

# Theme World Alzheimer's Day 2024

## 'Time to Act on Dementia, Time to Act on Alzheimers'

### OBJECTIVES

Know what is Dementia and Alzheimer disease

Adopt Healthy Habits for Brain Health

Tips for carers of people with Dementia



सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः  
May all be Happy, May all be healthy

# Dementia Special

## WHAT IS DEMENTIA?

**Dementia** is a syndrome (complex of symptoms and changes) in which there is deterioration in memory, thinking, behaviour and the ability to perform everyday activities.

### What are the symptoms?

Difficulties with everyday tasks



Confusion in familiar environments



Difficulty with words and numbers



Memory loss



Changes in mood and behaviour





# Dementia Special

## LEARNING MORE ABOUT DEMENTIA

### Why should we care about dementia?



55 million people live with dementia



7th leading cause of death

#### Caused by

diseases and injuries that affect the brain, such as Alzheimer's disease and stroke

## WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's is the most common cause of dementia, progressive over time and serious enough to interfere with daily life.

Alzheimer's disease accounts for 60-80% of dementia cases.

# Dementia Special

## CAUSES OF DEMENTIA

Dementia is caused by a variety of diseases that cause damage to brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behavior and feelings can be affected.

## HEALTHY HABITS FOR BRAIN HEALTH

**Continue Education**

**Engage in regular exercise**

**Manage diabetes**

**Prevent an injury to your head.**

**Do not smoke**

**Control your blood pressure**

**Eat Healthy foods**

**Maintain a healthy weight**

**Sleep well**

**Challenge your mind**

## Dementia Special

# EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S DISEASE AND DEMENTIA

Memory loss that disrupts daily life

Challenges in planning or solving problems

Difficulty in completing familiar tasks

Trouble understanding visual images and spatial relationships

Confusion with time or place

New problems with words in speaking or writing

Withdrawal from work or social activities

Misplacing things and losing the ability to retrace steps

Decreased or poor judgment

Changes in mood and personality

**If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.**

# Dementia Special

DEMENTIA



## DIAGNOSING DEMENTIA



- Your family's medical history
- A neurological exam
- Cognitive tests to evaluate memory and thinking
- Blood tests (to rule out other possible causes of symptoms)
- Brain imaging

## REMEMBER

There is no simple test to tell if someone has Alzheimer's.



# Dementia Special

## PROGRESSION OF ALZHEIMER'S

### LOSING MYSELF

When I reflect back and see,  
There are many faces there ;  
Familiar, but from where they came?  
They just don't seem to have a name!

There are times when I do feel,  
I have forgotten something again;  
But when I begin to pick my brain  
I forget to remember, so my lips I seal

Of course, I did have my meal!  
... Was it today, or yesterday?  
It's tricks that my mind just plays  
Remembering is not such a big deal !

People point and say 'this is a mirror'  
Where one can see oneself clearer,  
But I peeped into to have a look  
Its someone strange, my head I shook!

I take the liquid to my mouth,  
But do not know how to push it down;  
It seems to just keep coming out !  
I am afraid, in it, I may not drown !!

I assure you, I am not insane,  
It's just that I try, but in vain !  
Yes, everything did have a name,  
But to my mind it never came !

I am sure you do understand,  
How it feels to be in this land ;  
Surrounded by things in my range,  
Seeming familiar, yet still strange !

All the shadows creep nearer,  
I do want someone to be a help!  
I really don't know what is wrong,  
When I am healthy and still so strong.

**Dr. Ruchika Kuba**  
Professor  
School of Health Sciences  
IGNOU

# Dementia Special

Practical tips for carers of people with dementia

## Ensuring that the person with dementia continues to receive care



### Plan in advance

- Ask the person with dementia about their care preferences, including by whom and where they would like care to be provided.
- Talk to people who would be willing to provide support if needed, for example if you can no longer provide care.
- Make a plan for costs of future care and discuss preferences in case of more advanced care needs and end-of-life decisions.



### Gather information

- You will need information to make informed choices. Make decisions together and talk with your family, friends, doctor and any other people close to you and the person with dementia.
- Prepare instructions that reflect the wishes of the person with dementia in accordance with the law in your country.



### For more information

iSupport Module 2 "Being a caregiver"  
Lesson 1 "The journey together"  
Lesson 3 "Supported decision-making"

Contact your local Alzheimer's Association for information related to caring for someone with dementia.



# Dementia Special

## Practical tips for carers of people with dementia

# Providing everyday care to the person with dementia

## As the disease progresses, you may need to provide everyday care



### Make sure that the person is eating and drinking

- You may need to regularly remind them to do so. Adjust their diet according to their preferences and health.



### Modify the environment

- This can help reduce incontinence accidents. For example, put a picture of a toilet on the bathroom door. Remind the person to go to the bathroom regularly. Consider using incontinence aids and equipment if necessary.
- Remember, do not blame the person for accidents.



### Establish routines

- Maintain routines similar to the ones that the person had before developing dementia.
- Be prepared to adapt routines as necessary as the abilities of the person change over time.



### Engage the person in personal care

- Help the person do as much as they can themselves.
- Try modifying the environment, for example by switching from a shower to a sponge bath, and provide guidance.

Be mindful of falls – use a non-slip shower or bath mat.

- The person with dementia may resist when you try to help them with personal care. Be compassionate and try to understand why.

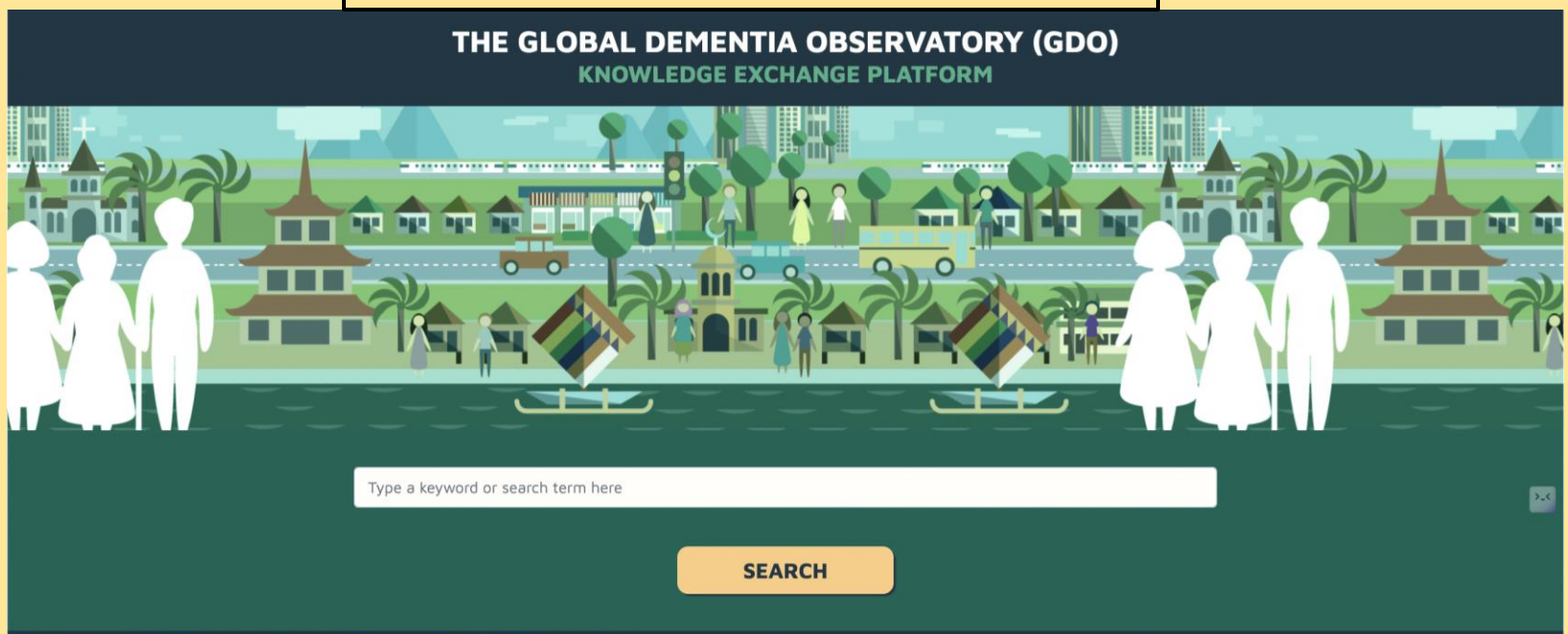
**Remember to keep inedible items, sharp objects, household chemicals and flammable items in a safe place.**

## For more information

iSupport Module 4 "Providing everyday care"  
Lesson 1 "Eating and drinking - more pleasant mealtimes"  
Lesson 2 "Eating, drinking and preventing health problems"  
Lesson 3 "Toileting and continence care"  
Lesson 4 "Personal care"

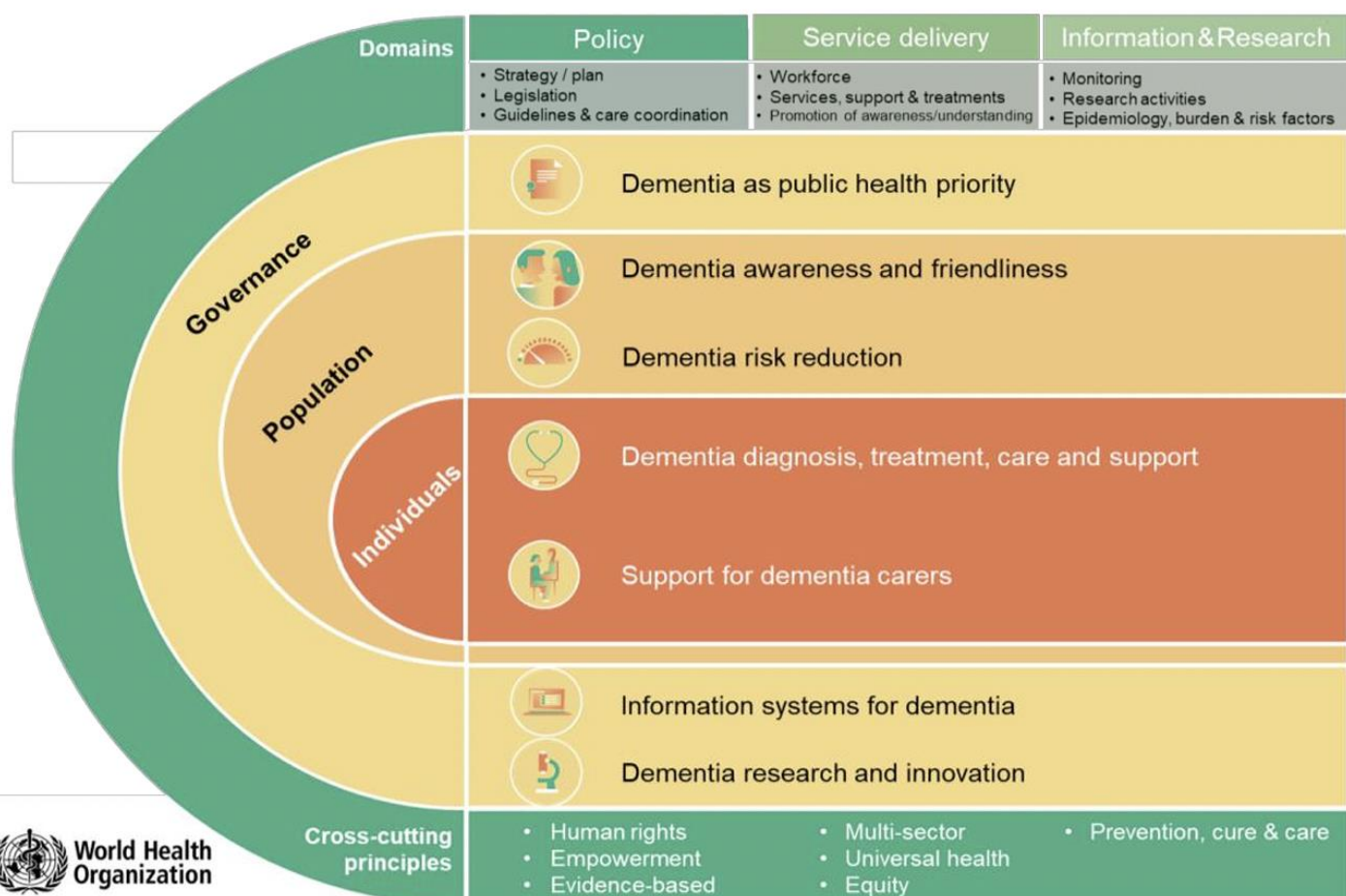
You may also wish to contact your local Alzheimer's Association for information related to caring for someone with dementia.

# Dementia Special



The GDO's main objective is to collate and disseminate data from Member States on key dementia indicators to strengthen countries' ability to respond to the needs of people with dementia and their carers.

The finalized framework comprises three domains with multiple subdomains across seven strategic themes



**Figure 1.**  
The Global Dementia Observatory Framework



# Dementia Special

## Practical tips for carers of people with dementia

# Caring for myself



### Stay connected

Social support is important. Talk regularly to someone you trust and who understands your situation and feelings. This might be family, friends, a community, religious or spiritual leader, a neighbour, or a volunteer.



### Consider different ways of relaxing

Relaxation is different for everyone. Some people find meditating or doing a breathing exercise relaxing. Others enjoy stretching, reading a book, listening to music, or doing pleasant activities with the person they care for.



### For more information

iSupport Module 2 "Being a caregiver"  
Lesson 4 "Involving others"

Module 3 "Caring for me"  
Lesson 1 "Reducing stress in everyday life"  
Lesson 2 "Making time for pleasant activities"  
Lesson 3 "Thinking differently"



### Focus on relaxation

Relaxation makes you feel less tense. It can also help you to be more effective in getting tasks done and will allow you to provide care for longer. Try to do something relaxing every day.



### Think differently

- Many people think that events make them feel angry, sad, happy or guilty. However, it is how you think about them that makes you feel that way.
- Positive and helpful thoughts can help you manage difficult or stressful situations.

What is the event that is making me feel upset?

What are my unhelpful thoughts?

What would be a more helpful way of thinking?

How could helpful thoughts make me feel better?



# Dementia Special

## SCHOOL OF HEALTH SCIENCES

The School of Health Sciences established in 1991 with Medical and Nursing Faculty aims to bring create awareness, increase knowledge and build competencies among the health professionals, paraprofessionals and the general public in order to bridge the health manpower gap in the country and work towards a healthy community.

We welcome your suggestions in this bulletin. Please send to [sohs@ignou.ac.in](mailto:sohs@ignou.ac.in)

For more information please contact  
**School of Health Sciences**  
Block D New Academic Complex  
Indira Gandhi National Open University  
Maidan Garhi  
New Delhi 110068  
01129572801, 01129572805

### **Patron**

Prof. Uma Kanjilal, Vice Chancellor IGNOU

### **Editors**

Prof. Ruchika Kuba

Dr. Neerja Sood

### **Acknowledgement**

Faculty School of Health Sciences