

Alzheimer's Disease & Other Dementias

The Rising Tide 10 Warning Signs & Planning for Your Future

THE
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INC

Thank you to the Thomas Sill Foundation for its commitment to community education for care providers in Manitoba.

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

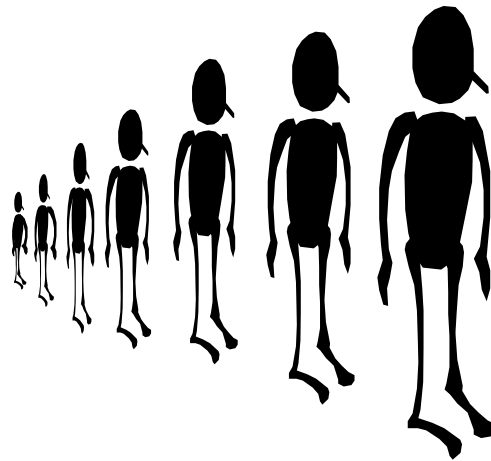
Rising Tide: The Impact of Dementia on Canadian Society

- The Alzheimer Society of Canada commissioned a study to examine the potential outcomes of dementia in our society, IF interventions were not addressed
- Interventions focused on lifestyle habits that we can individually modify in an attempt to stave off a dementia

Rising Tide

The Impact of Dementia in Canada

- Approximately 500,000 Canadians were diagnosed with having a dementia in 2008



- This number is expected to double by 2038

Rising Tide: A Manitoba Perspective

- Last year there were 4400 new cases of dementia diagnosed in Manitoba
- In 2008 there were 9 million hours of informal (unpaid) caregiver hours provided
- By 2038 this number will rise to 22 million hour of informal (unpaid) caregiver hours

Getting a Diagnosis

- Many diagnosis take up to 4 years to identify
-Why?



Age is a Factor

- 1 in 11 Canadians over the age of 65 is affected by Alzheimer disease or another dementia
 - 1 in 50 between ages 50-64
 - 1 in 11 between ages 65 and 74
 - 1 in 9 between ages 75 and 84
 - 1 in 3 over age 85

Declines Most Visible at Work

Decline signs are usually noticed in the workplace before anywhere else.

Why?



Collateral Evidence

Collateral evidence is the information and examples that family & community can offer to healthcare professionals that exemplifies the personality and behavioural changes witnessed.



Collecting Collateral Evidence

- Journaling is a recommended tool to track changes in behaviours noticed in those that we care about.
- Talking to others who are close to the person displaying symptoms and collecting many perspectives



10 Warning Signs

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

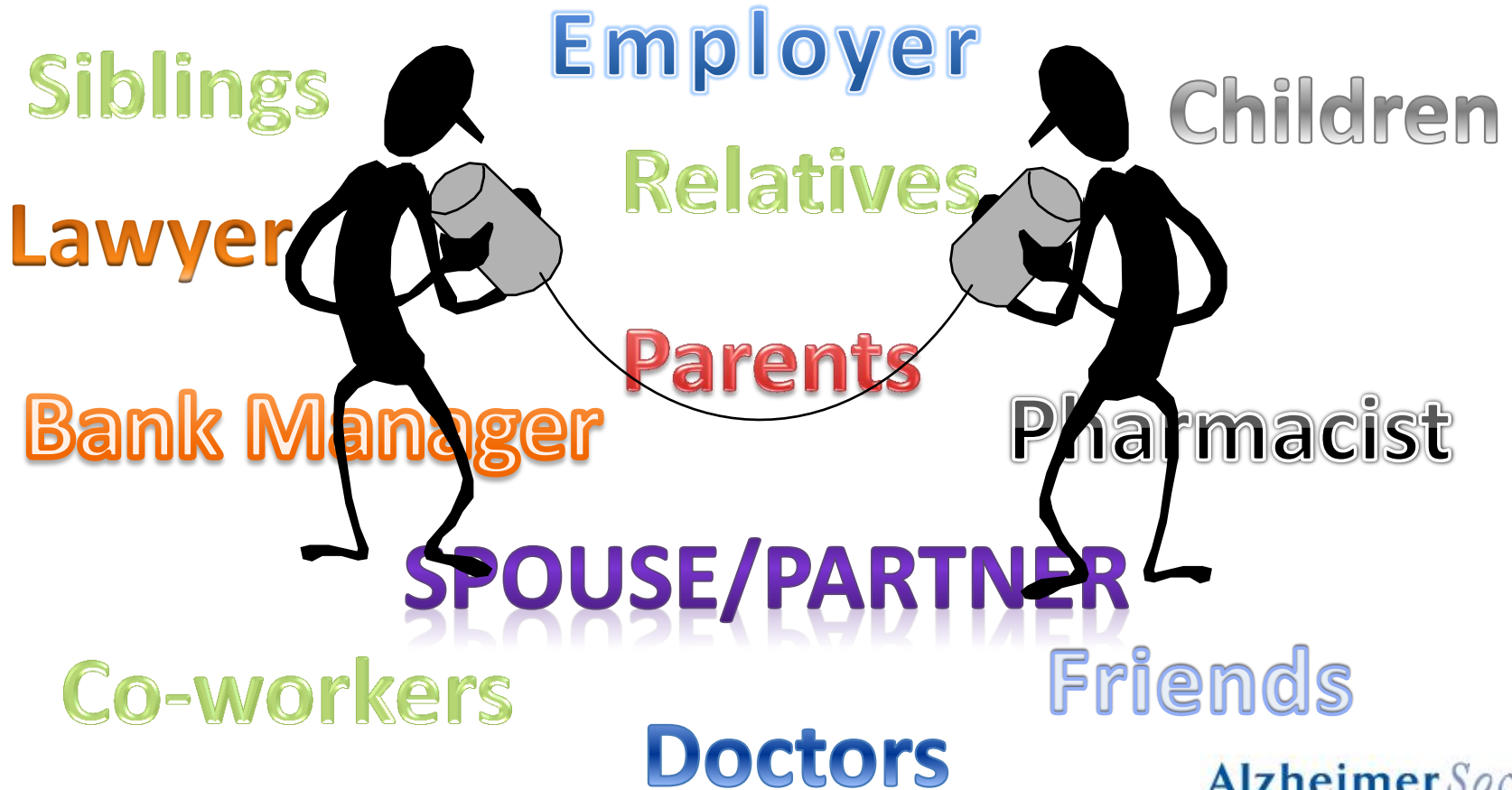
What Remains?

- Social Pleasantries
- Sense of Humour
- Long Term Memories & Habits
 - Age 3-30 rule

Future Planning-Are You Ready?

- Significant Considerations:
 - Finances
 - Power of Attorney
 - Health Care Directive
 - Will & Executor
 - Options in Community Living
 - Community Supports for Remaining Independent

Early Discussions – Shared Information



Resources

- Future Planning Document
- Dr.'s Checklist
- www.alzheimer.mb.ca for Family Education opportunities
- Maria Mathews/Manager Client Support
- Mmathews@alzheimer.mb.ca
- Call (204) 943-6622 Ext. 203

