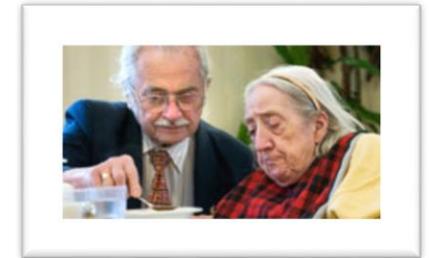


Alzheimer Society

DURHAM REGION



Brain Health and Dementia Awareness

City of Pickering

October 18, 2018

Dawn Hannah, Public Education Coordinator



Dementia In the News

Stroke Prevention May Also Reduce Dementia

Date: May 3, 2017

Source: UWO, Lawson Health Research Institute

Mental Stimulation in Older Adults Decreases Risk of MCI

Date: January 30, 2017

Source: JAMA Neurology

Volunteering Can Reduce Dementia Risk in Seniors

Date: May 11, 2017

Source: University of Calgary

Exercise Can Protect the Brain From Alzheimer's

Date: May 16, 2017

Source: BMC Public Health



OBJECTIVES

- Overview of dementia
- How to reduce your risk for dementia
- Alzheimer Society of Durham Region



The Impact of Dementia is Far Reaching

937, 000
by 2031

\$10.4B / Year

564 000 in 2017



MOTHERS. YOURS MAY
BE PART OF THE 72%.

Alzheimer
Society

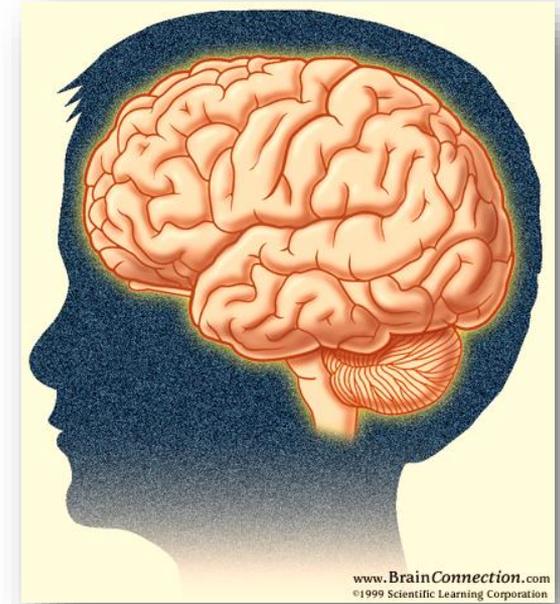
Age 65

Doubles every 5 years...



What is Dementia?

- Dementia is a brain disorder and Alzheimer's disease is a common cause
- The symptoms of dementia include:
 - Memory loss, changes in thinking, problem-solving, language
 - Difficulty performing daily activities
 - Changes in mood and behaviour
 - *A significant decline in the ability to manage one's life*
- Symptoms are irreversible and shorten life expectancy
- Dementia is NOT normal aging



Different Causes of Irreversible Dementia



**Alzheimer's
disease**

**vascular
dementia**

**Lewy body
dementia**

**frontotemporal
dementia**

**mixed
dementia**

Recognize (10) Warning Signs

1. Memory loss that affects daily function
2. Difficulty performing familiar, lifelong tasks
3. Problems with language
4. Disorientation in time and place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things in unusual places
8. Changes in mood and behaviour
9. Changes in personality
10. Loss of initiative



Get Diagnosis and Treatment

“If you’re concerned about whether or not you might have Alzheimer’s or your loved one might, the best thing to do is go and see the doctor as soon as possible and have the testing.” Mary McKinley, diagnosed with dementia

Clinical diagnosis involves a set of tests

Your doctor/NP will conduct:

- medical history
- mental status screening
- laboratory tests
- physical exam

And may request:

- neuropsychological evaluation
- specialist consultation
- brain imaging
- referral to memory clinic or geriatric clinic



Early diagnosis will optimize safety, care, treatment and support



Get Educated

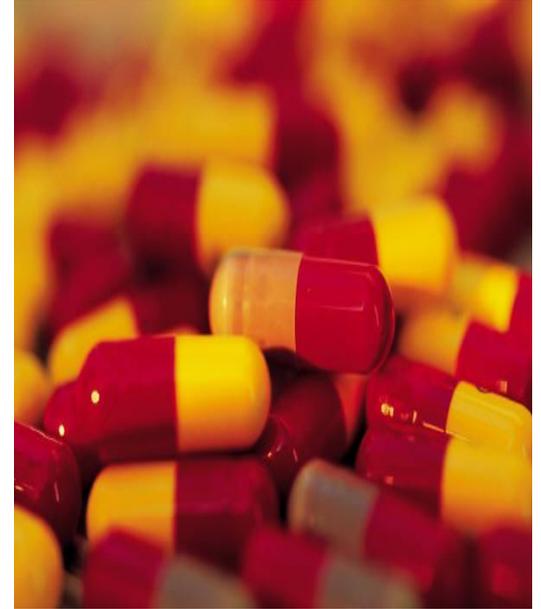
“Your fear is 100% dependent on you for its survival.”

Steve Maraboli, Life, the Truth, and Being Free

STAGE	CHANGING ABILITIES OVER TIME
Early	Complex tasks become challenging over time
Middle	Decline in self care abilities
Late	Loss of mobility and verbal abilities; 24 hour care needed
End of Life	Difficult decisions about quality of life and medical treatments

Treatable Causes of Memory and Cognitive Problems - *examples*

- Clinical depression
- Reactions to medications or alcohol
- Nutritional disorders
- Heart and lung problems
- Metabolic disorders
- Infections



Dementia Risk Factors

Modifiable:

- Smoking
- High blood pressure
- Diabetes
- High cholesterol
- Obesity & lack of physical activity
- Other: alcohol, low education, head injuries

Non-modifiable:

- Age
- Family history & genetics
- Gender
- Other: Parkinson's Disease, chronic kidney disease

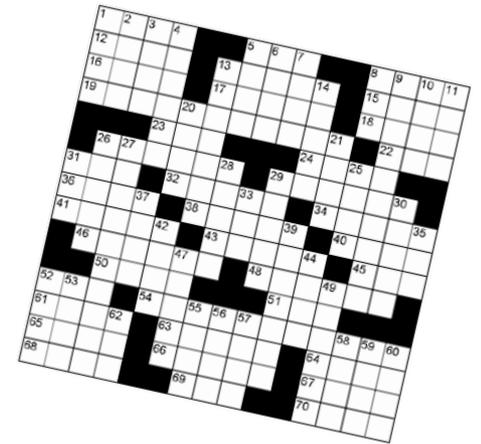
Be Physically Active

- 30 minutes, 5 times a week (150 min per week)
- Pick something you enjoy
- Create a personal schedule
- Durham has many options
 - Over 35 Community Centres
 - Dancing
 - Lawn bowling
 - Intramural leagues
 - Tai Chi
 - Laser Quest
 - Walk or ride along the water front



Challenge Your Brain

- Do something new or challenging **every day**
- Play games to challenge your mind
- Pursue a new interest such as learning a language or an instrument
- Shake up your routine
- Keep up hobbies
- Pursue cultural activities



Eat Right

- Make this a priority **every day**
- Follow the Health Canada Food Guide
- Enjoy a variety of foods
- Emphasize vegetables, fruit and complex carbohydrates
- Enjoy omega rich foods
- Practice the Mediterranean diet
- Foods high in anti-oxidants
- Maximize nutrient content with healthy cooking methods



BRAIN HEALTH TIP:
Follow a healthy diet.



Find out more

Photos courtesy of The Age and Quincy Herald-Whig

Get Social

- **Accept** invitations - enjoy events with family and friends
- **Participate** in service clubs, volunteer work, hobby groups
- **Combine** social interaction with physical activity
- **Help** someone out – practice a random act of kindness
- **Make** the most of your daily opportunities to socialize



Additional Ways to Protect Your Brain



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Give to Get and The Daily Double

- Volunteering has brain boosting benefits!
- Be a Dementia Friend
- Become a Champion for Dementia
- Select activities that have multiple benefits



www.dementiafriends.ca

Get Educated

“The Alzheimer Society helps me understand what is happening to me.”

Elizabeth Allen, diagnosed with dementia

- First Steps workshop and lectures
- Taking Control of Our Lives
- Next Steps for Families and Friends
 - Overview of Dementia
 - Understanding Communication and Responsive Behaviours
 - Managing Caregiver Stress Positively
- Resilient Caregiver
- Options for Care
- Comfort and Care in Late Stage Dementia



Live Well Stay Active

“Instead of focusing on what I have lost, I am focusing my attention on the activities I can still enjoy.”

Frank Carlino, diagnosed with Alzheimer's

- Alzheimer Society Social-Recreation and Music Programs:
 - Minds in Motion
 - Walking Buddies | *One Step Ahead*
 - Choir
 - Brain Wave Cafés
 - Music and Memory (iPod project)
- Adult Day Programs
- Dementia friendly communities
 - Blue Umbrella Whitby and Ajax



Live Well

Recognize Caregiver Needs

“You’re on your own and I waited too long....I knew it because I was losing patience with him.”

Linda Assad-Butcher, Caregiver

- Self care & staying connected
- Caregiver Support Groups
- CE LHIN home & community care
- Community Care Durham
- Respite Programs
- Adult Day Programs
- Private services



Live Well

Specialized Services

“He is not the problem. He has a problem.”

--Sharron Cooke, the voice of a resident

- **GEM** nurses: Lakeridge Health Oshawa (LHO) and Ajax emergency departments
- **GAIN** Clinic & Community Team: LHO, Carea Community Health Centre, Centenary Hospital
- **Memory Clinics:** Ontario Shores, Primary Care Collaborative Memory Services (Courtice & Bowmanville Health Centre)
- **Psychogeriatric Community Support Program**
- Geriatric Services, **Ontario Shores Centre for Mental Health Sciences**
- **Behavioral Supports Ontario**

Live Well

Safety comes First!

“... it was like somebody dropped me in the middle of the city somewhere.”

James Berry, diagnosed with dementia

- ___ out of 5 people with dementia go missing, often without warning
- Half of those not found within ___ hours will be gravely injured or die
- Nearly ___% of people who go missing are found *within a quarter mile* of their home or last location seen
- Having a safety plan can help!



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Thank You!



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