Brain Health & Dementia Awareness in Our Communities

Benefits of Early Dementia Detection, Potentially Modifiable Risk Factors, and Available Resources for People Living with Dementia

Dementia Action Collaborative
Washington State

Welcome & Introductions

Introduce Yourself

Say your name, and why you're attending this workshop

Please Do Not Change Presentation Language

Learning Objectives

1. Learn about and reflect on brain health and dementia in our communities
2. Understand potentially modifiable risk factors and the benefits of early detection for dementia
3. Explore resources for further learning, action, and support around brain health and dementia

Core Messages

- Living with dementia has its challenges, and supportive community can help
- Early dementia diagnosis can increase quality of life
- It's never too early or too late to improve brain health
- Small lifestyle changes can make a big difference
- We are committed to connecting with you and connecting you with resources

Expectations

1

Take Care of Yourself

Stay Present for
the Full Workshop

2

Take Care of Each Other

Assume Positive Intent and
Acknowledge Impact

3

Take Care of this Space

Leave This Place Better
Than You Found It

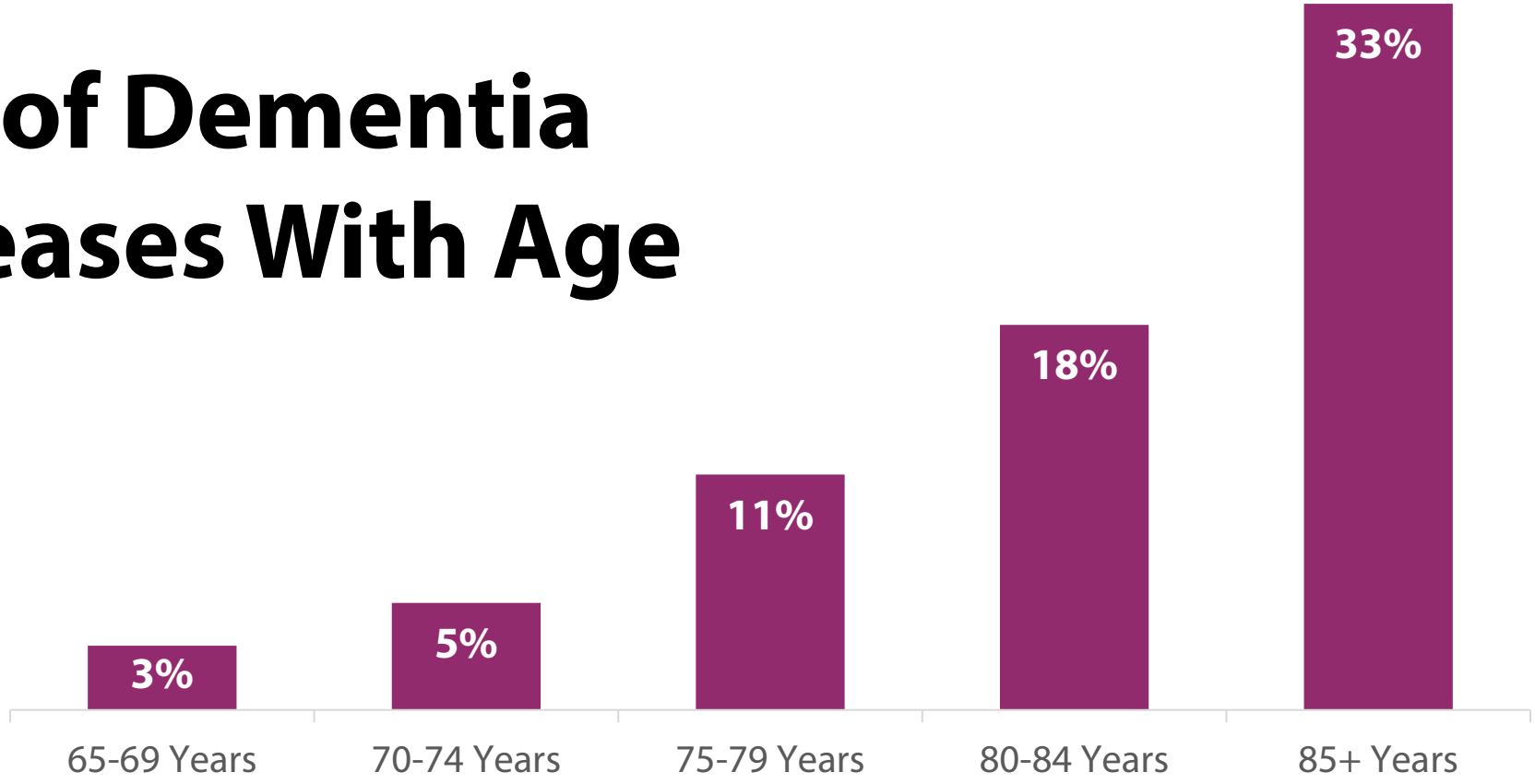
Dementia in Our Communities

Living with dementia has its challenges, and supportive community can help.

What is Dementia?

Dementia is not a disease itself – it is a set of symptoms caused by a variety of conditions that damage the brain. These changes result in decline in memory and thinking abilities that interfere with daily life.

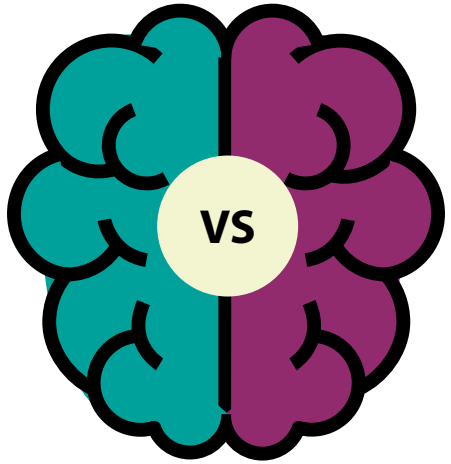
Risk of Dementia Increases With Age



Alzheimer's is a Type of Dementia

ALZHEIMER'S

Alzheimer's is a specific brain disease and is the most common type of dementia. In fact, Alzheimer's accounts for **60-80%** of dementia cases.



DEMENTIA

Dementia is a general term for symptoms like decline in memory, reasoning, or other thinking skills.

How Dementia is Experienced in the US

10%

Around 10% – or 1 in every 10 adults over 65 – in the United States have Alzheimer's disease (a type of dementia).

2x

Blacks/African Americans are 2 times more likely to have Alzheimer's disease than the non-Hispanic white population.

1.5x

Hispanic/Latino adults are 1.5 times more likely to develop Alzheimer's disease than the non-Hispanic white population.

How Dementia is Experienced in Washington

125k

Around 125,000 people in Washington are currently living with dementia

In Washington, Blacks/African American, Hispanic/Latino, and American Indian/Alaska Native communities experience dementia at higher rates than the White/Caucasian population

20

The number of people experiencing dementia in Washington is expected to double in the next 20 years

Activity:
Think-Pair-Share

INSTRUCTIONS:

1. Think for one minute
2. Share with the person next to you for two minutes
3. Share out with the group

QUESTION:

How has dementia touched my life and/or the lives of those I know?

Resources

Learn more through the link below or using the QR code by pointing your phone camera at the QR code, then touching the prompt on the screen to open the website.

doh.wa.gov/brain-health-resources

Email **Brain-Health@DOH.WA.Gov** for further assistance.

Benefits of Early Detection

Early dementia diagnosis can improve quality of life.

How Can I Recognize Dementia?

Ten Signs of Dementia

Ten Signs of Dementia

1

Memory Loss that Disrupts Daily Life

Possible Sign of Dementia:

Asking for the same information over and over.

Not able to recall recently learned information.

Typical Aging:

Temporarily forgetting names or appointments.

Ten Signs of Dementia

2

Challenges in Planning or Solving Problems

Possible Sign of Dementia:

It's harder to work with numbers, follow a recipe or keep track of bills.

Difficulty concentrating.

Typical Aging:

Making mistakes managing bills once in a while.

Ten Signs of Dementia

3

Difficulty Completing Familiar Tasks

Possible Sign of Dementia:

Trouble driving to a familiar location, making a grocery list or remembering rules to a game you have played many times before.

Typical Aging:

Needing help recording a TV show once in a while.

Ten Signs of Dementia

4

Confusion with Time or Place

Possible Sign of Dementia:

Losing track of dates and seasons.

Forgetting where you are or how you got there.

Typical Aging:

Forgetting the day of the week but figuring it out later.

Ten Signs of Dementia

5

Trouble Understanding Visual Images and Spatial Relationships

Possible Sign of Dementia:

Trouble judging distance or determining color.

Vision issues may cause balance or reading problems.

Typical Aging:

Vision changes related to cataracts or to typical aging.

Ten Signs of Dementia

6

New Problems with Words in Speaking or Writing

Possible Sign of Dementia:

Trouble following or joining a conversation or naming familiar objects.

Stopping mid-conversation and being unable to continue or repeating yourself.

Typical Aging:

Sometimes having trouble finding the right word.

Ten Signs of Dementia

7

Losing Things Without Being Able to Retrace Steps to Find Them

Possible Sign of Dementia:

Putting objects in unusual places.

Typical Aging:

Misplacing things, but retracing steps to find them.

Ten Signs of Dementia

8

Decreased or Poor Judgment

Possible Sign of Dementia:

Changes in decision-making.

Paying less attention to hygiene.

Typical Aging:

Making a bad decision or mistake once in a while.

Ten Signs of Dementia

9

Withdrawal from Work or Social Activities

Possible Sign of Dementia:

Changes in participating in previously enjoyed events.

Typical Aging:

Sometimes feeling uninterested in family or social obligations.

Ten Signs of Dementia

10

Changes in Mood or Personality

Possible Sign of Dementia:

Confusion, suspicion, depression, fear or anxiety.

Easily upset at home, with friends or outside comfort zone.

Typical Aging:

Developing ways of doing things, becoming irritable when a routine is disrupted.

Talking to My Medical Provider About Dementia Concerns

Talking about dementia can be hard and can feel scary. However, getting the advice of a trusted medical provider can help you and your loved ones respond with care and resources.

Talking to My Medical Provider About Dementia Concerns

Before Your Visit

1. Write down your signs
2. List medications, including over the counter and vitamins
3. Plan to bring a friend
4. Choose your questions

Talking to My Medical Provider About Dementia Concerns

During Your Visit

1. Share health concerns
2. Be completely open
3. Ask for a diagnosis
4. Talk about next steps

Talking to My Medical Provider About Dementia Concerns

After Your Visit

1. Acknowledge your feelings
2. Review your notes
3. Write down new questions
4. Identify your resources

Activity: Courageous Conversations

PROMPT:

Talking to My Medical Provider About Dementia Concerns

INSTRUCTIONS:

1. Review handout and helpful questions to ask
2. Practice asking questions with a partner

Debrief

Fear of diagnosis is typical and reasonable; and there are benefits to knowing more about how to cope with dementia.

- **You can get assistance early, right when you need it**
- **You can help your community help you better**
- **You have time to make changes that can influence your quality of life**

Resources

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Potentially Modifiable Risk Factors

It's never too early or too late to improve brain health.
Small lifestyle changes can make a big difference.
What small means will be different for each person.

Potentially Modifiable Risk Factors

Means things in your life that you can choose to change.

Potentially Modifiable Risk Factors

Making any change in these areas will make a big difference:

- Depression
- Diabetes
- Excessive Alcohol Use
- Hearing Loss
- High Blood Pressure
- Physical Inactivity
- Poor Diet Quality
- Poor Sleep Quality and Sleep Disorders
- Tobacco Use
- Traumatic Brain Injury (TBI)

Potentially Modifiable Risk Factor

Depression

Definition:

A low mood or loss of pleasure or interest in activities for long periods of time.

Potentially Modifiable Risk Factor

Diabetes

Definition:

A disease that occurs when your blood sugar is too high or too low.

Potentially Modifiable Risk Factor

Excessive Alcohol Use

Definition:

How much alcohol you drink.

Potentially Modifiable Risk Factor

Hearing Loss

Definition:

Having trouble hearing due to a problem in your ears.

Potentially Modifiable Risk Factor

High Blood Pressure

Definition:

The force of your blood pushing against the walls of your blood vessels is too high.

Potentially Modifiable Risk Factor

Physical Inactivity

Definition:

Not moving your body for long periods of time.

Potentially Modifiable Risk Factor

Poor Diet Quality

Definition:

Not eating healthy foods.

Potentially Modifiable Risk Factor

Poor Sleep Quality and Sleep Disorders

Definition:

You are having a lot of trouble sleeping, or when you get up in the morning, you still feel tired.

Potentially Modifiable Risk Factor

Tobacco Use

Definition:

Smoking cigarettes, cigars, pipes or using other products like chewing tobacco or snuff.

Potentially Modifiable Risk Factor

Traumatic Brain Injury

Definition:

Traumatic brain injury can happen in many ways, such as a fall, a car or biking accident, or when you hit your head during a sporting activity.

Activity

Choose to Make Change

INSTRUCTIONS:

Use your color cards to rate each risk factor relative to **how hard it might be to modify in your life**.

Low (Green)
I could do this right now.

Medium (Yellow)
This would be somewhat hard, but I could do it with a little bit of help.

High (Red)
This would be really hard, and I'd struggle to do it at all.

Risk Factor: **Depression**

Talk to a Professional

Changes That Can Make a Big Difference

- Find a counselor or support group and talk to your medical provider.
- Stay involved, even when you don't feel like it.
- Ask for help participating in activities you enjoy.

Raise Your Rate Card

Risk Factor: **Diabetes**

Monitor Blood Sugar

Changes That Can Make a Big Difference

- Get tested for diabetes.
- Limit processed foods and sugars in the home.
- Keep healthy snacks available and easy to access.

Raise Your Rate Card

Risk Factor: **Excessive Alcohol Use**

Drink Less Alcohol

Changes That Can Make a Big Difference

- Self limit the number of drinks you consume.
- Keep less alcohol in the home.
- Plan social events without alcohol.

Raise Your Rate Card

Risk Factor: **Hearing Loss**

Get & Use Hearing Aids

Changes That Can Make a Big Difference

- Check your hearing regularly.
- Ask people to speak up if you cannot hear them.
- Seek out state/community hearing aid resources.

  Note: There is no standard recommended age at which to get a hearing test. If symptoms arise, get checked out.

Raise Your Rate Card

Risk Factor: **High Blood Pressure**

Ask a Medical Provider about Blood Pressure Medication

Changes That Can Make a Big Difference

- Get your blood pressure tested regularly.
- Make healthier food choices at gatherings.
- Ask your medical provider about medication.

Raise Your Rate Card

Risk Factor: **Physical Inactivity**

Move Your Body More

Changes That Can Make a Big Difference

- Move your body at least 15 minutes/day.
- Do chair exercises/chair yoga.
- Use a walker or cane for safer movement.

Raise Your Rate Card

Risk Factor: **Poor Diet Quality**

Improve Diet Quality

Changes That Can Make a Big Difference

- Talk with your medical provider about your diet.
- Use single serving containers for portion control.
- Buy and freeze seasonal fruits and vegetables.

Raise Your Rate Card

Risk Factor: **Poor Sleep Quality and Sleep Disorders**

Diagnose & Treat Sleep Disorders

Changes That Can Make a Big Difference

- Consult a sleep professional.
- Set and keep a defined bedtime routine.
- Remove distractions from sleeping area.

Raise Your Rate Card

Risk Factor: **Tobacco Use**

Stop or Reduce Smoking and/or Tobacco Use

Changes That Can Make a Big Difference

- Find an achievable stop-smoking program.
- Talk with your medical provider about options.
- Ask for help limiting tobacco use.

Raise Your Rate Card

Risk Factor: **Traumatic Brain Injury**

Take Precautions

Changes That Can Make a Big Difference

- Plan your space to avoid trip and fall hazards.
- Place items you use regularly on low shelves.
- Wear your seatbelt and/or helmet.

Raise Your Rate Card

Activity: **Choose to Make Change**

Which Strategies Might Work For You?

Debrief

- Which change would be easiest for you to make?
- What are the barriers to making that change?
- When will you commit to make that change?
- How will you make that change?
- What supports would you need?

Resources

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Email **Brain-Health@DOH.WA.Gov** for further assistance.

Wrap-Up

We are committed to connecting with you and to connecting you with resources.

Final Reflection

What is one change I will make or action I will take based on our learning together today?

Use the provided handout to write down your commitment to change.

Core Messages

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- Early dementia diagnosis can increase quality of life
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Discover Community Events & Resources

Find additional resources, opportunities, and upcoming events offered by your host organization. Ask your trainer for more information.

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Training Evaluation

Please complete the training evaluation.

forms.office.com/g/AJYbJGczWD

Thank You for Attending

And for caring enough to grow brain health and dementia awareness in our communities.

Questions?