



ALZHEIMER'S AND THE ADRC

DEMENTIA CARE SPECIALIST KATRINA LONGMIRE

AND

ADRC MANAGER CAMMI CATT-DEWYRE

FOR A PRESENTATION ON ALZHEIMER'S DISEASE AND HOW TO PLAN

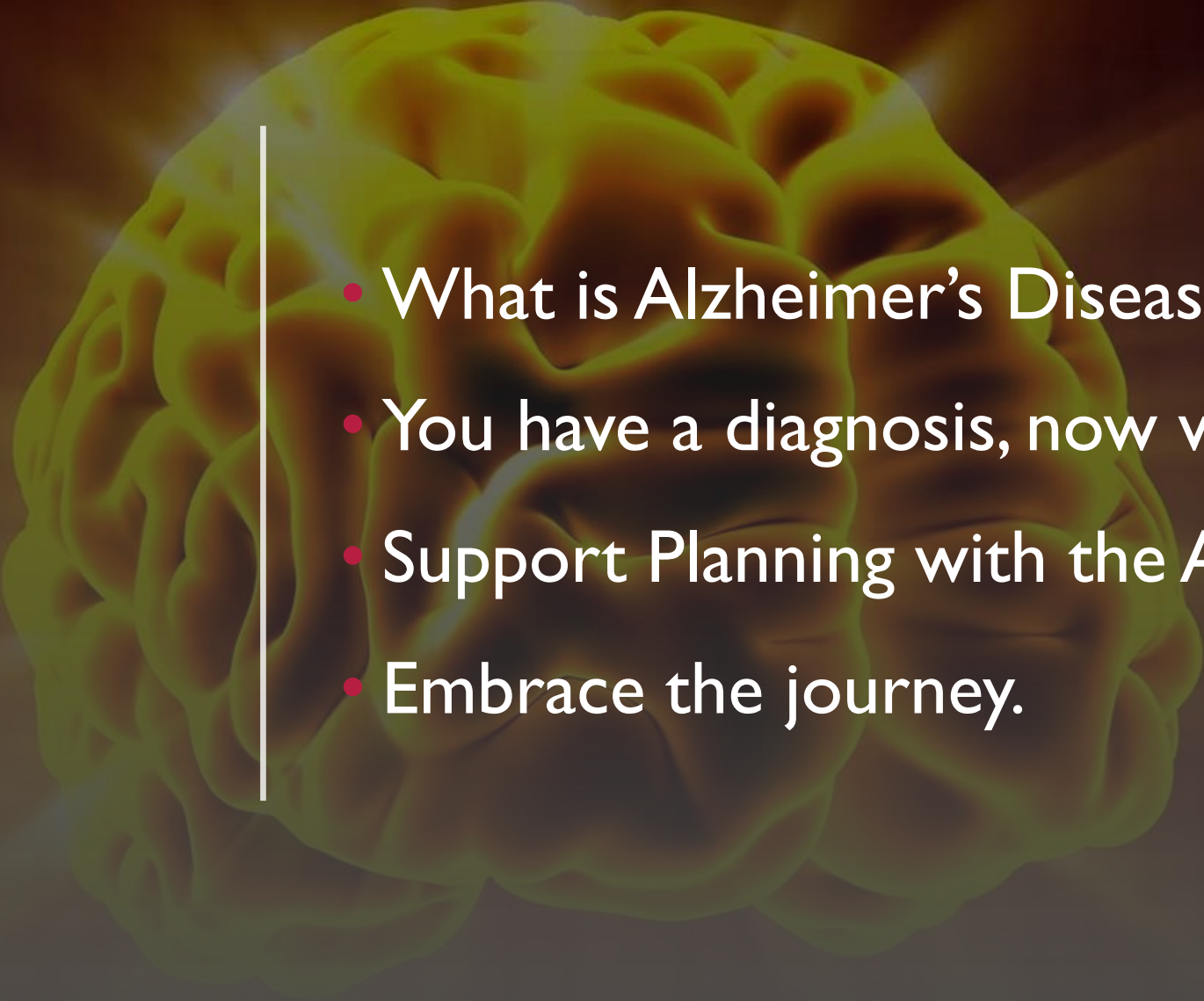
ACCORDINGLY WITH ADRC PROGRAMS AND SUPPORT.

SEPTEMBER 6, 2022 RIVERVIEW SENIOR CENTER, DURAND 3:00PM-4:30PM

SEPTEMBER 20, 2022 NELSON COMMUNITY CENTER, NELSON 3:00PM-4:30PM

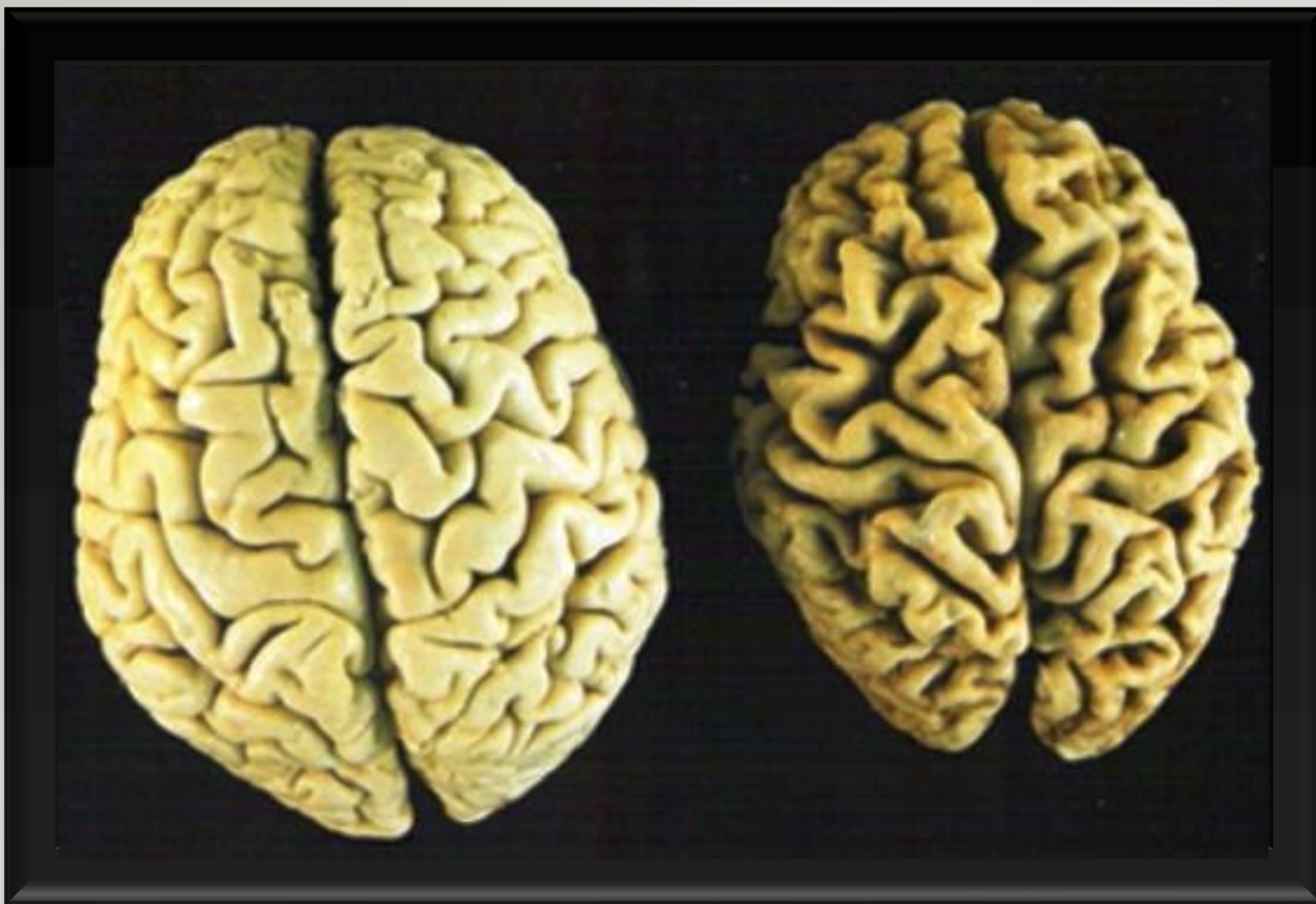


AGENDA

- 
- What is Alzheimer's Disease?
 - You have a diagnosis, now what?
 - Support Planning with the ADRC
 - Embrace the journey.

WHAT IS ALZHEIMER'S DISEASE?





THE ALZHEIMER'S BRAIN

PREVALENCE OF ALZHEIMER'S AND OTHER DEMENTIAS IN THE UNITED STATES

Of the total U.S. population:

- An estimated 6.5 million Americans age 65 and older are living with Alzheimer's dementia in 2022
- About 1 in 9 people (10.7%) age 65 and older has Alzheimer's dementia
- Seventy-three percent are age 75 or older

EARLY WARNING SIGNS

ALZHEIMERS

TOP 10 EARLY SIGNS



MEMORY LOSS



CHANGES
IN MOOD



MISPLACING
BELONGINGS



HARD TO COMPLETE
FAMILIAR TASK



CONFUSION OF
TIME AND PLACE



SOCIAL
WITHDRAWAL



POOR
JUDGEMENT



STRUGGLING TO
COMMUNICATE



CHANGES IN
VISION

THE MEMORY SCREEN IS A SIMPLE
TOOL WE USE TO IDENTIFY
MEMORY LOSS IN INDIVIDUALS
BASED ON THEIR REASONING
AND COMPREHENSION. THE
MEMORY SCREEN SCORES WILL
INDICATE THE NEED FOR A
DOCTOR'S DIAGNOSIS.

OBTAIN A MEMORY SCREEN AND DOCTOR'S DIAGNOSIS

YOU HAVE A
DIAGNOSIS OF
ALZHEIMER'S DISEASE.
NOW WHAT?

FIRST.....

- Life does not have to end as you know it!
There are lots of things you can do to fight against the disease!
- Start by building your support network-
talk to your family and friends. You are not alone!
- Prepare or update your will, living will, health care power of attorney, and financial power of attorney.
 - ****THIS IS VERY IMPORTANT!!!****

- Reach out to your county's Aging and Disability Resource Center, Alzheimer's Association, National Institute on Aging.
- Being informed will help you and your family know what to expect as the disease progresses.
- Learn about care you may need in the future and how to pay for it.
- Explore getting help to pay for medicines, housing, transportation, and more.

SUPPORT PLANNING

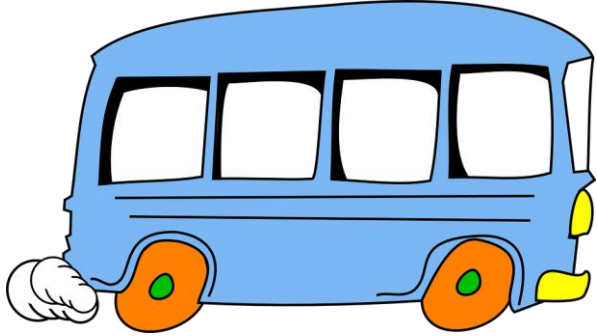
SUPPORT PLANNING

- Find out what kinds of activities are in your community to promote brain health and increase awareness and support in the fight against Alzheimer's Disease.
- Use simple memory aids like a notepad or sticky notes to jot down reminders, a pillbox to keep medications organized, and a calendar to record appointments.
- Consider using technology solutions for medication management, safety (e.g., emergency response, door alarms), and other care.

YOU HAVE THE CONTROL TO
PLAN WHAT THIS FUTURE IS
GOING TO LOOK LIKE.
PLAN AHEAD!

Sample Footer Text





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AGING AND DISABILITY RESOURCE CENTER



14 ADRC SERVICES AND SUPPORTS

- **Transportation** services are available seven days a week including some holidays, based on driver availability. Transportation is provided for all purposes such as medical, social, and personal business. Trips are provided to many surrounding areas, counties and Minnesota.
- The **Nutrition Program** is available to ALL seniors 60 years of age or older and their domestic partner, regardless of age.
- The goals of the program are to promote a healthy lifestyle through good nutrition and assist in expanding social opportunities.

15 ADRC SERVICES AND SUPPORTS

Elder Benefits Specialist assist with:

- Medicare, Part A, B,& D
- Medicare Supplemental Insurance/Medicare Health Plans
- Medicare Savings Programs
- Medical Assistance Programs
- Food Share Program
- Over-payments of Benefits
- Health Insurance Appeals

Information and Assistance is provided on a wide range of topics such as transportation, in-home care, respite, assistive technology, funding for out of home placement in a Nursing Home or Assisted Living, and so on. Information and Assistance is also provided to those who need help with benefits including social security disability, Medicare and Medicaid insurance, Food Share, and more.

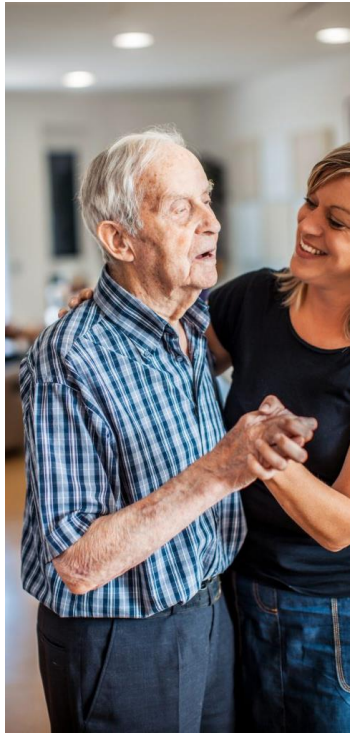
FOOD FOR THOUGHT.....

Make a list of all the things you enjoy doing: walking, journaling, sailing, fishing, painting, live music-whatever sets your heart on fire...



KEEP LIVING WITH PURPOSE!

You can keep doing and enjoying all those things! By making small adjustments in your routine (for safety) you can continue to do the things that make you happy.



20XX

CAREGIVING AND CAREGIVERS

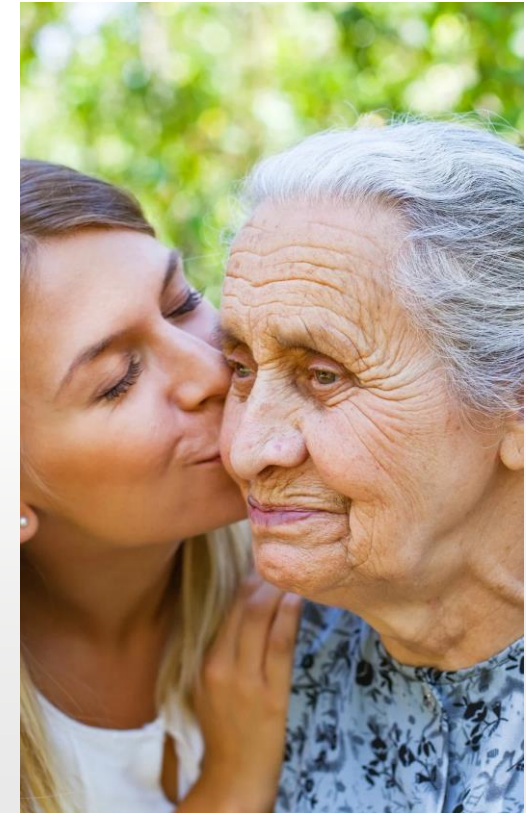
Caregiving is hard. As the population ages, more caregiving is being provided by people who aren't health care professionals. About 1 in 3 adults in the United States provides care to other adults as informal caregivers.

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

CAREGIVING AND CAREGIVERS

CAREGIVING CAN HAVE MANY REWARDS. FOR MOST CAREGIVERS, BEING THERE WHEN A LOVED ONE NEEDS YOU IS A CORE VALUE AND SOMETHING YOU WISH TO PROVIDE.

BUT A SHIFT IN ROLES AND EMOTIONS IS ALMOST CERTAIN. IT IS NATURAL TO FEEL ANGRY, FRUSTRATED, EXHAUSTED, ALONE OR SAD. CAREGIVER STRESS — THE EMOTIONAL AND PHYSICAL STRESS OF CAREGIVING — IS COMMON.



21 CAREGIVER STRESS AND BURNOUT YOU ARE NOT ALONE!

- Feeling overwhelmed or constantly worried
- Feeling tired often
- Getting too much sleep or not enough sleep
- Gaining or losing weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications
- Accept Help
- Focus on what you are able to provide
- Set realistic goals
- Get connected
- Join a support group
- Seek social support
- Set personal health goals
- See your doctor
- Explore respite options such as in home care, adult day centers, or short-term nursing home



COMMUNITY ACTIVITIES TO INCREASE BRAIN HEALTH AND CAREGIVER SUPPORT

- Memory Café's
- Bus Trips
- Stepping On
- Lunch Bunch
- Questions with Katrina
- Powerful Tools for Caregivers
- Caregiver Support Group

23 BRAIN HEALTH AND CAREGIVER SUPPORT

Memory Café's

- Promotes Brain Health, Socialization and Support for persons living with dementia and their caregivers *FREE*
- Free social and educational activity in the community.
- Currently five in our services area
- Senior Journey bus trips
- Memory Lane

Caregiver Tools and Support

- Powerful Tools for Caregivers
- Lunch Bunch
- Caregiver Fair
- Support Groups
- Dementia LIVE!

24 TIPS

- A person with Alzheimer's or Dementia will remember feelings but may not remember faces, it is a physiological response that comes from spending years familiar with certain individuals. They may not remember your name, but they will always remember the way you made them feel.
- Be patient. It's not about making sense for them in our world you must do what makes sense to them in their world.
- Don't argue or correct. Go with the flow. "If they're in 1948 then go to 1948 with them. If they see a racoon in the living room get the broom and chase the rascal out!"
- Make minor adjustments to daily routines as the disease progresses to account for safety.
- Utilize technology, resources, tips and tricks, services, etc. to allow the person living with Alzheimer's as much independence and autonomy as possible.
- Ask for help.
- Get support.

****ALWAYS ACCOUNT FOR SAFETY****





IF YOU HAVE MET ONE
PERSON WITH
DEMENTIA, YOU HAVE
MET ONE PERSON
WITH DEMENTIA.

EVERYONE'S JOURNEY IS
DIFFERENT. EMBRACE
YOURS.



THANK YOU

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