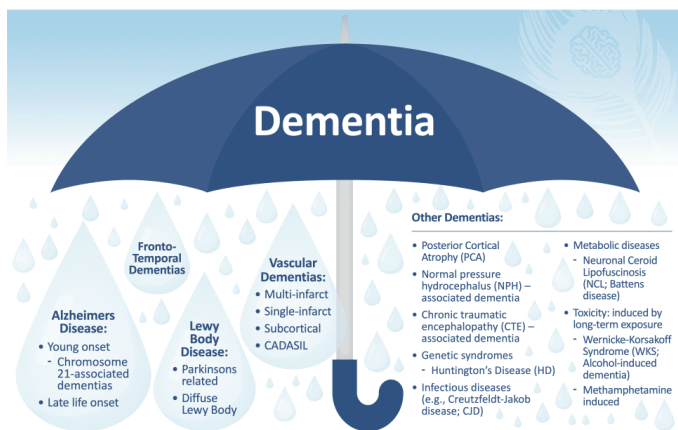


The Umbrella of Dementia: What You Need to Know



ODJJ
Our Dementia
Journey Journal

Adapted from Teepa Snow's
Positive Approach to Care®



Did you know...

Dementia is NOT a diagnosis. Dementia is an umbrella term encompassing over 120 types of brain changes, including Alzheimer's Lewy Body, vascular, and frontotemporal dementia. These types affect the brain differently, that can cause a variety of symptoms beyond memory.

'From Awareness to Action'

Understanding the brain changes caused by dementia is just the beginning. Our Dementia Journey Journal (ODJJ) supports turning awareness into action.

Whether you're a caregiver, health or social care provider, or part of the Circle of Care, the ODJJ offers reflective tools that align with person-centered approaches.

Four Truths About All Dementias:

- At least two parts of the brain are dying
- It keeps changing and getting worse – progressive
- It is not curable or fixable – chronic
- It results in death – terminal

Alzheimers

- New details lost first
- Recent memory worse
- Some language problems, mis-speaks
- More impulsive or indecisive
- Gets lost – time/place
- Several forms and patterns
- Young onset can vary from late life onset
- Down Syndrome is high risk
- Notice changes over time
- Related to beta-amyloid plaques and tau pathologies

Lewy Body

- Movement problems – Falls
- Visual disturbances
- Delusional thinking
- Fine motor problems – hands and swallowing
- Episodes of rigidity and syncope
- Insomnia – sleep disturbances
- Nightmares that seem real
- Fluctuations in abilities
- Drug responses can be extreme and strange
- Related to synuclein protein malformations

Vascular

- Sudden changes in ability – some recovery
- Symptom combinations are highly variable
- Can have bounce back and bad days
- Judgment and behavior *not the same*
- Spotty losses
- Emotional and energy shifts
- Least predictable
- Caused by problems with blood flow, oxygen, nourishment of brain cells

Frontotemporal

- Many types
- Frontal: impulse and behavior control changes
 - Says unexpected, rude, mean, odd things
 - Apathy – not caring
 - Problems with initiation or sequencing
 - Dis-inhibited: sex, food, drink, emotions, actions
- Temporal: language change
 - Difficulty with speaking – missing/changing words
 - Rhythm OK, content missing
 - Not getting messages
- Related to tau pathologies

Positive
Approach
to Care
www.TeepaSnow.com

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Available for Apple and Android devices and as a paper-based booklet.



To access more resources to implement the ODJJ in your community/group, scan the QR code or visit the link below.