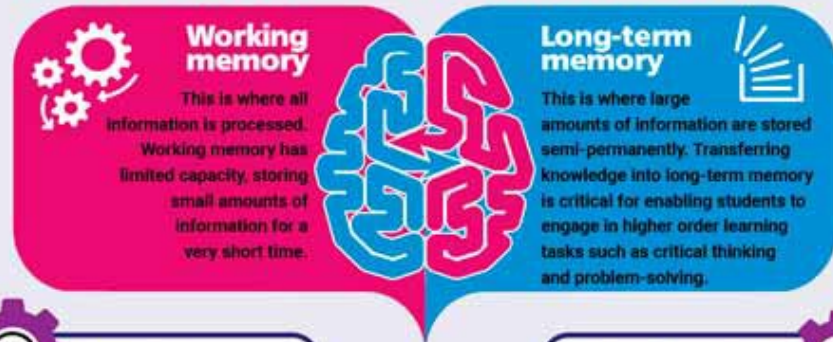


Part 1: Four Different Types of Memory



Memory

Memory is person's ability to retain information over time



For more research-informed educational resources and information, visit theeducationhub.org.nz

<https://www.nicabm.com/trauma-how-trauma-can-impact-memory-infographic/>



Part 2: The Four Types of Memory in Action

1. SEMANTIC MEMORY



You remember what a bicycle is.

2. EPISODIC MEMORY



You remember the sights and sounds and how scary it was to hit the rock and fall.

3. PROCEDURAL MEMORY



You can ride a bicycle automatically, without having to stop and recall how it's done.

4. EMOTIONAL MEMORY



Next time you see your bike, you're flooded with embarrassment because people saw you at an awkward and vulnerable moment.

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<https://www.nicabm.com/trauma-how-trauma-can-impact-memory-infographic/>

<https://visual.ly/community/Infographics/how/how-improve-your-memory-easy-tips>



6 Ways to a Better Memory



TIPS TO IMPROVE MEMORY



Effective learning can only be achieved if you're able to focus your complete attention on what you are trying to learn.

by Acadoceo | Acadoceo.com

1 READ, READ, READ

Reading your textbook, academic articles and journals will broaden your understanding. Make shorter notes for yourself and then study your own notes.



2 LISTEN TO AUDIO

Listen to audio on the topic and write down some key notes on what they're saying that can help you better understand the subject you're learning.

3 WRITE THINGS DOWN

Make your own notes from what you have read in the textbook. Write questions and answer them later. These can be questions from your textbook or even questions that you think are likely to come up on the exam. This is a good way to test your understanding of what you learnt and help you remember it.



4 TALK OUT LOUD

You can read the topic out loud, or try to teach the topic to someone else.



5 MIND MAPPING

Mind maps are a great way to break down information into a simple diagram that can be remembered more easily. They're also a good way to test whether you know the subject matter. You can redraw the diagram and deliberately leave blanks to see can you fill them in again or whether you can discuss the topic in more detail by only looking at the key headings on the mind map.



6 TEST YOURSELF

Use past exam papers. This is great for not only testing your knowledge but also familiarising yourself with the exam format and structure, which will help you settle into the exam much quicker and easier on the day. Use questions from the textbook.



7 PRACTICE

To improve memory it is important to keep going back over information that you learn, using different formats of learning.

8 EAT PROPERLY

Fueling the mind is an essential element of increasing focus and concentration. Research has indicated that students learn much better when they're well nourished. How often you eat can also have a powerful effect on your energy levels.



[HTTPS://WWW.PINTEREST.CA/PIN/42502790217254861/](https://www.pinterest.ca/pin/42502790217254861/)

<https://www.linkedin.com/pulse/benefits-providing-access-exercise-social-care-services-bartle/?articleId=6225303065021419520>

EXERCISE & DEMENTIA BARTLE & BEHRENS 2016

REFERENCES EMBEDDED

Chair Exercise

Swimming bike riding
Tai chi
TENNIS
Walking
DANCING

There are many types of exercise including: balance, flexibility, strength & endurance.

Exercise is planned, structured & repetitive movement to improve health. Physical activity is any movement which contracts skeletal muscles & increases energy expenditure.

Exercise may improve vascular, respiratory function, balance & muscle strength. It can also help with sleep, improve mobility & reduce the risk of falls.

Barriers to exercise: pain, fear of falling, muscular skeletal problems, gait & balance disturbance, sensory loss, respiratory problems, hypertension. Organisational: staffing level & skills, access & policy priorities.

Medical advice should be sought before exercise.

Difficulties engaging in exercise: cognitive difficulties with coordination, motor skills, visual perceptual, & memory problems, depression & anxiety.

Regular exercise may reduce the risk of **E** developing dementia. Exercise may also improve psychiatric symptoms associated with dementia (e.g. depression, anxiety), **E** improve cognitive function & may act directly on the **E** pathology of dementia.


STRATEGIES:
Consider building design: access to outside
Offer chair based exercise
Manage pain effectively
Use memory prompts & cues
Educate on benefits of exercise

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<https://answersforelders.com/fall-prevention-infographic/>



**CONCERNED ABOUT YOUR
SENIOR LOVED ONES?
*YOU ARE NOT ALONE***

EVERY
13
SECONDS

EVERY
20
MINUTES

**AN OLDER ADULT IS
TREATED IN THE ER
BECAUSE OF A FALL**

**AN OLDER ADULT
DIES FROM A FALL
RELATED INJURY**

<https://mind.help/topic/alzheimers/>



WHAT IS ALZHEIMER'S DISEASE (AD)?

It is a type of dementia which leads to a decline in thinking, memory, behavior and daily social & occupational functioning. It mostly affects people over the age of 65.



SYMPTOMS

- a. Memory problems.
- b. Cognitive deficits.
- c. Forgetfulness
- d. Inability to recognize people or things.
- e. Behavior changes.



STAGES

1. There are no noticeable symptoms or problems during this early stage.
2. Minor memory problems may appear, like forgetfulness, which may also be due to the normal aging process.
3. Mild cognitive and physical impairments may become noticeable, like cognitive problems, decreased attention & memory etc.
4. The person may experience impairment in the ability to perform daily tasks.
5. Symptoms become moderate to severe, the patient may require help and support from caregivers or loved ones in daily activities.
6. The person may need continuous supervision with basic tasks, like wearing clothes or eating.
7. People may lose their ability to communicate and may need constant assistance.



CAUSES

- a. The abnormal build-up of proteins in and around brain cells.
- b. Genes.
- c. Aging.
- d. Brain injury.
- e. Childhood experiences.



TREATMENT

1. Medications-
 - a. Acetylcholinesterase (AChE) inhibitors
 - b. Memantine.
2. Therapy -
 - a. Cognitive stimulation therapy (CST)
 - b. Cognitive rehabilitation therapy



PREVENTION

- a. Socialize & talk to your friends and family frequently.
- b. Stay physically active.
- c. Avoid substances.
- d. Practice cognitive training exercises.



MIND JOURNAL



10 EXERCISES FOR YOUR BRAIN THAT CAN HELP TO BOOST MENTAL FITNESS



BELIEVEPERFORM

BODY SCAN



Take 5 minutes to scan your mind and body to check in with your mental and physical health

JOURNAL



Each day take 10 minutes to write down what you are thinking and how you are feeling

GOOD THINGS



At the end of your day write down 3 good things you have achieved and what those things say about you as a person

STRENGTHS

Write down your top 5 strengths and how you will put them into action throughout your day

ACTIVITY SCHEDULING



At the beginning of each week take 10 minutes to schedule activities into your week that provide you with a sense of connectedness, pleasure and achievement

RESILIENCE



Check in with your resilience by identifying times in the past where you coped well with stress and what things you did well to manage the demands

BOX BREATHING



Take a couple of moments to pause and engage in box breathing to calm your mind and body

THINKING ERRORS



Become more aware of thinking errors to help build more rational beliefs and thoughts



@BELIEVEPHQ

VALUES



Identify your top 3 values and what activities you will engage with each week that will provide you with a sense of meaning and importance

MINDFUL



Choose a couple of activities each day where you can try and connect to the present moment by using all your senses



HOW TO ENSURE TRANSPARENCY IN FAMILY ENGAGEMENT IN SYSTEMS

TRANSPARENCY

Organizations must clearly document and communicate how they:


- Identify issues faced by the children, youth, and families it serves.
- Provide the information & supports families & staff need to partner, participate, & contribute to their maximum potential.

IDENTIFY THE ISSUES

- Partner with family-led or community-based organizations to learn what they are hearing from families.
- Reach families directly.
- Co-create needs assessments, surveys, conduct focus groups, other feedback mechanisms.
- Use data from a variety of sources.



PROVIDE INFORMATION & SUPPORT

- Develop clear role descriptions to help move families "beyond the checkbox."
- Provide mentors to help families learn how to use their live experiences to improve systems of care for all children.
- Share jargon-free materials before  meetings to ensure sufficient preparation time.

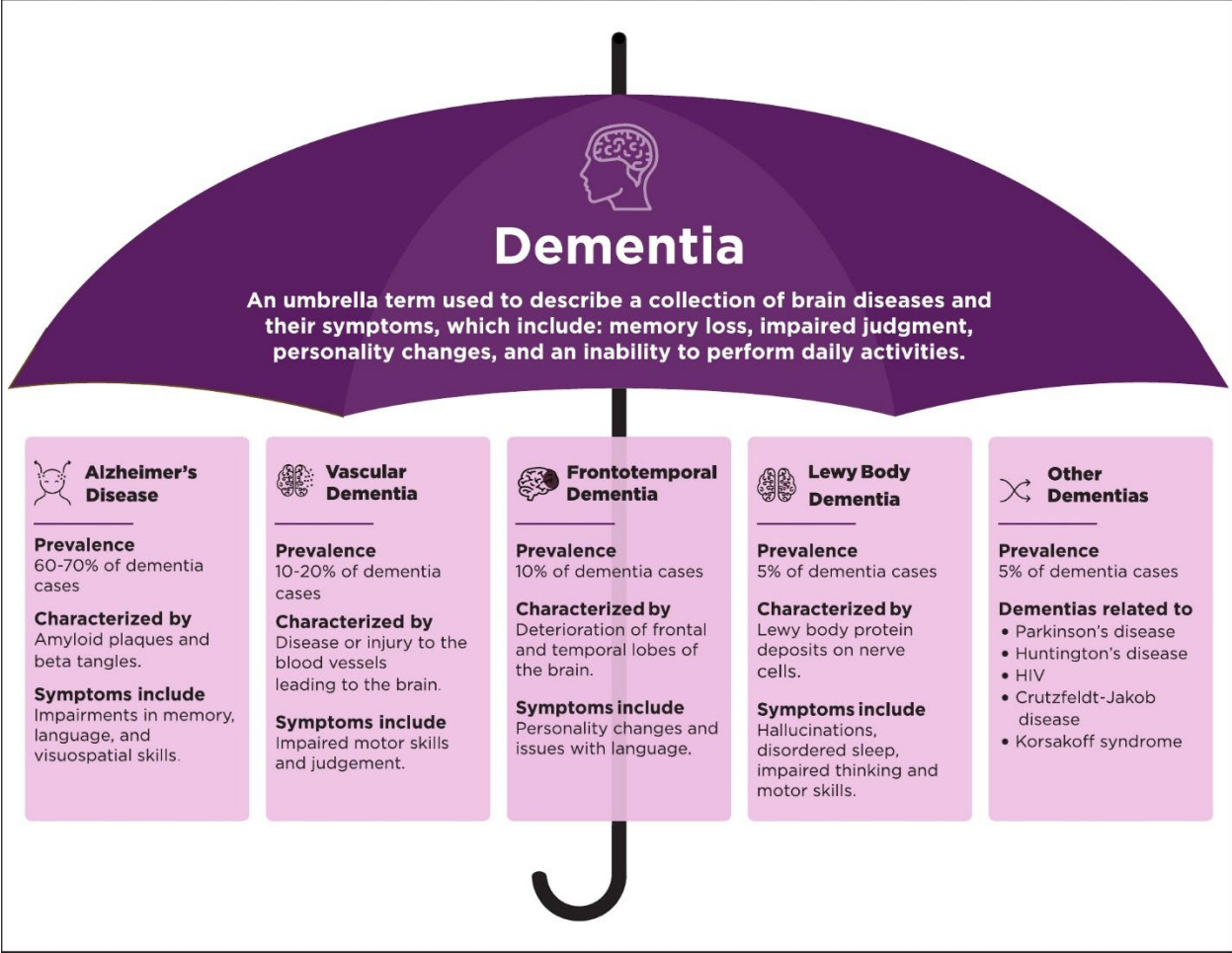


LEARN MORE

Visit the Assessing Family Engagement webpage and download the **Family Engagement in Systems Toolkit**, a collection of strategies and resources to help improve family engagement in systems-level initiatives.

FAMILY VOICES® www.familyvoices.org





<https://norwoodmemorycafe.com/resources/>



"Some cities have programs to help facilitate meaningful engagement and community involvement for individuals with dementia."

– Molli Grossman

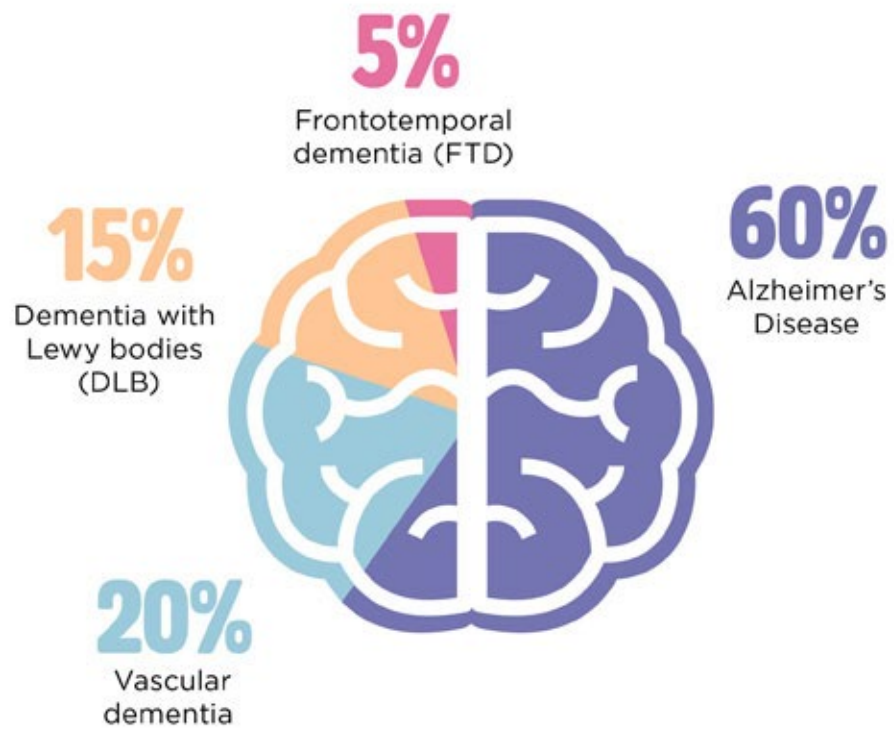




INFOGRAPHIC: Common Dementia Behaviors and Caregiver Strategies

<https://www.caringseniorservice.com/blog/infographic-common-dementia-behaviors>

<https://www.liveincarar.org/signs-symptoms-of-dementia/>



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's  association*

THE BRAINS BEHIND SAVING YOURS:

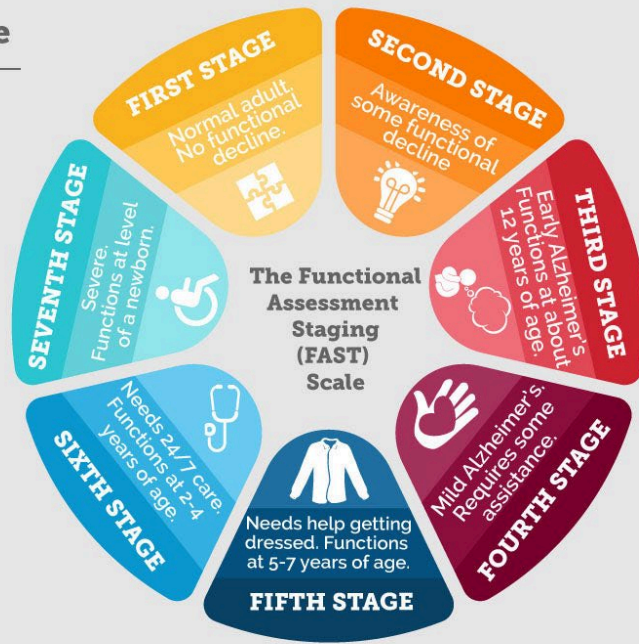
<https://www.thememorycenter.com/10-ways-to-love-your-brain/>



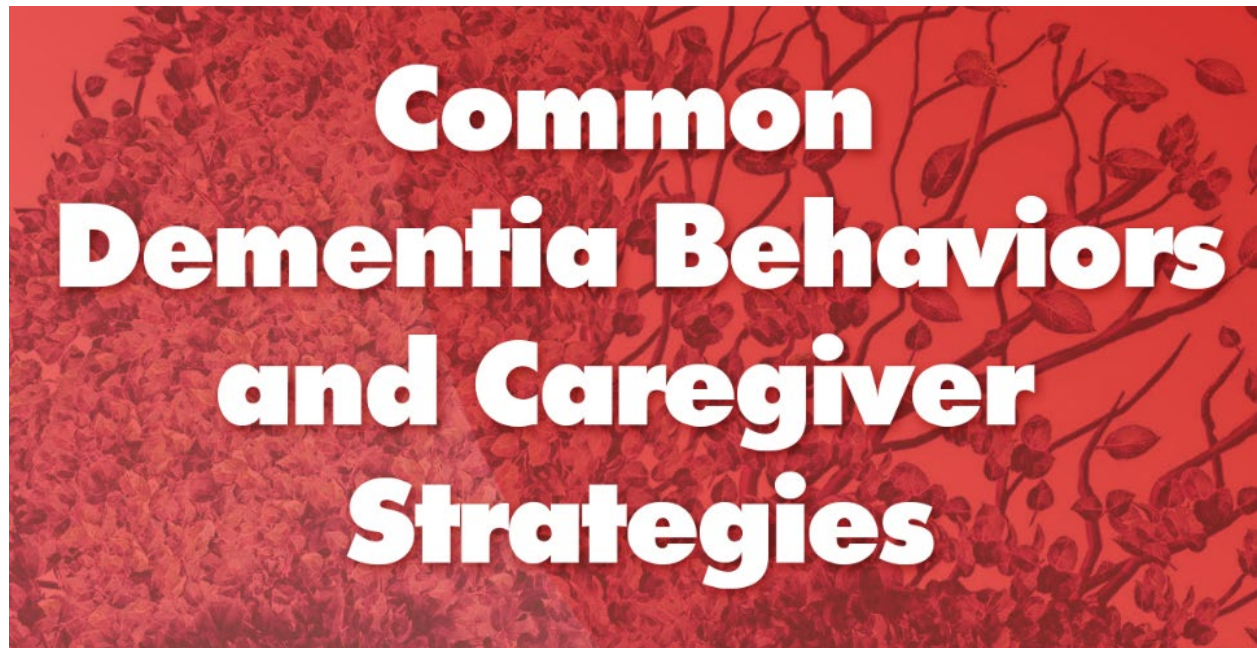
The Stages of Alzheimer's Disease

To better understand how Alzheimer's disease affects the Hypothalamus and other regions of the brain, it's helpful to first have an understanding of the seven primary stages of this progressive disease.

The FAST scale was developed at the New York University Medical Center's Aging and Dementia Research Center.



Common Dementia Behaviors and Caregiver Strategies



When a loved one has dementia, they may not act like themselves. The disease may cause strange behaviors that seem out of character. Here is a common list of dementia behaviors along with some caregiver tips to handle each new behavior.

Seniors with dementia exhibit behaviors that may seem confusing or inexplicable. However, these behaviors are often overlooked as symptoms of dementia because they vary from person to person.

Wandering

Wandering can be one of the most frightening and dangerous dementia symptoms. Individuals with dementia can become confused and easily get lost when they wander outside of the home, even when they have spent many years in the same home.



Tips for Caregivers:

- If your loved one is no longer safe to be out alone, the first thing to do is to "escape proof" the home. Locks, windows, and door monitors, security cameras and even baby monitors can help you feel more secure about the safety of your loved one at night.

Sleeplessness

People with dementia may also experience changes in their sleep schedule or have difficulty with sleeping as a symptom of the disease. Sleep changes seem to result from the disease's impact on the brain, but the specific causes are unknown.

Tips for Caregivers:

- Maintain a regular schedule of awake and sleep times.
- Limit daytime naps.
- Take your loved one outdoors on a regular basis and try to add a walk into that time.
- Eliminate alcohol and drinks with caffeine.
- Make their bedroom restful and noise-free.
- Identify any potential sources of pain or medications that cause wakefulness.

Malnutrition

Eating either too much or too little can be a major problem for seniors with dementia. There are many negative consequences of poor nutrition, including weight loss, irritability, sleeplessness, bladder or bowel problems, and disorientation.

Tips for Caregivers:

- Develop a sense of humor and some flexibility regarding meals.
- Take a break and eat your lunch with your loved one.
- Eliminate mealtime stress.
- Have healthier snacks available and visible.
- Provide nutritious high-calorie snack.
- Serve food that is familiar and easy to eat.

Resistance to Bathing

People with dementia can sometimes have difficulty remembering to maintain good hygiene, such as brushing their teeth, toileting, bathing, and changing their clothes.

Tips for Caregivers:



- As the caregiver, you should investigate some of the reasons they are resistant and see if you can help.
 - Does the person feel unsafe?
 - Are they able to see and comprehend the actual depth of the water?
 - Have they been shown the safeguards and grab bars?
 - Is the water too hot or too cold?
 - Are they uncomfortable being in a hospital or getting undressed in front of strangers?

Incontinence

Seniors with dementia often develop incontinence, or the loss of bladder or bowel control, in the later stages of dementia.

Tips for Caregivers:

- Remain calm and reassure them when they do have accidents.
- Provide clothing that is easy to remove.
- Make the bathroom easy to find and use.
- Ensure that they can safely get to the toilet, especially at night.
- Reduce fluids right before bed.
- Establish a consistent bathroom schedule.

Repetition

Constant repetition of words (perseveration) or other redundant behaviors can be irritating for both the caregiver and person with dementia.

Tips for Caregivers:

- Reassure them, provide comfort, and be patient.
- Try not to remind them or yell at them that they just asked the same question.
- Try diverting their attention with a snack or new activity.
- Don't discuss plans with them until right before the event to avoid further confusion.
- Try using reminders around the house, such as notes that say the time of dinner or other events they might wonder about.
- Pay attention and recognize common repetitive behaviors; they could be trying to communicate an important need.



Expletives

These behaviors may be especially common in frontotemporal dementia. It is important to recognize that a person with dementia may not be aware of their inappropriate behavior and to apologize on their behalf to anyone who may have taken offense.

Sexual Inappropriateness

A side effect of memory decline or cognitive impairment can often lead to older adults mistaking people for others, acting out of character, or believing they are someone else completely. Sexual inappropriateness can be a side effect of these delusions, and it is necessary to recognize that their behavior is not voluntary but rather due to a lack of inhibition from their dementia.

Visuals are here: <https://www.caringseniorservice.com/blog/infographic-common-dementia-behaviors>



15 Science-Backed Memory Tips Infographic

The World Memory Champions can memorize 4,140 random binary digits in just a half an hour. But what about the regular person? There are ways to improve your memory that anyone can do - it just takes some practice. Follow these 15 science-backed memory skills to help you supercharge your mind and learn like a champion.

1. Turn Words into Pictures

Our brains encode visual memories differently than words, making it easier and quicker to remember visuals. Associate words with pictures to help remember them.

2. Recall Just Before You Forget

We forget up to 80% of information in the first few days. Revisit it the day after learning and frequently after that for the best retention.

3. Concentrate

Keep your attention on the goal at hand. You make three times as many mistakes when multitasking.

4. Learn How You Learn

You might be a visual, tactile, auditory, or kinesthetic learner. School tests scores have risen 50% when students are taught to their strengths.

5. Combine Your Senses

Use a combination of visual, auditory, kinetic, and tactile techniques when learning something to increase memory 10% compared to learning something with just one sense.

6. Make an Emotional Connection

Produce stronger memories by creating an emotional connection to the topic. You can remember up to twice as much information this way.

7. Use Flashcards

Use flashcards to work your active memory recall. They can strengthen memory by 50% according to a study from Washington University in St. Louis.

8. Write It Down

Write meeting notes with pen and paper. You will remember more than typing with laptop.

9. Repeat Verbally, Repeat Verbally



Repeat a list aloud to trick your brain into remembering something. This helps combine brain functions to make the memory stronger.

10. Smell Your Memories

Associate smells to help trigger your brain's memory of that association. Your amygdala (smell function) is directly connected to the hippocampus (memory function) in your brain.

11. Associate Ideas

Remember things by attaching ideas to them. You are more likely to remember that Dave is a baker than if his last name is Baker.

12. Use a Rhyme All the Time

Think of a rhyme to remember something. It acts as a shortcut to recalling information in your brain.

13. Take a Break

Take a ten-minute break to help you retain 20% more information than if you didn't take a break according to psychologists at University of Edinburgh.

14. Chunk Information

Most people can remember about seven chunks of information in their short term memory. One of the most common examples is a phone number.

15. Memory Palace

Create a room in your mind and imagine putting representations of the information into that room so you can "revisit" them later. This helps link information to your spatial memory.

Via: <https://getvoip.com/blog/2017/02/06/memory-skills/>

Embed this Infographic on your site or blog!



Resources and Suppliers for Memory Care

With humility, we offer hundreds of items that help with memory care programming as well as for caregivers working with their families and clients.

For quick review you can visit our websites for libraries:

<https://www.mindcaresstore.com/Libraries>

We also offer this complete list of white papers and presentations for public libraries:

Memory Care Programs in Public Libraries: Backgrounder and FAQ (101-page PDF)

Directory of Memory Care Program Ideas (94-page PDF)

Sample Memory Care Program Template for Public Libraries: ALA Edition (3-page PDF)

Memory Care Infographics in Public Libraries: Education, Advocacy, and Marketing Inspirations and Links for ALA Conference (61-page PDF)

Products and Ideas that You May have Never Imagined are Available to Help! (104-page PDF)

Caregiver Presentation: Products and Ideas that You May have Never Imagined are Available to Help! (104 slide editable PPT)

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