

WILL THE REAL HERB MAGLEY PLEASE STAND UP!!!!



WHEN SOMETHING JUST DOESN'T FEEL RIGHT

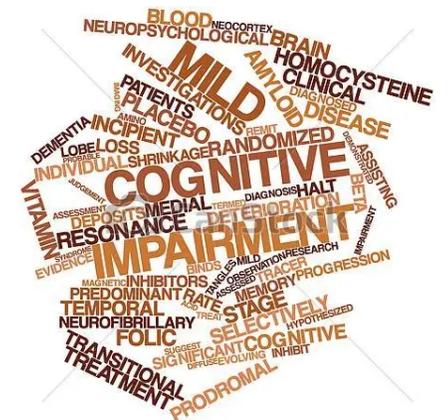


10 STEPS TO APPROACH MEMORY CONCERNS IN OTHERS

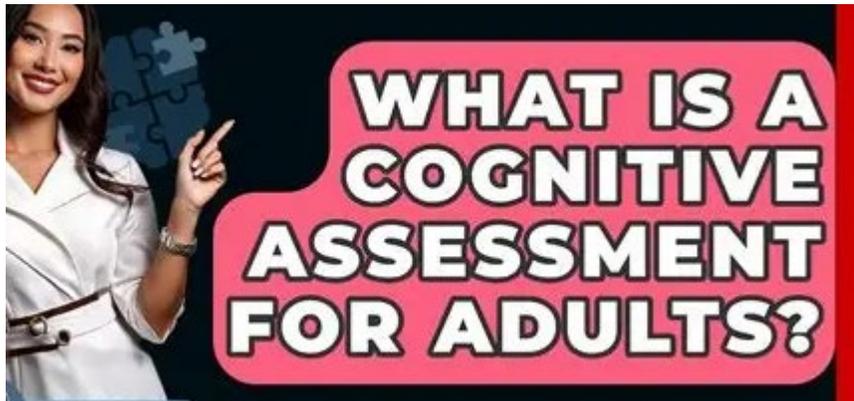


About one-third of people with Mild Cognitive Impairment (MCI) develop dementia due to Alzheimer's within 5 years.

BEFORE THE DIAGNOSIS

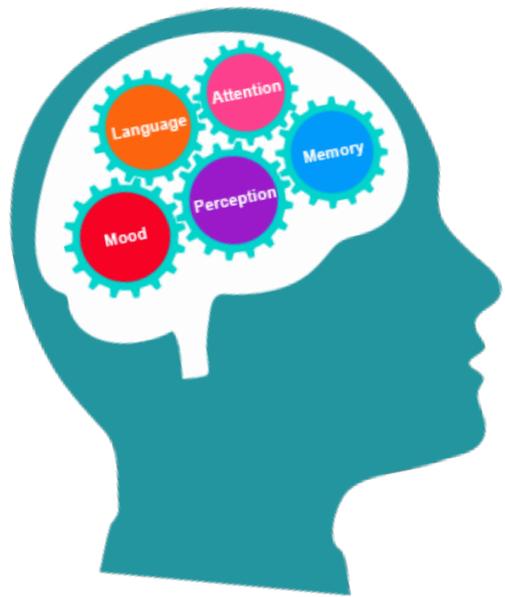


ASSESSING THE SITUATION



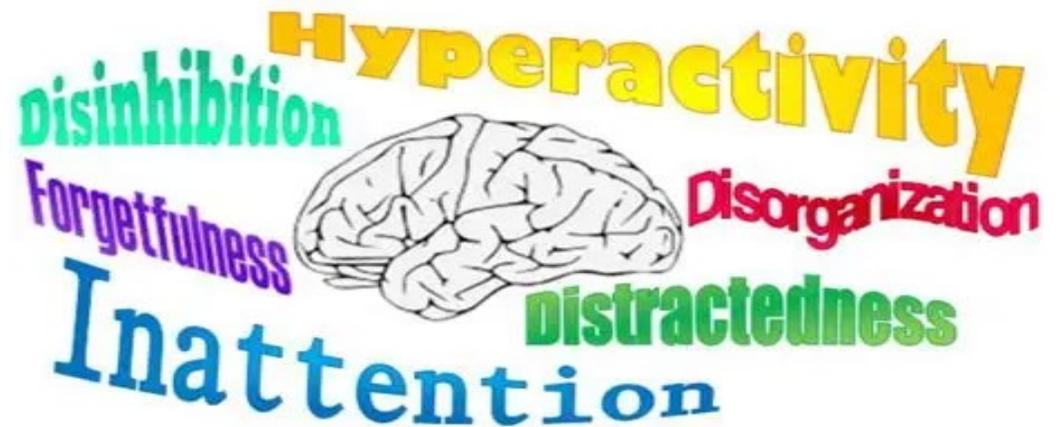
[ALZ.ORG/EVALUATEMEMORY](https://www.alz.org/evaluatememory)

Cognitive assessment tools	Score ranges for different levels of cognitive levels		
	Cognitively intact	Moderate cognitive impairment	Severe cognitive impairment
Mini mental state examination (MMSE)	27 - 30	10 - 26	<10
Cognitive performance scale 2.0 (CPS)	0 - 1	2 - 5	6 - 8
Global deterioration scale (GDS)	Stage 1 and 2	Stage 3 to 5	Stage 6 and 7
Montreal cognitive assessment (MoCA)	27 - 30	19 - 26	<19



STEP 1

WHAT CHANGES IN
MEMORY, THINKING, BEHAVIOR
DO YOU SEE?



WHAT IS THE PERSON DOING...OR NOT DOING...

...THAT IS OUT OF THE ORDINARY...FOR THEM

EXAMPLE: MAYBE THEY HAVE ALWAYS KEPT THEIR HOUSE SPOTLESS,

BUT NOW THERE ARE DIRTY CLOTHES LITTERING THE BEDROOM, DIRTY DISHES FILLING THE SINK, UNPAID BILLS PILED ON THE TABLE



WHAT IS THE PERSON DOING...OR NOT DOING... **...THAT IS CAUSING CONCERN...FOR YOU**

EXAMPLE: THEY ALWAYS BALANCED THEIR CHECKBOOK
BUT NOW THEY STRUGGLE WRITING CHECKS AND NEVER
LOOK AT THEIR BALANCE

EXAMPLE: THEY ALWAYS TOOK PRIDE IN THEIR CAR
BUT NOW THERE ARE DENTS, SCRAPES, THE REARVIEW
MIRROR IS MISSING AND IT LOOKS LIKE IT HASN'T BEEN
WASHED IN MONTHS





STEP 2

**WHAT ELSE MIGHT BE GOING ON THAT
MIMICS COGNITIVE ISSUES?**





VARIOUS HEALTH & LIFESTYLE ISSUES CAN MIMIC SYMPTOMS OF MEMORY, THINKING AND BEHAVIOR DISEASES



BIPOLAR DISORDER



TRAUMATIC BRAIN INJURY



SIGNS & SYMPTOMS OF Sleep Apnea

Sleep apnea is a common sleep disorder. However, many people suffering from it go undiagnosed because some of the most prominent warning signs happen at night. The best way to determine if you are exhibiting sleep apnea related symptoms is to ask your doctor, roommate or bed partner to note the following:



MEDICAL ISSUES THAT MIMIC DEMENTIA, BUT CAN BE TREATED

- THYROID ISSUES (DEMENTIA FROM THYROID DISEASE CAN BE REVERSED)
- DEHYDRATION
- EXTREME STRESS
- INFECTIONS: UTI'S, LYME DISEASE (KRIS KRISTOFFERSON EXAMPLE)
- DIABETES (TONY BENNETT, GLEN CAMPBELL, RONALD REAGAN, SUGAR RAY ROBINSON, DEMI MOORE)
- LIVER/KIDNEY DISEASE
- MEDICATION SIDE EFFECTS, ANTI-DEPRESSANTS, ANTIHISAMINES, SLEEP AIDS, ANTI-NAUSEA, STEROIDS,
- DEPRESSION, ANXIETY, PTSD
- BIPOLAR DISORDER
- MOOD DISORDERS
- VITAMIN B12 DEFICIENCY
- SLEEP APNEA, INSOMNIA
- HEAD INJURY (JIM MCMAHAN EXAMPLE)

STEP 3



VISIT [ALZ.ORG/10SIGNS](https://www.alz.org/10signs) TO LEARN ABOUT THE EARLY SIGNS OF ALZHEIMER'S & OTHER DEMENTIAS & THE BENEFITS OF EARLY DIAGNOSIS

- **IT IS IMPORTANT TO KNOW WHAT IS CAUSING THESE CHANGES**
 - DO YOU SEE ANY OF THESE 10 SIGNS IN THE PERSON?
 - IF SO WHAT SIGNS ARE THEY?

10 EARLY WARNING SIGNS OF ALZHEIMER'S

1) MEMORY LOSS

DISRUPTS DAILY LIFE

FORGETTING RECENTLY LEARNED INFORMATION

2) DIFFICULTY PLANNING OR SOLVING PROBLEMS

TROUBLE FOLLOWING A RECIPE

TROUBLE KEEPING TRACK OF MONTHLY BILLS

3) CHALLENGES IN COMPLETING FAMILIAR TASKS

PROBLEMS DRIVING TO A KNOWN LOCATION

PROBLEMS MANAGING A BUDGET

4) CONFUSION WITH TIME OR PLACE

LOSING TRACK OF DATES, SEASONS

CONFUSION WITH TIME

5) DIFFICULTY WITH VISUAL IMAGES AND SPATIAL RELATIONSHIPS,

PROBLEMS WITH READING

PROBLEMS JUDGING DISTANCE

KNOW THE 10 SIGNS	
of ALZHEIMER'S DISEASE	vs Typical Age Related Changes
1 Memory Changes that disrupt daily life: One of the most common signs of Alzheimer's disease, especially in the early stages is forgetting recently learned information. (Forgetting important dates, asking for the same information over and over.)	1 Typical Age-Related Changes: Sometimes forgetting names or appointments, but remembering them later.
2 Challenges in planning or solving problems: Some may have difficulty concentrating and take much longer to do things than they did before. (They may have trouble following a recipe or keeping track of monthly bills.)	2 Typical Age-Related Changes: Making occasional errors when balancing a checkbook.
3 Difficulty completing familiar tasks: People with Alzheimer's often find it hard to complete daily tasks. (Driving to a familiar location, remembering the rules to a familiar game, or managing a budget at work.)	3 Typical Age-Related Changes: Occasionally needing help to use the settings on a microwave or record a television show.
4 Confusion with time or place: People with Alzheimer's can lose track of dates, seasons and the passage of time. (They may have trouble understanding something if it is not happening immediately, or may forget how they got somewhere.)	4 Typical Age-Related Changes: Getting confused about the day of the week, but figuring it out later.
5 Trouble understanding visual images and spatial relationships: Some may have difficulty reading, judging distance and determining color or contrast. (They may not realize they are the person in the mirror.)	5 Typical Age-Related Changes: Vision changes related to cataracts.
6 New problems with words in speaking or writing: People with Alzheimer's may have trouble following or joining a conversation. (They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves, and/or struggle with vocabulary.)	6 Typical Age-Related Changes: Sometimes having trouble finding the right word.
7 Misplacing things and losing the ability to retrace steps: A person with Alzheimer's may put things in unusual places. (They may lose things and be unable to go back over their steps to find them again. Sometimes they may accuse others of stealing.)	7 Typical Age-Related Changes: Misplacing things from time to time.
8 Decreased or poor judgment: People with Alzheimer's disease may demonstrate unusual changes in judgment or decision making. (They may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.)	8 Typical Age-Related Changes: Making a bad decision once in a while.
9 Withdrawal from work or social activities: A person with Alzheimer's disease may start to remove themselves from hobbies, social activities, work projects or sports. (They may also avoid being social because of the changes they have experienced.)	9 Typical Age-Related Changes: Sometimes feeling weary of work, family and social obligations.
10 Changes in mood and personality: The mood and personalities of people with Alzheimer's disease may change. (They may be easily upset in places where they are out of their comfort zone. They can become confused, suspicious, depressed, fearful or anxious.)	10 Typical Age-Related Changes: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

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10 EARLY WARNING SIGNS OF ALZHEIMER'S

6) NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

STRUGGLING TO FOLLOW/JOIN A CONVERSATION

7) MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

ACCUSING OTHERS OF STEALING

8) DECREASED OR POOR JUDGMENT

BAD DECISIONS...GIVING AWAY LARGE SUMS OF MONEY

9) WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

LOSING INTEREST IN HOBBIES

NO INTEREST IN SOCIAL ENGAGEMENTS

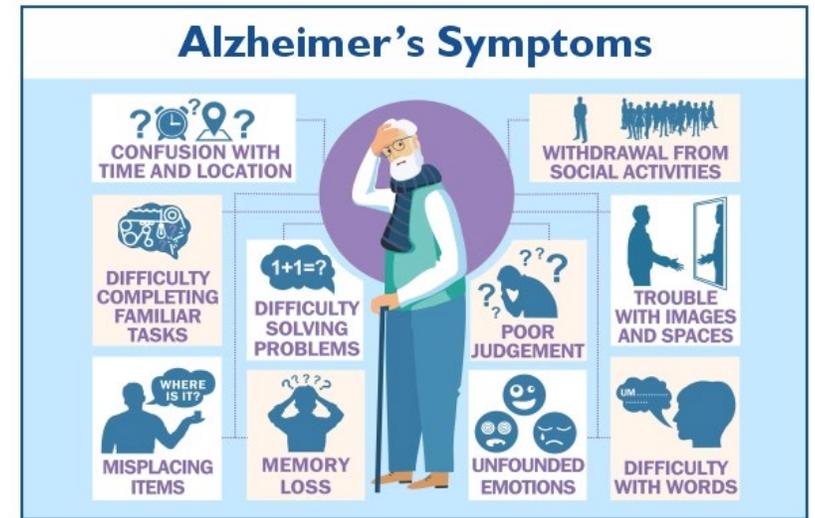
10) CHANGES IN MOOD AND PERSONALITY

CONFUSED

SUSPICIOUS

DEPRESSED

ANXIOUS



THESE SIGNS CAN VARY FROM PERSON TO PERSON,
NOT EVERYONE WITH ALZHEIMER'S WILL EXHIBIT ALL OF
THESE SYMPTOMS

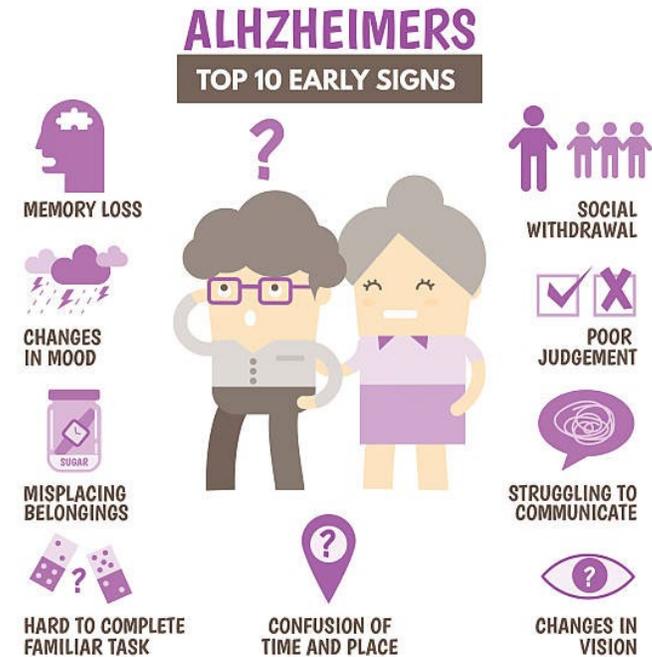
EARLY DETECTION IS CRUCIAL FOR BETTER CARE AND PLANNING.

STEP 4

HAS ANYONE ELSE NOTICED THE CHANGES

HAVE ANY FRIENDS OR FAMILY SEEN ANY CONCERNING CHANGES?

WHAT ARE THEY?



PREPARE FOR AND HAVE THAT MOST DIFFICULT CONVERSATION

Some of the most difficult conversations are:



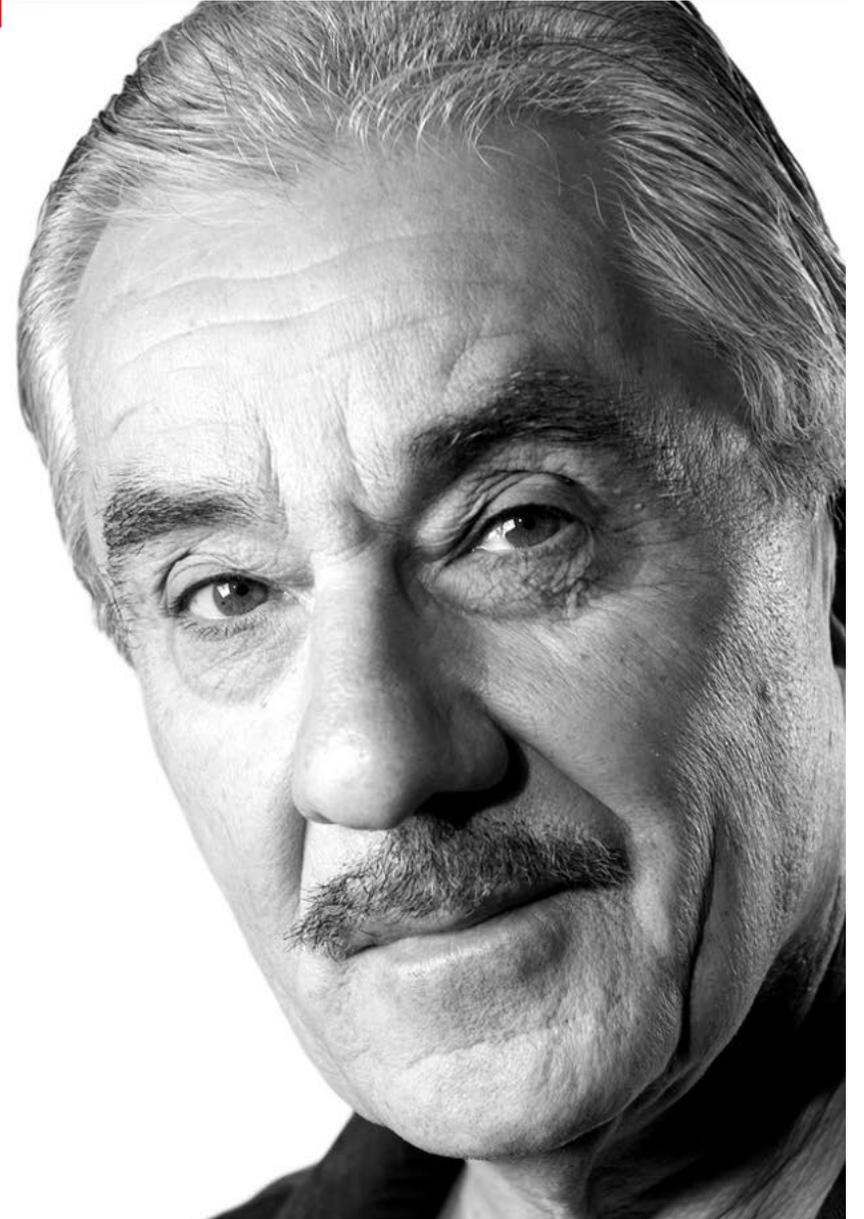
Going to the doctor



Deciding when it is necessary to stop driving



Making legal and financial plans to cover future care needs



STEP 5

**WHO SHOULD HAVE THIS MOST IMPORTANT
CONVERSATION WITH THE PERSON OF CONCERN?**

IT COULD BE YOU

A TRUSTED FAMILY MEMBER

A VERY CLOSE FRIEND

IT COULD EVEN BE A COMBINATION

USE YOUR BEST JUDGEMENT/KNOWLEDGE IN DECIDING THIS CONVERSATION

USUALLY IT IS BEST TO SPEAK 1-ON-1

**YOU DO NOT WANT THE PERSON TO FEEL THREATENED BY
HAVING A LARGER GROUP**

**HOWEVER, EVERYONE WHO HAS OBSERVED ANY
ISSUES NEEDS TO BE INVOLVED IN THE PLANNING
MEETING**

STEP 6

- BEST TIME FOR THE CONVERSATION
- BEST PLACE FOR THE CONVERSATION



KEY FACTORS FOR THE MEETING

HAVE THE CONVERSATION AS SOON AS POSSIBLE

IT IS MORE THAN JUST CHOOSING THE DATE AND TIME

THE MOST IMPORTANT FACTOR IS THE LOCATION

YOU MUST FIND THE BEST LOCATION WHERE THE PERSON WILL FEEL THE MOST COMFORTABLE

- NOT AT THE DINNER TABLE
- NOT AT A RESTAURANT
- NOT IN THE CAR
- NOT IN THE PUBLIC
- EVERYONE IS UNIQUE...FIND A PLACE WHERE THAT PERSON FEELS SAFE, RELAXED AND COMFORTABLE



STEP 7



WHAT WILL YOU OR THE PERSON(S) HAVING THE CONVERSATION SAY?



MAKE A LIST OF “CONVERSATION STARTERS”

“YOU JUST DO NOT SEEM LIKE YOURSELF LATELY”

“ARE YOU WORRIED ABOUT ANYTHING?”

“HOW HAVE YOU BEEN FEELING?”

“I CARE ABOUT YOU AND I’M CONCERNED”

“I HAVE NOTICED A FEW CHANGES”

“HAVE YOU NOTICED ANYTHING DIFFERENT?”

DO NOT USE THESE WORDS:

**“ALZHEIMER’S” OR “DEMENTIA” OR “REMEMBER”
THOSE WORDS WILL END THE CONVERSATION
BEFORE IT GETS STARTED**

TALK SOFTLY, SLOWLY AND KEEP EYE CONTACT

DO NOT ARGUE

YOU WILL START THE CONVERSATION

BUT YOU MUST SPEND MOST OF THE TIME LISTENING

**GIVE EXAMPLES, BUT DO NOT OVERWHELM THEM WITH A DOZEN
EXAMPLES IN EACH MEETING**

HOW I HAD “THE” CONVERSATION WITH MY WIFE

“GAIL, YOU HAVE READ 2-3 BOOKS EVERY WEEK FOR THE 35 YEARS WE HAVE BEEN MARRIED”

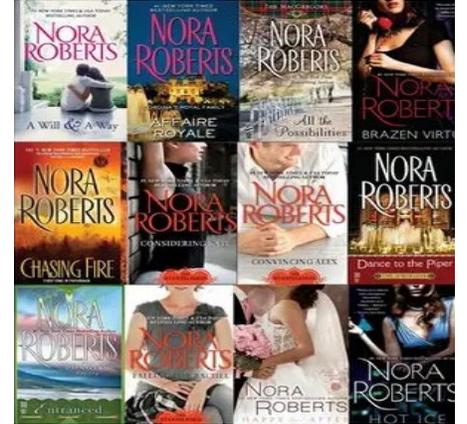
“BUT LATELY YOU HAVE STOPPED READING BOOKS AND THAT CONCERNS ME”

“WHY DID YOU QUIT DOING YOUR FAVORITE THING?”

“YOU HAVE NEVER WATCHED MUCH TV”

“AND NOW YOU HAVE THE TV ON A LOT”

“WHAT MADE YOU SWITCH FROM READING TO TV?”



ENCOURAGE THEM TO SEE A DOCTOR

“LET’S SEE IF THE DOCTOR CAN HELP”

“YOU REALLY LIKE HER, SHE IS REALLY SMART AND SHE HAS HELPED YOU IN THE PAST”

“SHE MIGHT BE ABLE TO FIGURE OUT WHAT IS GOING ON”

“AND, IF THERE IS A PROBLEM, MAYBE SHE CAN FIX IT FOR US”

STEP 8

**SHOW YOUR SUPPORT FOR THEM
BY OFFERING TO GO WITH THEM
TO THE DOCTOR**



**“AND, GAIL, I’LL EVEN TAKE TIME OFF WORK
AND GO WITH YOU”**

STEP 9

IF NEEDED (AND IT LIKELY WILL) PLAN FOR MULTIPLE CONVERSATIONS

“My sister lives close by and she can help.”

“She has always been fiercely independent and if I step in she will be offended.”

“We are just starting to notice some changes. We’re not sure there is even a problem.”

“You’re busy with your own life.”

“I’m fine. Don’t worry about me.”

“Wait till you’re my age. Things are a little harder than they used to be.”

YOUR FIRST CONVERSATION (OR SECOND OR THIRD) MAY NOT BE SUCCESSFUL DO NOT GIVE UP!!!!!!

- **USE WHAT YOU LEARNED FROM THAT FIRST CONVERSATION**
- **TAKE NOTES FROM YOUR 1ST MEETING:**
 - **WHAT WORKED AND WHAT DID NOT**
 - **WHAT WAS THE LOCATION OF THE PREVIOUS CONVERSATION?**
 - **WHAT DATE AND TIME OF DAY WAS THE PREVIOUS CONVERSATION?**
 - **WHAT WORKED WELL?**
 - **WHAT DID NOT WORK WELL?**
 - **WHAT WAS THE RESULT?**
 - **WHAT CAN BE DONE DIFFERENTLY IN THE NEXT CONVERSATION?**
- **SHARE YOUR NOTES WITH OTHERS WHO ARE CONCERNED**
- **USE THOSE NOTES AND EVERYBODY'S IDEAS TO HELP PLAN FOR THE NEXT CONVERSATION**

YOUR FIRST CONVERSATION (OR SECOND OR THIRD) MAY NOT BE SUCCESSFUL

DO NOT GIVE UP!!!!!!



Use words that are most comfortable for the person



Suggest Medicare's free Annual Wellness Visit



Pair an enjoyable outing with the doctor's visit



Invite family to communicate concerns and questions to the doctor



If still reluctant, try using a "therapeutic fib"

STEP 10

YOU ARE NOT ALONE

Remember, no one can provide all of this support alone.

Form a care team and talk with family about concerns as they arise.

TALK ABOUT IT

ALZHEIMER'S  ASSOCIATION®

800.272.3900 | alz.org®



ALZHEIMER'S ASSOCIATION®

Contact us – we can help



alz.org

- Alzheimer's Navigator
- Community Resource Finder
- ALZConnected
- Alzheimer's and Dementia Caregiver Center
- Safety Center



800.272.3900

- 24/7 Helpline – Available all day every day



alz.org/findus

- Support groups, education programs and more available in communities nationwide



training.alz.org

- Free online education programs available at training.alz.org

Questions?

THE ALZHEIMER'S ASSOCIATION IS HERE FOR YOU

24/7 Helpline: 800.272.3900

alz.org[®]
