

# DEMENTIA

Umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life

Alzheimer's Dementia, 60-80%

Lewy Body Dementia, 5-10%

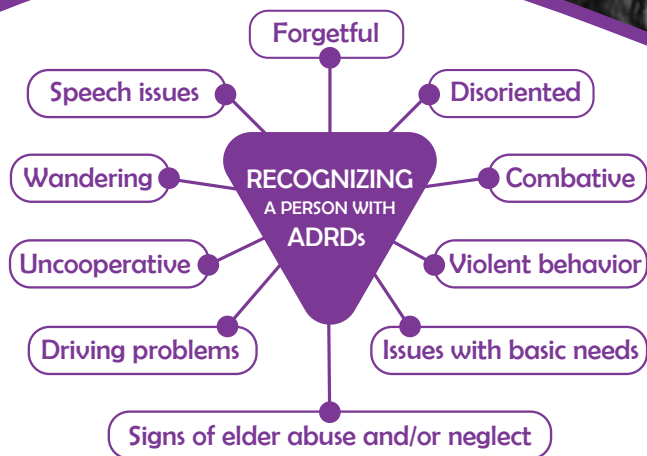
Vascular Dementia, 5-10%

Frontotemporal Dementia, 5-10%

Others: Parkinson's and Huntington's

Mixed dementia: Dementia from more than one cause

\*Percentage represents the occurrence/number of cases for each type of dementia.



## Early Stage Symptoms

- ▶ Repeating questions, talking with pauses, poor eye contact.
- ▶ Difficulty completing normal tasks.
- ▶ Poor judgment.
- ▶ Forgetting material that has been recently read.

## Middle Stage Symptoms

- ▶ Problems recognizing family and friends.
- ▶ Poor motor skills.
- ▶ Unbalanced walking/strange gait.
- ▶ Changes in behavior and personality.

## Late Stage Symptoms

- ▶ Can't recognize others or themselves.
- ▶ Inability to communicate.
- ▶ Difficulty swallowing, lack of bladder and bowel control.
- ▶ Skin infections, weight loss.

## Emergency and Disaster Response Guide

In Support of Individuals with Alzheimer's Disease and Related Dementias (ADRDs)

You may find yourself in a situation where someone with ADRDs needs your help. As community members, each of us can play a role in supporting these individuals.

### About ADRDs:

- Dementia refers to loss of memory and thinking abilities.
- Alzheimer's Disease is the most common cause of dementia, accounting for 60-80% of cases.  
-Source: Alzheimer's Association
- The number of people with ADRDs is expected to rise with the aging U.S. population.
- More than 95% of people with dementia have one or more other chronic conditions.
- Alzheimer's complicates management of other conditions, resulting in increased hospitalizations and emergency situations.

-Source: Healthy Brain Initiative State and Local Public Health Partnerships to Address Dementia: 2018-2023 Road Map



## Communicating with People with ADRDs

### Effective Communication Tips

- ▶ Approach person from the front, introduce yourself.
- ▶ Remain calm, smile and use a friendly voice.
- ▶ Speak slowly in simple sentences. Ask simple questions. Be patient; wait for them to respond.
- ▶ Be mindful of your body language.
- ▶ Change the topic to something pleasant if the person becomes agitated.
- ▶ Provide security and comfort.

### What NOT To Do

- ▶ Don't approach from behind without warning.
- ▶ Don't argue and try correcting the person if they are not making sense.
- ▶ Don't repeat a question too many times. It may cause agitation.
- ▶ Don't touch the person without asking or explaining.
- ▶ Don't take comments personally.
- ▶ Don't talk fast or use advanced vocabulary.

## Emergency Tips

### IN CASE OF AN EMERGENCY, ALWAYS CALL 911

- Do not leave the person with dementia alone. Changes in routine and new environments can increase the risk of wandering and agitation.
- Speak to a caregiver, family member, or friend if present.
- Check for tracking device or MedicAlert ID.
- Keep explanations simple and brief. Redirect the person's attention if he/she becomes upset.
- Do your best to stay calm! This will reduce anxiety and confusion for yourself and for the person living with dementia.

## Resources



Alzheimer's Association  
24/7 Helpline 800.272.3900

- Free, 24/7 helpline for anyone, including professional emergency responders.
- Helpline specialists offer support, information and can assist you through an emergency situation.
- Bilingual and translation services available in more than 200 languages.



The Friendship Line  
Institute on Aging 800.971.0016

- Free, 24/7 crisis and suicide intervention hotline for older adults and adults living with disabilities.
- Elder abuse reporting, information and referrals.
- Warmline for non-emergency situations or support calls.



Adult Protective Services  
530.225.5798

- Call APS if you are concerned about the possibility of abuse and exploitation of someone suffering from Alzheimer's or dementia.



ShiningCare 866.495.1641

- Support families and caregivers who care for individuals with dementia and older adults.
- Offers Crisis Response and Assistance Program for at-risk older adults.

Supported by the California Department of Public Health Alzheimer's Disease Program, Healthy Brain Initiative.

[shastahealthybrain.com](http://shastahealthybrain.com)



Shasta County  
Health & Human  
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