

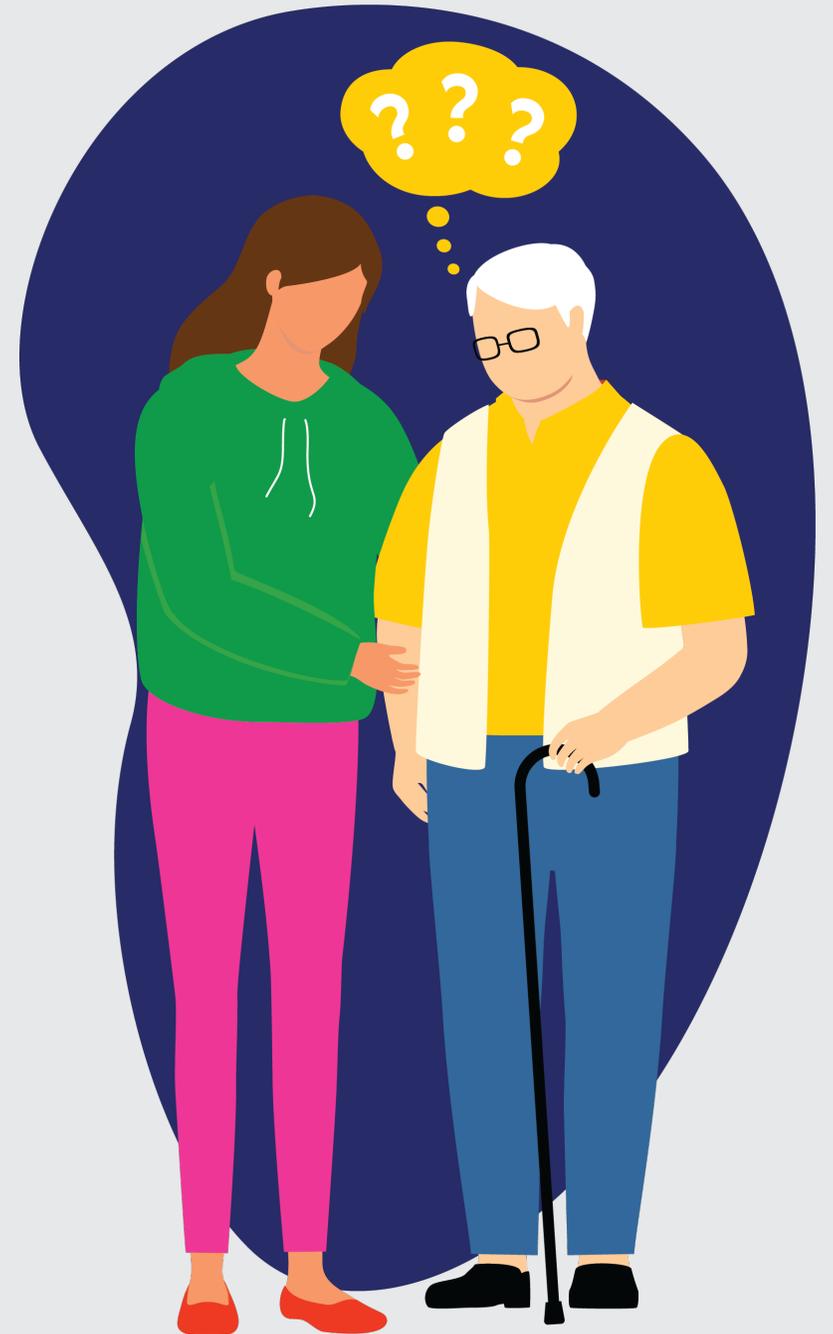
HELPING OUR COMMUNITY

**AgeWell**

ATLANTA

PRESENTS

# LET'S TALK ABOUT DEMENTIA



# SPEAKERS



**Wendy Liverant, MA, MBA, CFP, *JF&CS Geriatric Care Manager***

Wendy earned her MA in Gerontology-Program Administration from the Gerontology Institute at Georgia State University and is a Member of the Georgia Gerontology Society. She earned her BSBA in Accounting and MBA in Finance from the University of Hartford and has maintained the Certified Financial Planner designation since 2001.



**Samantha Freeman, MS, CPG, CDP, *JF&CS Wellness Care Specialist***

Samantha is a Credentialed Professional Gerontologist and a Certified Dementia Practitioner. Through her experiences as a direct care professional and as a life enrichment leader, Samantha has strengthened and solidified her love of working with the aging population. She holds a BS in Psychology from the University of Georgia and a Master's degree in Applied Gerontology from Brenau University.



**Shari Bayer, *CMO of Jewish HomeLife***

Shari has been the CMO at Jewish HomeLife for 12 years. She is also a trainer and advocate for Jewish HomeLife's I'm Still Here® program for people with dementia and other forms of memory loss. Her white paper, "5 Tips to Have More meaningful Conversations with People with Dementia," based on the I'm Still Here® approach, is the most downloaded resource on the Jewish HomeLife website.

# MODERATOR



## **Jennifer Curry, MPH, *AgeWell Atlanta Program Manager***

Jennifer is the Program Manager for AgeWell Atlanta, an innovative collaboration between Jewish HomeLife, Jewish Family & Career Services, the Marcus Jewish Community Center, and the Jewish Federation of Greater Atlanta. Jennifer has served in this role since the official launch of the program in 2019. Jennifer is a subject-matter expert in aging services who has worked in aging services in the Atlanta area for over a decade.

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# AgeWell

ATLANTA

Founding Partners:



**Aviv Older Adult Services**  
Jewish Family & Career Services



**Jewish  
HomeLife**



**MJCCA**  
MARCUS JCC of ATLANTA



**Jewish Federation**  
OF GREATER ATLANTA

# Overview

- **What is Dementia?**
- **Get Friendly/Familiar With It**
- **Modifiable Risk Factors**
- **While You're Waiting for a Diagnosis**
- **Diagnosis – Then What?**
- **Proactive Considerations**
- **Identifying Your Existing Support System**
- **Adapting to the Situation:  
Communication and Engagement**
- **Importance of Caregiver Self-Care**
- **Additional Resources/Support for Care  
Partners Along the Journey**

# What is Dementia?

Chronic cognitive disease

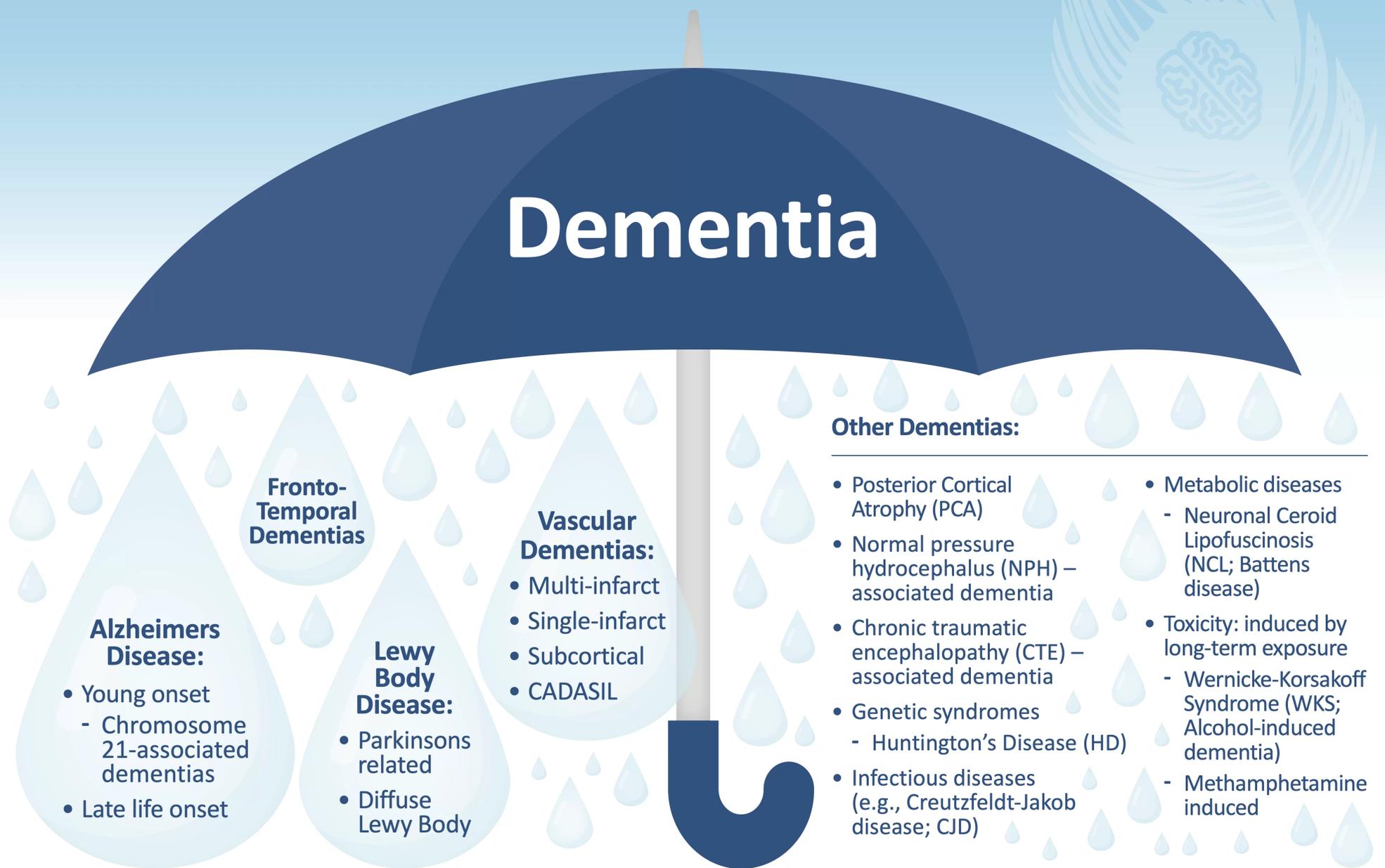
Medical diagnosis with symptoms and side effects

More than just memory loss

Progressive with time

<b>Signs of Alzheimer's and Dementia</b>	<b>Typical Age-Related Changes</b>
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things often and being unable to retrace steps to find them	Losing things from time to time

# Dementia



## Fronto-Temporal Dementias

### Alzheimers Disease:

- Young onset
  - Chromosome 21-associated dementias
- Late life onset

### Lewy Body Disease:

- Parkinsons related
- Diffuse Lewy Body

### Vascular Dementias:

- Multi-infarct
- Single-infarct
- Subcortical
- CADASIL

### Other Dementias:

- Posterior Cortical Atrophy (PCA)
- Normal pressure hydrocephalus (NPH) – associated dementia
- Chronic traumatic encephalopathy (CTE) – associated dementia
- Genetic syndromes
  - Huntington’s Disease (HD)
- Infectious diseases (e.g., Creutzfeldt-Jakob disease; CJD)
- Metabolic diseases
  - Neuronal Ceroid Lipofuscinosis (NCL; Batters disease)
- Toxicity: induced by long-term exposure
  - Wernicke-Korsakoff Syndrome (WKS; Alcohol-induced dementia)
  - Methamphetamine induced

# Get Friendly/Familiar With It

- **As the aging population grows, more people will experience cognitive loss beyond normal aging effects.**
- **Family Caregivers and other Care Partners are not alone.**
- **11 million Americans are unpaid dementia caregivers; \$272 billion in service value to loved ones. (Alzheimer's Association, 2022)**
- **Dementia will require adjustments, but you can still feel connected to others.**
- **Loved ones can still engage in life, have meaningful experiences and contribute.**
- **Families confronting neurocognitive disease can accept the fact, and while doing so, help to destigmatize societal fears and promote understanding.**

# Modifiable Risk Factors

Mid-life hearing loss

Not being a life-long learner

Smoking

Failing to seek early treatment for depression

Physical inactivity

Social isolation

High blood pressure

Obesity

Type 2 diabetes

Alcohol consumption

Traumatic brain injury

Air pollution

"Together the 12 modifiable risk factors account for around 40% of worldwide dementias, which could be prevented or delayed." - *The Lancet Commission*

# While You're Waiting for a Diagnosis

## ***Prepare for the Appointment***

### ***Daily Living:***

- Normalcy and Simplicity
- Emphasize current abilities
- Stay in the Present
- You're in this Together!

### ***Caregiver Literacy:***

- Knowledge is Power
- Lightly Explore Online Resources
- Adopt the right mindset for what may come

# While You're Waiting

- Don't argue
- Empathize
- Relate/focus on their feelings
- Throw away:
  - "I told you..."
  - "Don't you remember?"
  - "Didn't you hear me?"
- Doctors are not the only ones who can help. We have lots of people within AgeWell that can help as well.



# Diagnosis – Then What?

- Take a second. Breathe. Know that you can do this! You're not alone
- Inform those closest to you
- Here's where AgeWell and JF&CS Aviv Older Adult Services can help!
- Start learning – we can help with that. Let us help you build your team
  - We can either provide it or help find it
- We can share information to help you make decisions and not feel so alone during the process
- You can still live – and thrive – with dementia



# Proactive Considerations

- Create a Personal & Professional Resource Directory to organize key contacts, important records, and documents.
- Re-evaluate division of household duties
- Develop an accessible list of login info for online accounts
- Calendar important due dates (e.g., bills, taxes)
- Review/execute Estate Planning documents, Advance Directives
- Revisit Financial Plans for changes in income and expenses, lifestyle plans, investments
- Secure authorizations for follow-up on one's behalf
- Arrange for a Home Assessment to address physical needs and identify safety issues

# Identifying Your Existing Support System

You are one of many people who have signed up for this webinar. Most are in a similar position to you. You are not alone!

It's okay to ask for help!

Take stock of your current support system (family members, friends, spiritual advisors, neighbors, colleagues, community contacts).

Make a list of things you would be willing to ask for. Then, share it with your support system so they know how to support you.

Build out your Team – WE CAN HELP WITH THAT! (Example: Geriatric Care Management)

# Adapting To The Situation: Communication and Engagement

## Mild Cognitive Impairment/Early Stages

Have a routine and provide structure

Provide activities that give a sense of purpose and meaning (e.g., setting table)

Choose things to do that won't frustrate and will showcase abilities

Help initiate tasks. Offer assistance but don't create unnecessary dependency  
(e.g., demonstrate)

Focus on caregiver support and loved one's social needs

Be adaptable with your expectations

Time travel/reminisce

Maintain normalcy with a focus on health, wellness, and happiness

Don't correct

Focus on the little things

# Communication and Engagement

## Middle Stages

Have a routine and provide structure

Provide activities that give a sense of purpose and meaning (e.g., setting table, folding laundry)

Choose things to do that won't frustrate and will showcase abilities

Help initiate tasks. Offer assistance but don't create unnecessary dependency (e.g., demonstrate)

Focus on caregiver support and loved one's social needs

Be adaptable with your expectations

Time travel/reminisce

Focus on the process, not the outcome

Focus on what remains, not what is lost

Create and maintain a safe, calming, and comfortable environment

Live in the moment

Let them know what you're about to do before you do it

Don't correct

# Adapting To The Situation: Communication and Engagement

## Late Stages

Have routine and provide structure

Engage their senses (e.g., touch, music, aromatherapy)

May not be able to have a conversation with you but will still love to hear your voice and feel your touch

Focus on the process, not the outcome

Focus on what remains, not what is lost

Create and maintain a safe, calming, and comfortable environment

Live in the moment

Don't correct

Let them know what you're about to do before you do it

## Changes in Handling Situations

- Communication abilities are different.
- Loud noises and unfamiliar environments can be overwhelming.
- Promote your loved one's engagement as their self-initiating behavior declines.
- They could feel ashamed, embarrassed, or afraid of making mistakes given their changed abilities.
- Continue to promote task responsibilities aligned with individual capabilities.

## How You Can Help

- Pay attention to your loved one. Their body language may suggest they are uncomfortable, even if their words don't.
- Think about joining the party virtually instead of in person.
- Keep your loved one on a schedule providing structure, socialization, and activity in their day.
- Offer reassurance and validate their feelings
- Suggest some alone time during the event. This will help them to recoup and recharge.
- Leave the event early or arrive late. This way, you both can see loved ones, but it's not as much to handle. Be prepared to leave quickly and quietly, if things don't go well.
- When assigning tasks, focus on the process and not the outcome.

# Importance of Caregiver Self-Care



It's not all on you, tap into your support system

Take stock of your needs for self-care

Accept limitations and utilize support system and other resources to manage the journey

Conserve energy. Every day has a degree of unpredictability, both positive and negative

Maintain emotional balance and physical health in the face of ambiguous loss

*Internal Resources:* Frances Bunzl Clinical Services, Caregiver Support Groups

# Additional Resources/Support for Care Partners Along the Journey

## Plan to do two of the following to get started:

- Try to get more comfortable
- Caregiver support groups
- Tour long-term care/assisted living
- Brain Health Bootcamp
- Respite help
- Caregiver literacy
  - Look into suggested resources to learn more about caregiving, disease process, etc.
  - Self-starting
  - "Five ways to have more meaningful conversations..."
  - Savvy Caregiver Training
  - Websites, webinars, mailing lists

# AgeWell Atlanta Resources

## JF&CS, JHL, & MJCCA

Aviv Older Adult Services of JF&CS	Jewish HomeLife	Marcus JCC of Atlanta & AgeWell Neighborhoods
<ul style="list-style-type: none"> <li>• Geriatric Care Management</li> <li>• Case Management</li> <li>• BrainHealth BootCamp</li> <li>• Therapeutic Pets</li> <li>• Music and Memory</li> <li>• Caregiver Support Groups</li> <li>• Caregiver Respite Programs</li> <li>• Clinical Services (Counseling)</li> <li>• Chaplaincy</li> </ul> <p style="text-align: center;">Jewish Family &amp; Career Services  <a href="http://www.jfcsatl.org">www.jfcsatl.org</a></p>	<ul style="list-style-type: none"> <li>• Affordable Independent living</li> <li>• Assisted living and memory care</li> <li>• Skilled nursing and rehab</li> <li>• In-home private care</li> <li>• Hospice and palliative care</li> <li>• Geriatric primary care</li> <li>• Caregiver support groups</li> <li>• Healthy aging education</li> </ul> <p style="text-align: center;">Jewish HomeLife  <a href="http://www.jewishhomelife.org">www.jewishhomelife.org</a></p>	<ul style="list-style-type: none"> <li>• Virtual Programs               <ul style="list-style-type: none"> <li>○ Wellness Programming</li> <li>○ Fitness Classes</li> <li>○ Discussion Groups</li> <li>○ Adult Learning Opportunities</li> </ul> </li> <li>• Fitness Center &amp; Water Aerobics</li> <li>• Performing Arts, Author Events, and Cooking &amp; Art Classes</li> <li>• Senior Day at the MJCCA</li> </ul> <p style="text-align: center;">MJCCA  <a href="http://www.atlantajcc.org">www.atlantajcc.org</a></p>

# Social Media



[@alzheimersspeaks](#)

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[@belightcare](#)

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[@dementiabyday](#)

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[@dementia\\_careblazers](#)

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[@dementiadarling](#)

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[@dementia.nutrition](#)

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[@otflourish](#)

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[@teepasnows\\_pac](#)

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[@umichalzheimers](#)

# Organizations

[AgeWell Atlanta: agewellatl.org](#)

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[AARP: aarp.org](#)

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[Alzheimer's Association: alz.org](#)

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[Alzheimer's Disease Research Center at Emory University: alzheimers.emory.edu](#)

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[American Parkinson Disease Association: apdaparkinson.org](#)

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[Atlanta Regional Commission \(ARC\): atlantaregional.org](#)

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[Dementia Mentors: dementiamentors.org](#)

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[Georgia Adult Day Services Association: gadsa.org](#)

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[Lewy Body Dementia Association: lbda.org](#)

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[National Academy of Elder Law Attorneys: naela.org](#)

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[National Institute on Aging: nia.nih.gov](#)

Learn about all of the resources you can access:  
**agewellatl.org | info@agewellatl.org**  
**1.866.AGEWELL | 1.866.243.9355**

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Founding Partners:



*Thank you for attending.*

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