

# DISCOVERY DAYS



## WHAT IS DEMENTIA?

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# Guidelines and Outline

- Brain Health
- What is Dementia
- Alzheimer's Disease
- Risk Factors
- How You Can Help
- What You Can Do
- The Alzheimer's Society London and Middlesex – Services



# Brain Health

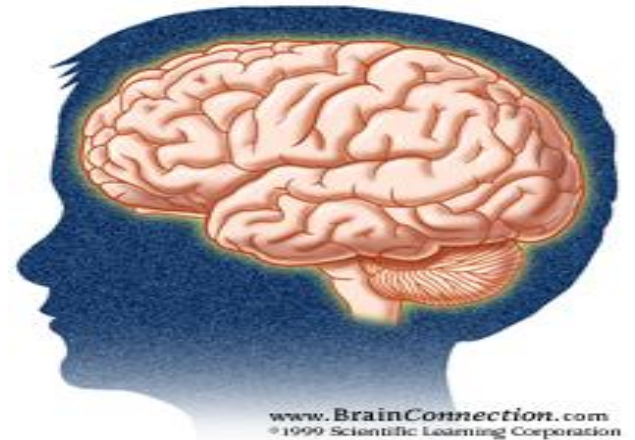


- **Challenge Your Brain** – brain games, learn a new language or simple changes like brushing your hair with the other hand
- **Be Socially Active** – accept invitations (extend your own), talk on the phone, meet someone for coffee, attend social groups, laugh
- **Be Active** – do things you enjoy, combine social and activity, set reasonable goals; always with doctor first
- **Choose Wisely** – see your doctor regularly and have your numbers checked, reduce stress, get plenty of rest, and healthy food choices
- **Protect Your Head** – wear a helmet, drive safely, always wear a seatbelt, use safety rails and eliminate scatter rugs

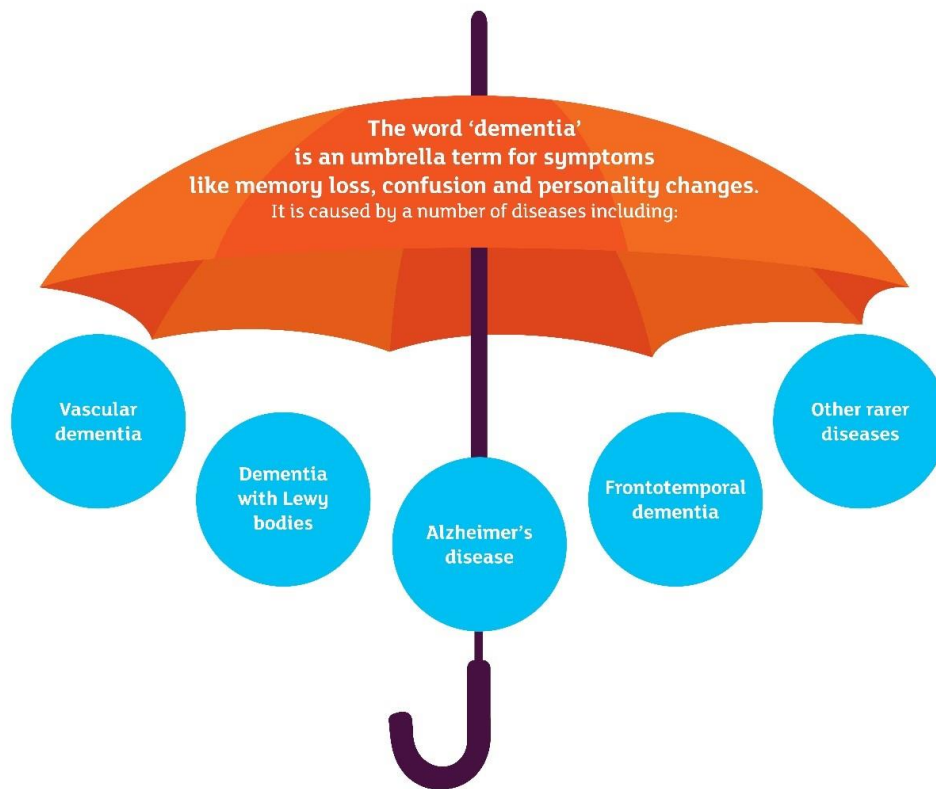
# What is Dementia?

## Dementia

- is not a disease, but a set of symptoms that accompanies a disease
- symptoms can include loss of memory, understanding, and judgment.



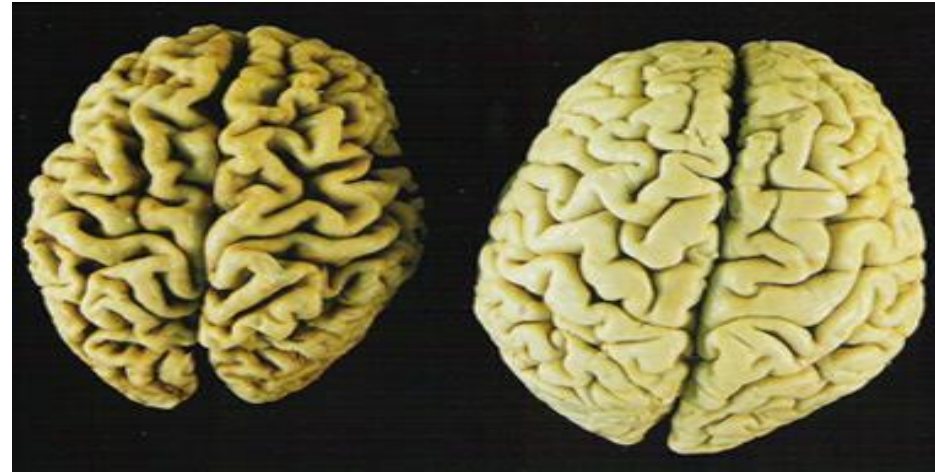
# DEMENTIA UMBRELLA



(Alzheimer's Research UK Blog)

# Alzheimer's Disease

- is a progressive, degenerative disease that attacks the brain and impairs memory, thinking and behaviour.



# Some Facts about Alzheimer's Disease

- Alzheimer's Disease kills brain cells which causes them to shrink or die
- Right now, no one knows what causes Alzheimer's Disease and there is no cure
- Alzheimer's disease was named after a scientist called Dr. Alois Alzheimer who discovered the disease around 1906



# Risk Factors

- Age
- Family History & Genetics\*
- Female Gender
- *Cardiovascular Disease*
- *Diabetes*
- Mild Cognitive Impairment (MCI)
- Head Injury
- Down Syndrome





# Hi my name is Brittany...

- Video:

[https://www.youtube.com/watch?v=tKYxKsBMcfl&feature=emb\\_logo](https://www.youtube.com/watch?v=tKYxKsBMcfl&feature=emb_logo)

# Young Onset Dementia

- When symptoms of dementia start before age 65, referred to as young onset dementia
- Accounts for 2 – 8 percent of dementia cases
- Although rare, approximately 16,000 Canadians are living with young onset dementia
- A dementia diagnosis is difficult for anyone but when you are in your 40's or 50's it comes with other challenges

# Can You Imagine?



## Matching Activity

(breakout session)

# Can You Imagine?

(Breakout - Matching Activity)

## Teen's Reality

- Getting a driver's licence
- Leaving home for your own apartment
- Finding that special someone in your life
- Doing your homework or study at university/college
- Trying the latest fashion trend
- Doing your laundry and making your own meals
- Being among friends who understand what you are going through

## Alzheimer Reality

- Not recognizing your husband or wife of 50 yrs
- Not understanding what you read in the newspaper
- Having your driver's licence taken away because you confuse the gas pedal with the brake
- Forgetting where you live and getting lost in your neighbourhood
- Forgetting how to work the washing machine and stove, putting your clothes on inside out
- Forgetting how to tie your shoes
- Feeling alone among strangers and not knowing what to do

# Can You Imagine - Realities

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# Is Alzheimer's Disease Affecting Your life?

- Mom/Dad caring for a grandparent; noticeable changes
- May notice parents are tired, impatient and don't have enough time for you; asking you for help
- Mixed feelings such as resentment, not comfortable having friends over or feeling helpless
- Important to talk with your parents, teachers or an adult you trust about your feelings



# How Can You Help?

- Contact the Alzheimer Society in your area for help; learn more about the disease
- Even though your grandparent cannot do certain things, they can still do many things
- Think of the activities your grandparent enjoyed, such as music or gardening; perhaps doing something together
- Going for a walk together after school or washing the car together



# Effects on Young Care Partners

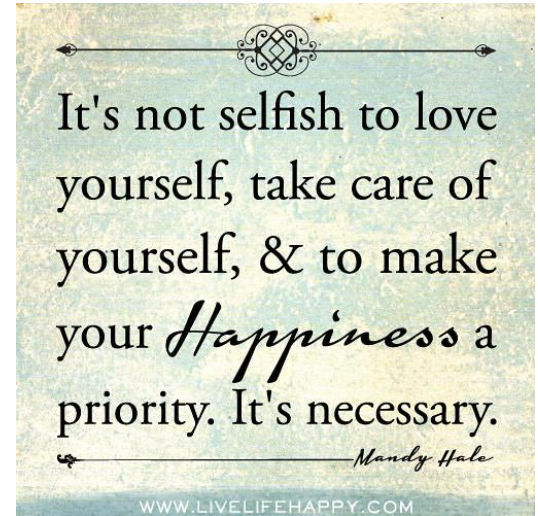
- Growing up too fast
- Hardship and concern for your ill parent
- Seeing the affects on your other parent who is well
- Your own anxieties, guilt and resentment
- Loss of having someone take care of you; including family outings, and recreational activities that your friends enjoy





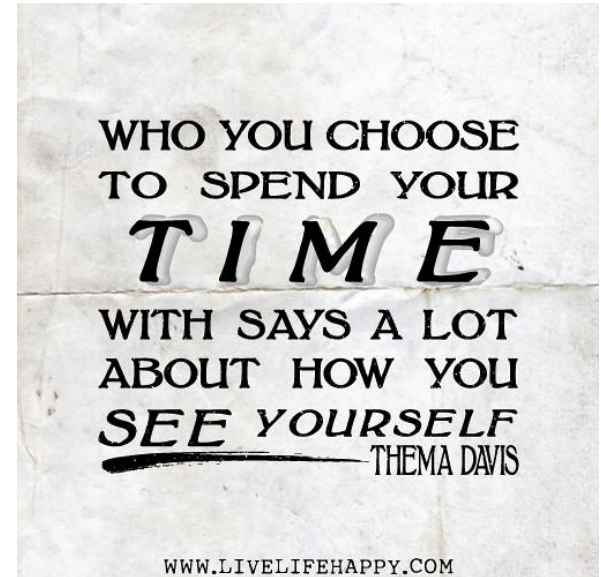
# Taking Care of YOU

- Careful not to become a compulsive care partner
- Becomes a problem when things are taken to the extreme
- If you find yourself spending a lot of time on the internet or other activities that don't represent you, talk with someone
- Allow yourself to escape with your friends, sports or music; healthy interactions
- Important to talk with someone, ask for what you need, and allow yourself to be taken care once in a while



# Remember....

- Some days will be more difficult than others
- When you spend time with your grandparent they will always feel your love



# Aging Simulation and Beautiful Moments

- <https://www.youtube.com/watch?v=5ucHyvJqGUc&feature=youtu.be>

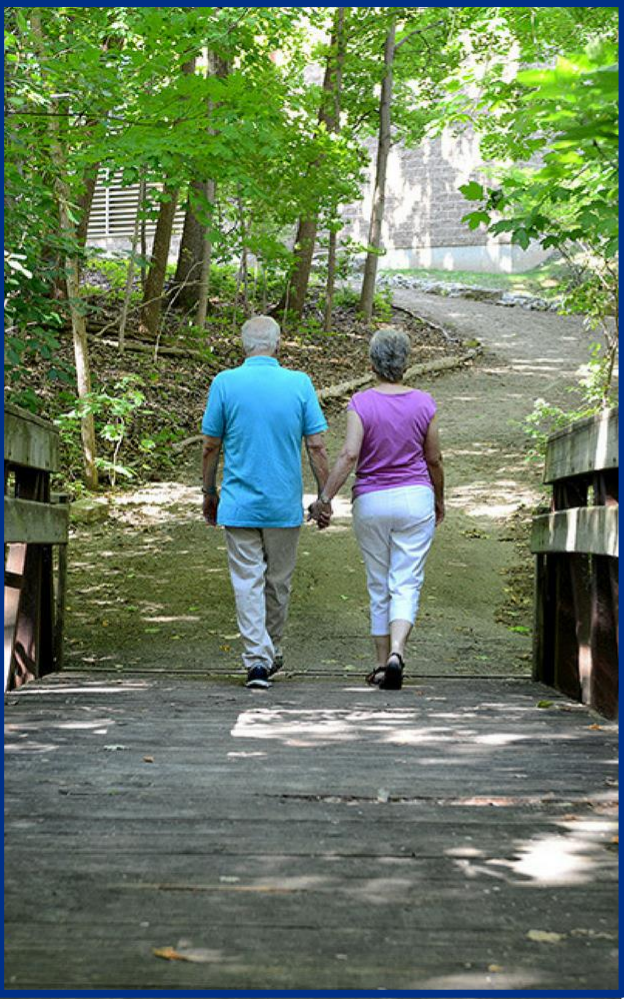
# Lived Experience Presentation



**John Hammel**

Client and Advocate

Alzheimer Society London and Middlesex



## WHAT WE DO

The Alzheimer Society London and Middlesex (ASLM) offers a wide range of programs and services designed for individuals with dementia and/or memory concerns, their family, caregivers, and health professionals, as well as the general public.

# WE'RE HERE TO HELP



**Education**

**Comprehensive overview of dementia, coping strategies, and resources.**



**Counselling**

**In-Home or in-office assessments and individualized response.**



**Support**

**Social worker facilitated support groups for those living with dementia.**

# RESOURCES

<http://dementiainthehouse.com/what-psychologists-say-about-you/>

<https://alzheimer.ca/en/Home/Living-with-dementia/Staying-connected/Helping-teens>

<https://alzheimer.ca/sites/default/files/files/national/kids-and-teens/resources-list-for-teens.pdf>

<https://dementiainmyfamily.org.au/age-16-plus/>

<https://dementiainmyfamily.org.au/age-16-plus/impact-on-you/>

[https://www.alz.org/help-support/resources/kids-teens/for\\_teens](https://www.alz.org/help-support/resources/kids-teens/for_teens)

<http://dementiainthehouse.com/movies/>

<http://muchtooyoung.com/>

# Thank you for Watching!

What questions do you have for me or John about our presentations?

Please feel free to call our office at 519-680-2404 or email me at: [dboone@alzheimerlondon.ca](mailto:dboone@alzheimerlondon.ca)