

Redefining Active



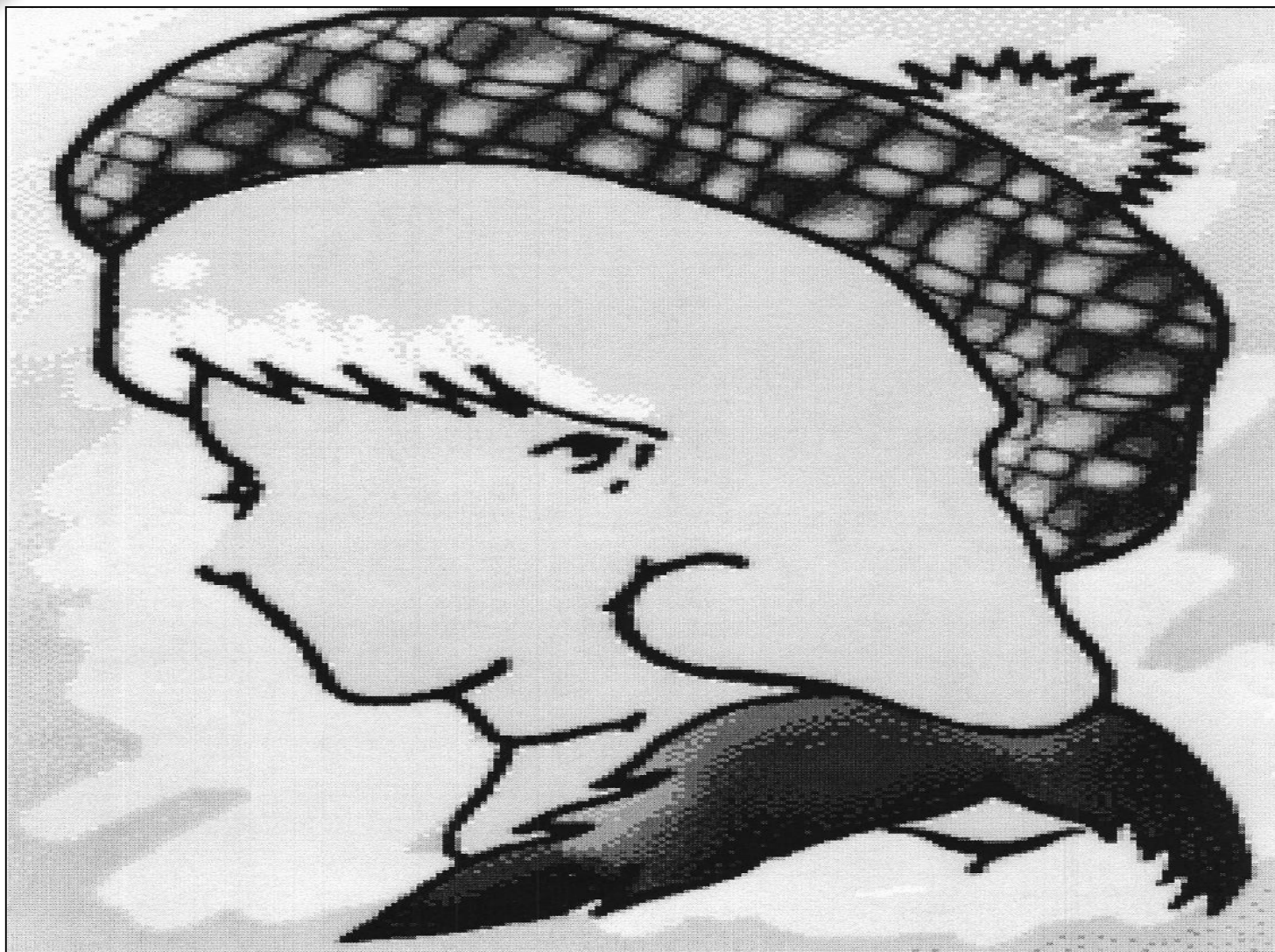
Presentation courtesy of
International Council on Active Aging



ALZHEIMER'S DISEASE & A HEALTHY BRAIN

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WHAT IS DEMENTIA?

Dementia is not a disease itself and **it is not a normal part of aging**, each dementia has unique aspects but all share common symptoms:

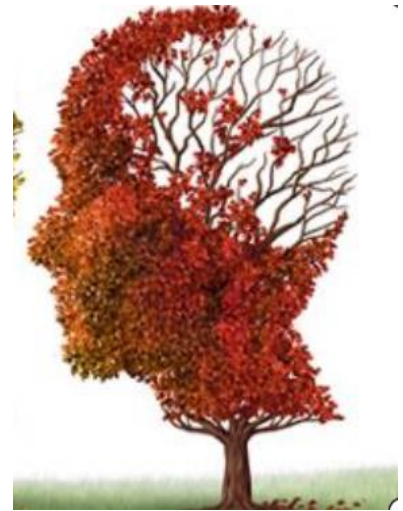
- Dementia is the name of a group of symptoms that include the loss of:
- Memory – short & long term
- Judgment & Reasoning
- Ability to Communicate
- Ability to Function
- Changes in Mood & Behaviors





ALZHEIMER'S DISEASE IS . . .

- Progressive – **increases**
- Degenerative - **break down**
- Irreversible - **cannot be repaired**;
at present there is no known cure
- Affects a persons ability to perform even simple tasks
AD makes up 64% of all dementias





YOUR BRAIN & GOOD HEALTH MAKE THE CONNECTION

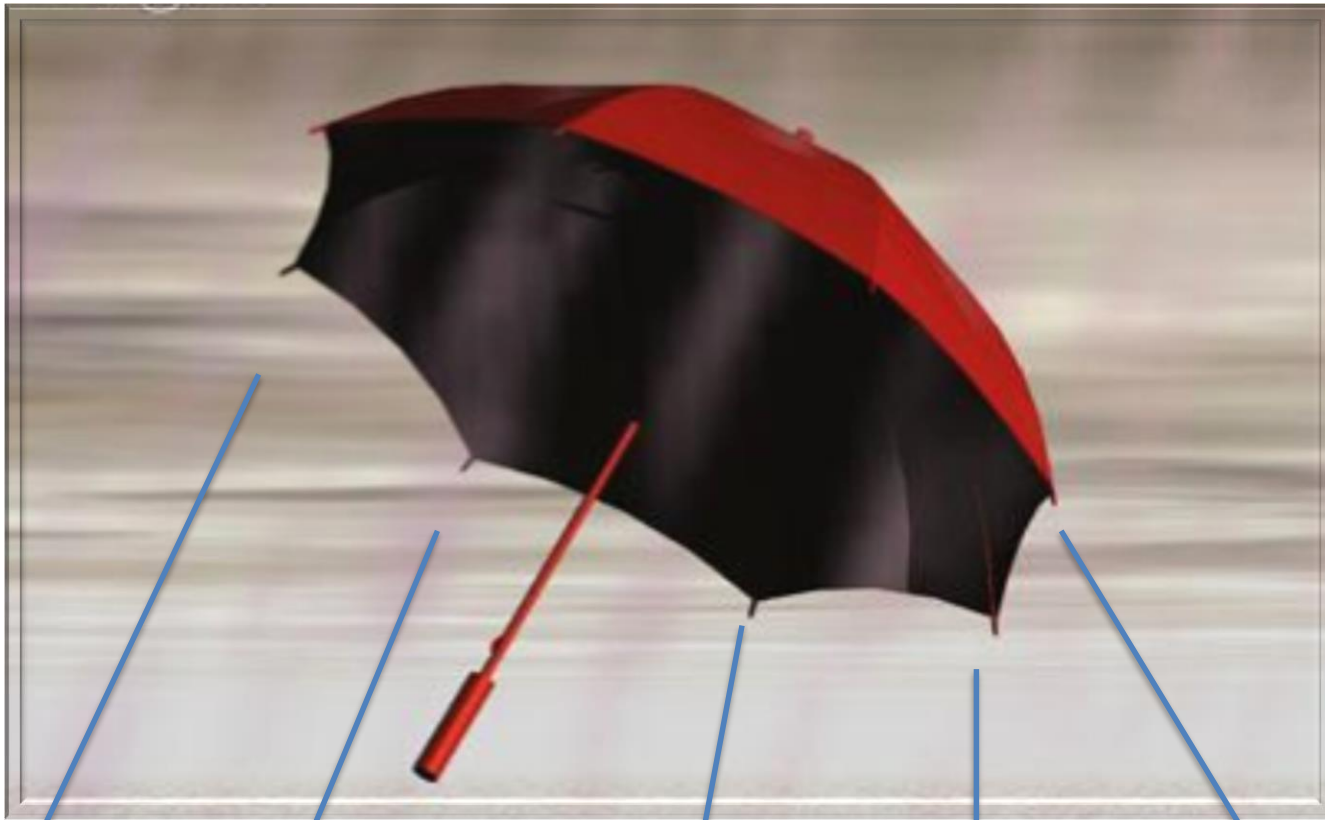
The Brain

- ❖ Plays a role in every action and thought
- ❖ When we are hungry
- ❖ Where we are
- ❖ What time it is
- ❖ Why we are here
- ❖ Safety decisions = *EVERYTHING!!!*





OTHER RELATED DEMENTIA'S



Alzheimer's

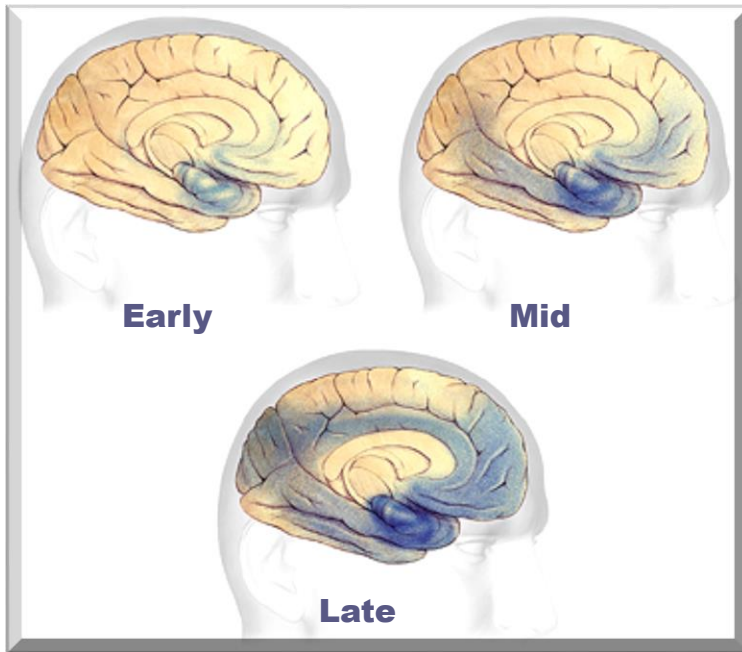
Frontotemporal

Lewy Body

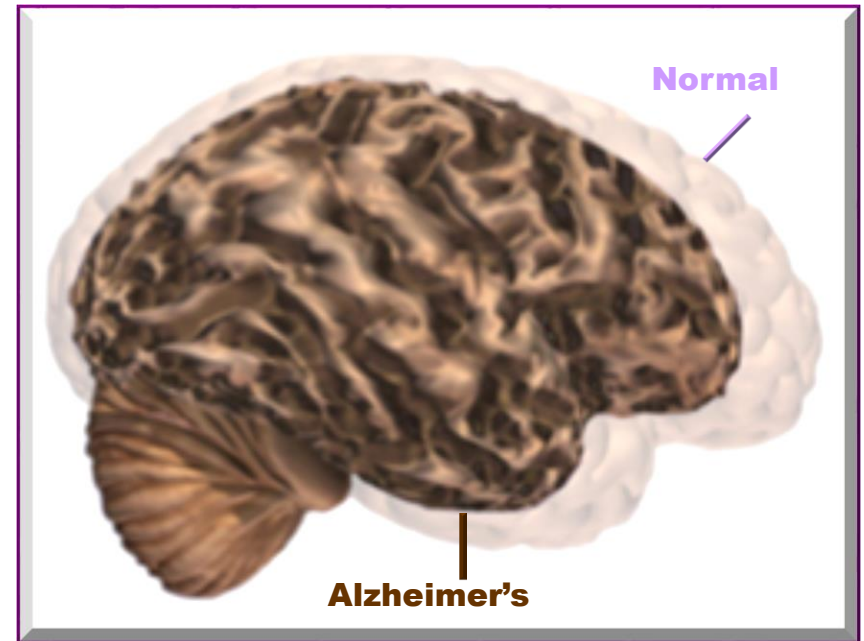
Vascular

Mixed

AFFECTS ON THE BRAIN



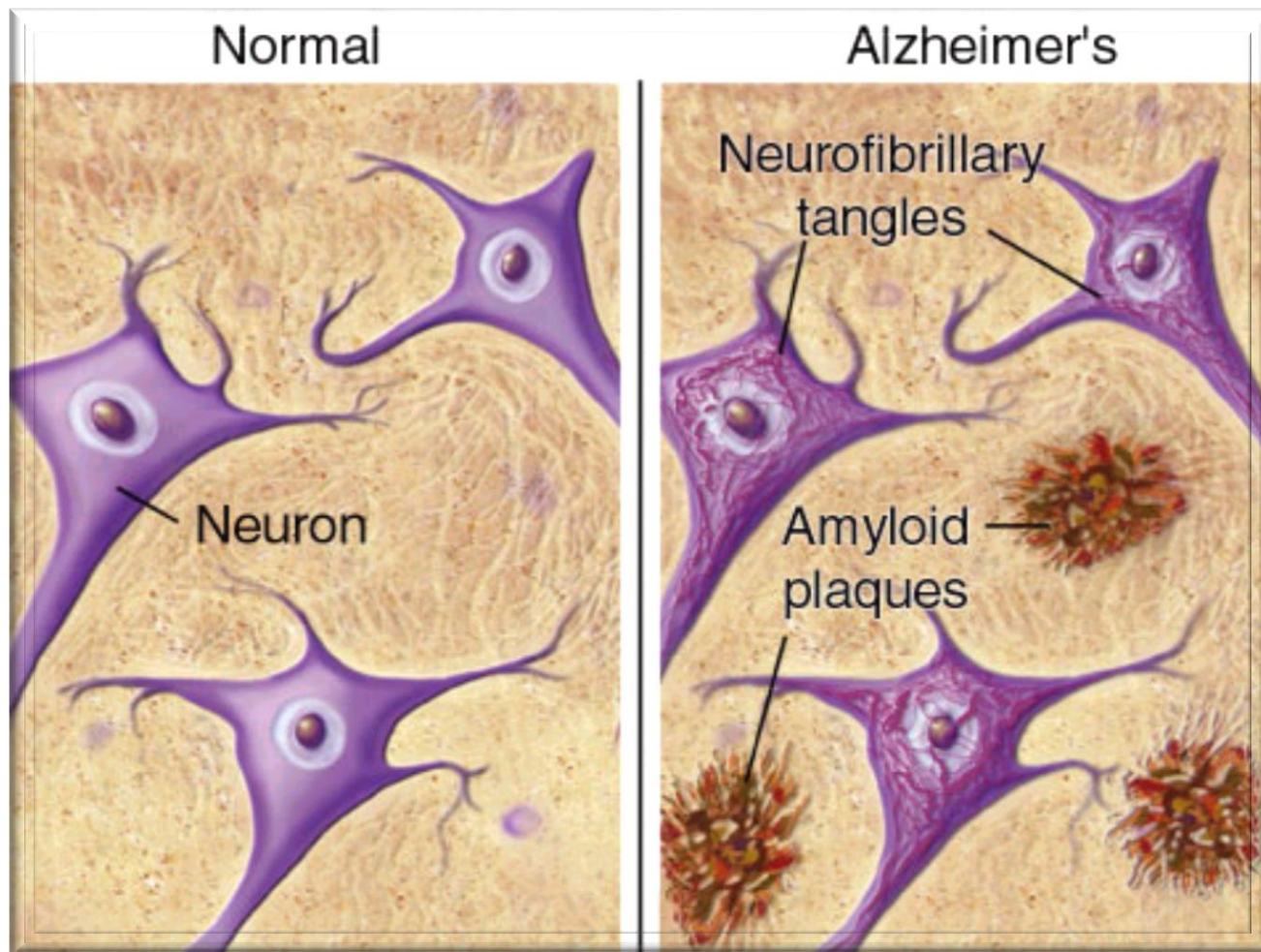
More regions of the brain are affected as disease progresses



Cell death results in loss of brain matter

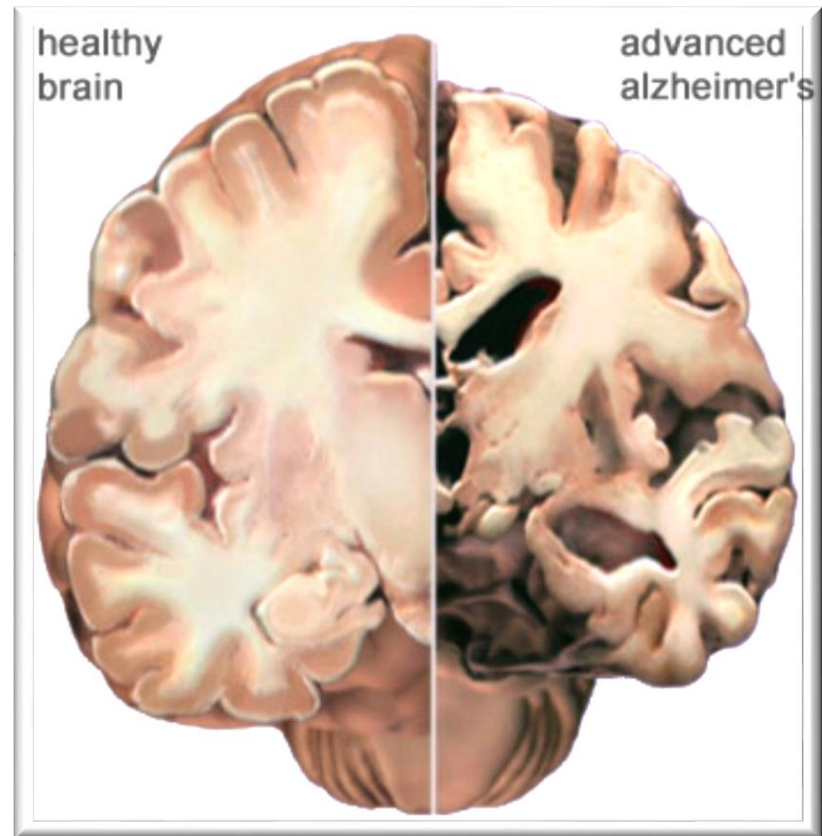
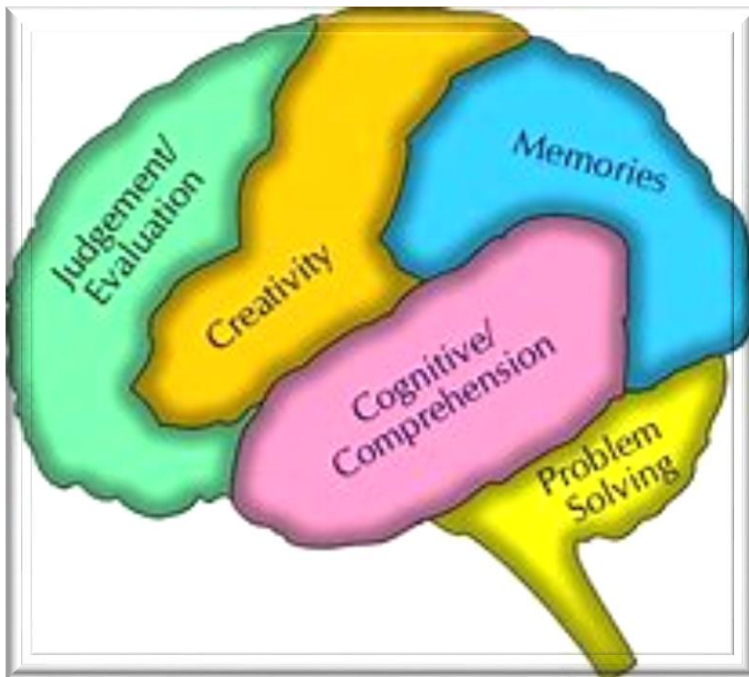


PLAQUE AND TANGLES





HEALTHY VS. ALZHEIMER'S





LEFT VS RIGHT BRAIN FUNCTIONS

LOGIC

- Language & grammar
- Memory
- Science
- Facts/ rules
- Words of songs
- Sequencing
- Numbers
- Speaking
- Time awareness
- Safe
- Present & Past



Creative

- ❖ feelings/ emotions
- ❖ Concentration
- ❖ Visualization
- ❖ Imagination
- ❖ Decision making
- ❖ Multitasking
- ❖ Intuition
- ❖ Arts & rhythm
- ❖ Active listening
- ❖ Organization
- ❖ Tune of songs
- ❖ Risk taking
- ❖ Present & Future

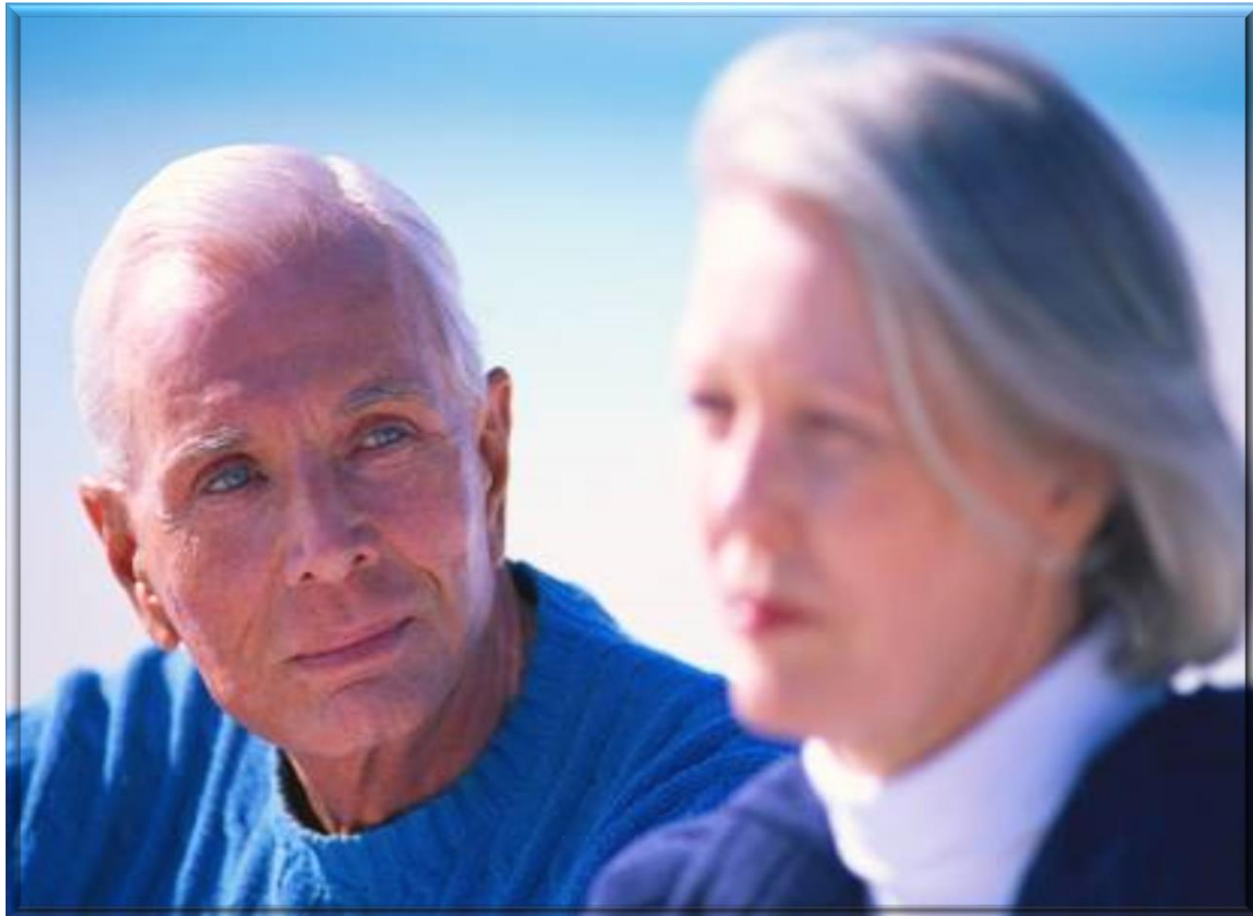


NORMAL FORGETFULNESS

- Recognize people & places, even if cannot recall their names
- Remember the day & time
- Forget details of a recent experience, but not the experience itself
- Forget items, but will often remember later



SIGNS OF ALZHEIMER'S DISEASE



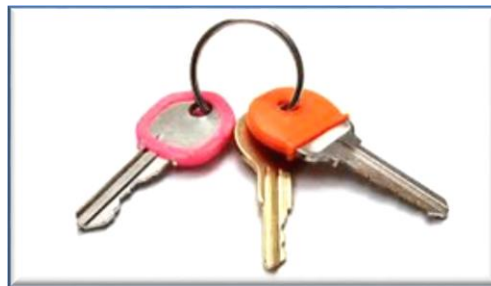


- 1) Memory Loss Affecting Day to Day Function
- 2) Difficulty Performing Day to Day Tasks
- 3) Difficulty with Language
- 4) Disorientation of Time and Space
- 5) Difficulty with Judgement and Decision Making





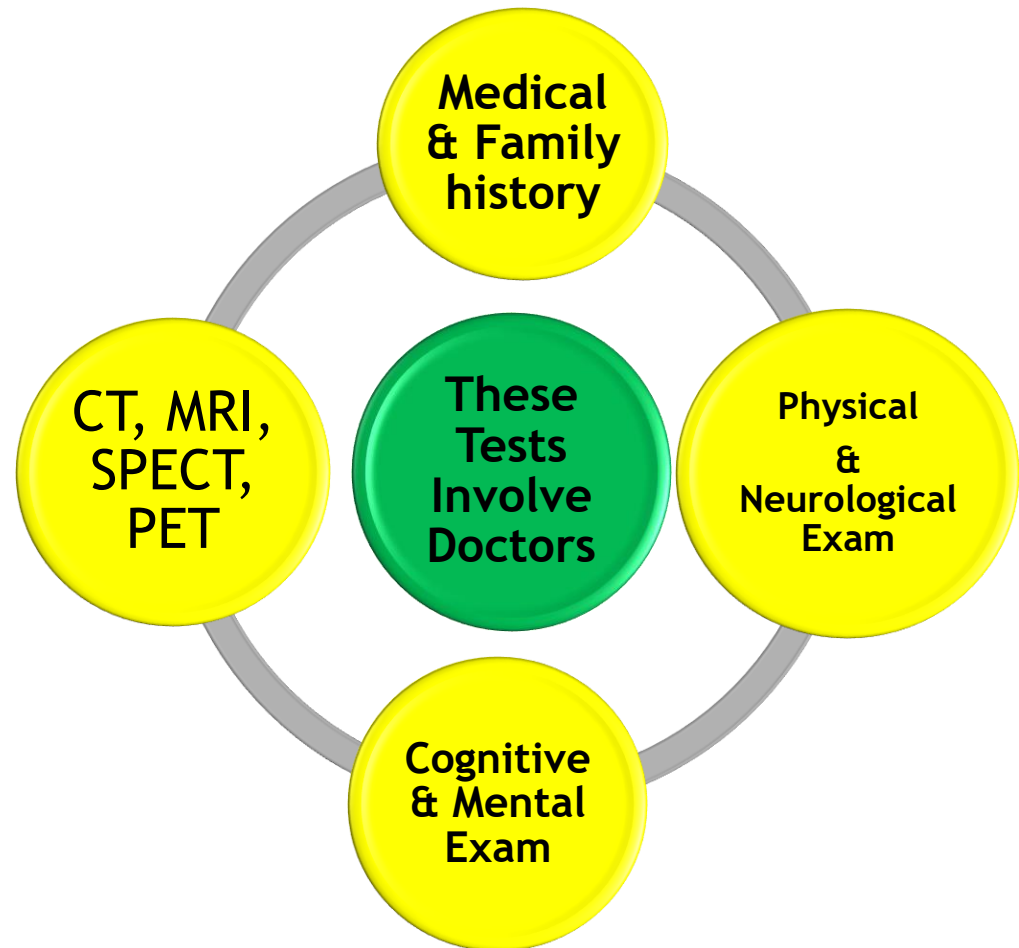
- 6) Difficulty with Abstract Thought
- 7) Misplacing Things
- 8) Changes with Mood and Behaviour
- 9) Changes in Personality
- 10) Difficulty Initiating Activities





GETTING A DIAGNOSIS

There is currently no single test or procedure that can definitively diagnose Alzheimer's Disease.





RISK FACTORS

Risk factors beyond your control:



- **Age**
- **Gender**
- **Genetic**





AGE

Known to be associated with Alzheimer Disease:

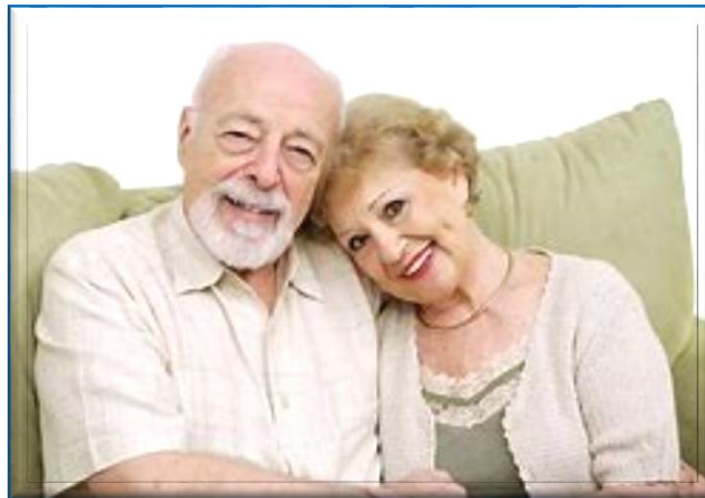
- 1 in 11 Canadians over age 65 and
- 1 in 3 Canadians over age 85 have Alzheimer Disease





GENDER

- More women than men have Alzheimer's disease, women make up 72 per cent of Canadians with Alzheimer's disease
- Women make up 62% of all dementias





GENETICS

- Genetics play a role... BUT ... only a small percentage of cases (5-7%) are associated with specific genes that cause an inherited form of the disease.
- The majority of cases are called **Sporadic Alzheimer's disease** and account for (93– 95%). It doesn't matter what sex, religion, race, wealth that you are.





CAN WE REDUCE THE RISK?

- Age, gender & genetic factors unchangeable
- Adapting lifestyles may reduce the risk of many dementia
- Exercise body and brain
- Both important to ↓ risk of dementia





RISK FACTORS YOU CAN CONTROL!

- Diabetes
- High cholesterol
- Take your Meds!
- Mental Inactivity
- Physical Inactivity
- Diet and weight
- Protect your head





PRACTICE SAFE STRESS

- \uparrow Stress = \uparrow BP = \uparrow Risk of AD
- Depression \downarrow s Concentration
- Depression = \uparrow Risk of AD



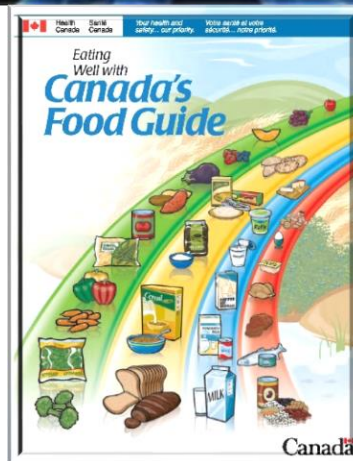


EXERCISE



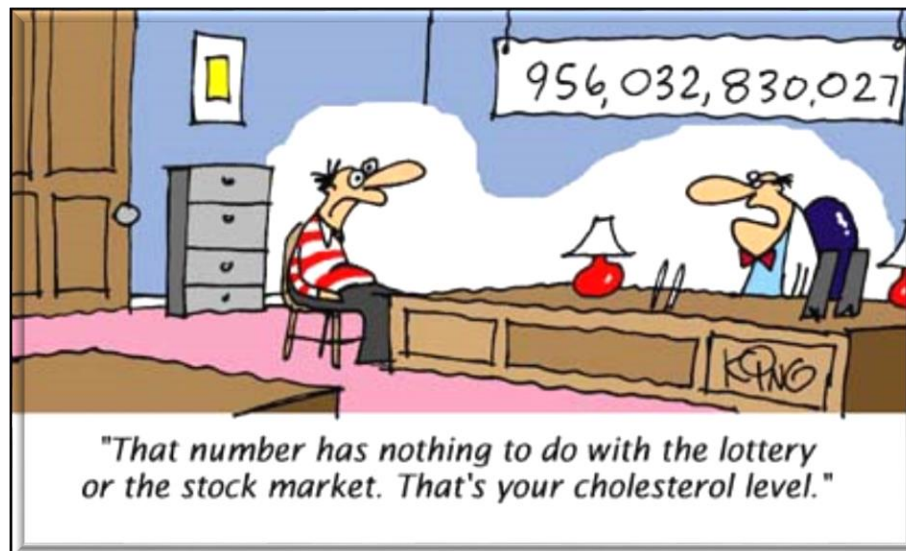
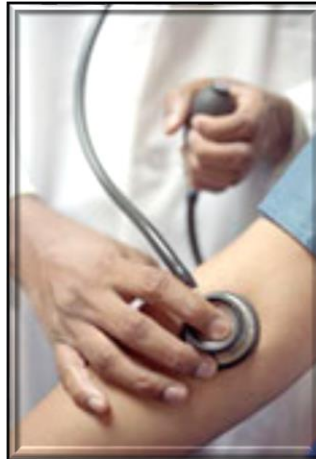
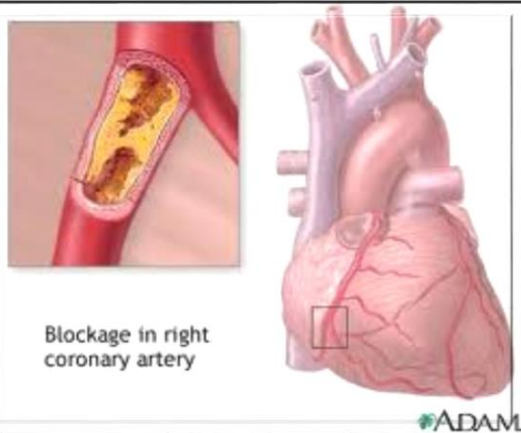


EAT WELL





KEEP YOURSELF WELL





SOCIALIZE





PROTECT YOUR HEAD





DRINKING... WE'RE TAKING AWAY ALL YOUR FUN!

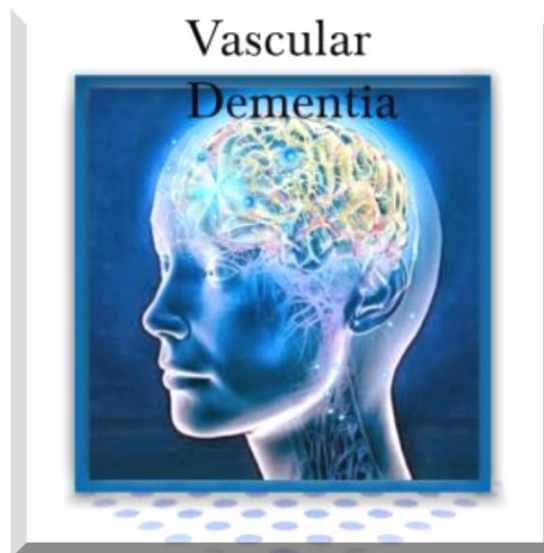
- Lifetime abuse linked to various forms of dementia





SMOKING: SEEING A TREND YET?

- Lifetime of smoking linked to \uparrow risk of cognitive impairment and vascular dementia





CHALLENGE YOUR BRAIN

- Stay curious, challenge yourself
- Play intellectual games, crosswords/puzzles
- Learn a musical instrument, language
- Read, write
- Attend lectures, creative arts
- Don't rely on technology to do your thinking
- Change the way you do something





CHALLENGE YOUR BRAIN... LET'S TRY IT

With your main hand point your finger then
spell your name in the air....now switch
hands and try to spell your name again.

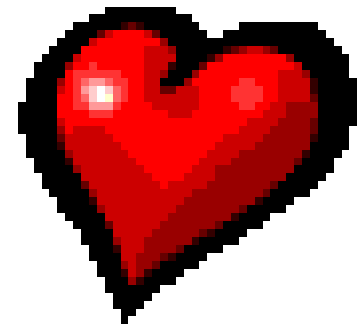




REDUCE YOUR RISK...



TAKE ACTION TODAY



Good rule to remember:

- What's **GOOD** for your heart is usually **GOOD** for your brain
- What's **BAD** for your heart is **BAD** for your brain





She was... She is...

Who she is now is as important as who she was.

Change the Dialogue for people living with Alzheimer's to acknowledge the value of their lives.

100% of your donation goes to York Region families!

Providing:

- Supervised social and recreational activities
- Respite and relief for primary caregivers and much more

Yes! I want to Change The Dialogue for more than 15,000 people living with Alzheimer's in York Region.

Alzheimer Society
YORK REGION

Change the Dialogue

DONATE NOW!

LEARN MORE

about programs and services available in your community.



As of June 2016,
approx. 564,000 Canadians are living with
Alzheimer's disease and other related
dementias.

People living with dementia often feel excluded,
treated differently.

People living with dementia want to be seen as **people**
first, to be treated as individuals, to have opportunities to
participate and contribute to society.

They want to be seen for who they are and not known as a
case number



FINDING Your Way

Helping people with dementia live safely in the community

*For people with dementia,
every step counts.*



Know the Numbers

564,000

Canadians are currently living with dementia

16,000

The number of Canadians under the age of 65 living with dementia

937,000

The number of Canadians who will be living with the disease in 15 years



How easily and frequently a person with dementia can become lost...

- Getting lost can happen without warning
- Familiar surroundings may suddenly become strange to them
- A person may get disoriented and are unable to find their way home
- 3 of 5 people with dementia will go missing



Be on the lookout for these warning signs, at risk of going missing:

- | | |
|--------------------------|------------------------------|
| • Comes back late | • Can't find familiar places |
| • Attempts to go to work | • Asks for family |
| • Wants to "go home" | • Looks busy |
| • Appears agitated | • Appears lost |



Interacting with a person with dementia who may be lost:

The person may be:

- Inappropriately dressed for the weather
- Standing still, looking around for a long period of time
- Pacing
- Looking confused or disoriented
- Repeating the same question or statement within a short period of time



Interacting with a person with dementia who may be lost:

Know what to do:

- Avoid confrontation
- Avoid correcting or “reality checks”
- Call police (9-1-1) for help returning the person home safely
- Wait with the person until the police arrive



More Resources...

- Finding Your Way Booklet
- Finding Your Way Website:
findingyourwayontario.ca -> free online course for staff
- Alzeducate.ca -> online courses and webinars for staff and families



WHAT TO REMEMBER FROM TODAY

- Understand normal brain aging, talk about concerns with friends and your doctor
 - Keep your brain active
- "Use it or lose it"**
- Try to learn new things every day!







Thank You

**For more information, or if you have questions about
Alzheimer's disease or related dementias,
please contact us!**

The logo for Alzheimer Society York Region is a blue rectangular box. Inside, the word "Alzheimer" is in a large, white, serif font, and "Society" is in a smaller, italicized, white, serif font. Below this, the words "YORK REGION" are written in a smaller, white, sans-serif font.

Alzheimer Society
Y O R K R E G I O N

HELP FOR TODAY, HOPE FOR TOMORROW

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Redefining Active



Thank you!