

# LIVING POSITIVELY WITH DEMENTIA

*Sarah Hennessy Mead*

# THE TERM DEMENTIA DESCRIBES

- a. a set of symptoms
- b. progressive decline in functioning

**NOT** a normal part of ageing

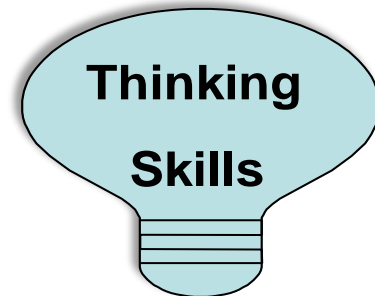


# WHAT IS DEMENTIA?

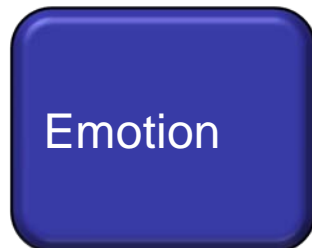
Changes in



AND changes in at least one of

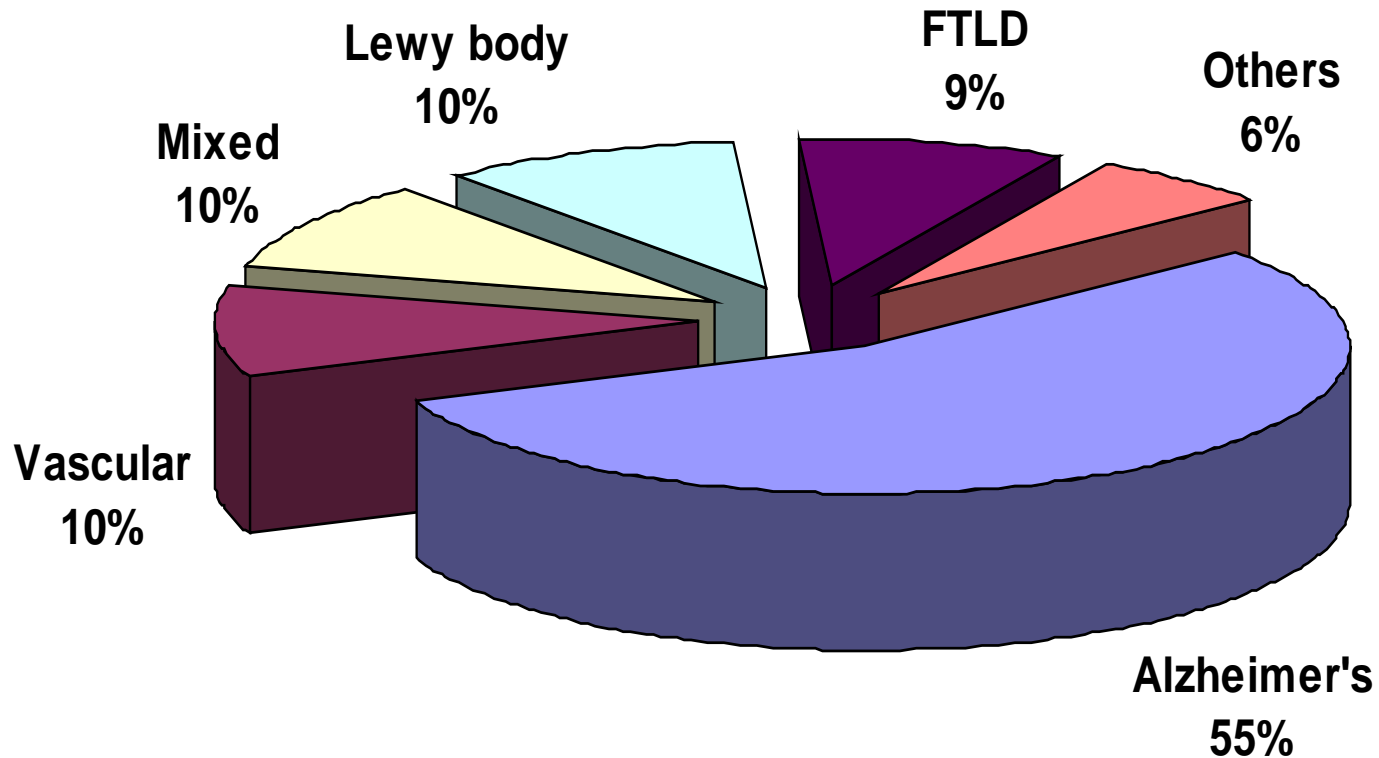


Other changes include



# DEMENTIA TYPES

Dementia statistics in Australia:



# STATISTICS ON DEMENTIA

- 1 in 1000 under 65 years
- 1 in 20 over 65 years
- 1 in 4 over 80 years
  
- 266,000 people diagnosed with dementia (2009)
- 16,000 are under 65 years

Access Economics 2011

# OTHER CONDITIONS THAT CAUSE SIMILAR SYMPTOMS

## Other conditions that are treatable:

- Infections
- Dehydrations
- Effects of medications or other substances
- Hormonal disorders
- Chronic pain or illness
- Nutritional deficiencies
- Brain tumor
- Hearing or sight deficits
- Depression, grief and stress
- Post/operative (delirium)

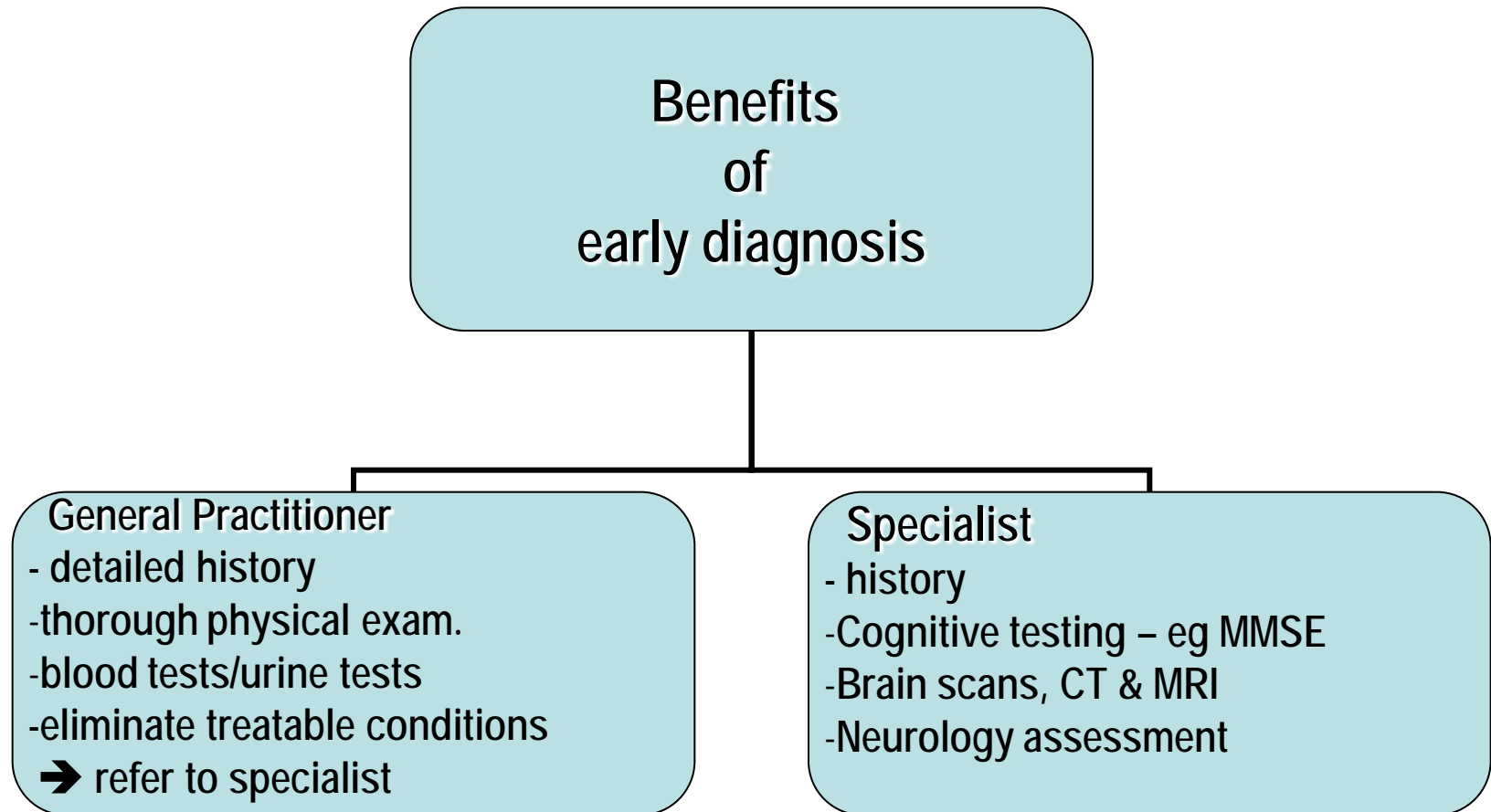
These are not dementia and are treatable

# DIAGNOSIS

## Possible indicators:

- Memory loss
- Confusion about time and place
- Problems finding the right words
- Constantly misplacing things
- Changes in personality and behaviour
- Getting lost in a familiar place

# HOW A DIAGNOSIS IS MADE





# MEDICATIONS

## Acetyl cholinesterase inhibitors

Aricept, Exelon and Reminyl

Action in the brain

Benefits for functioning

Possible Side effects

## Memantine

Ebixa

Action in the brain

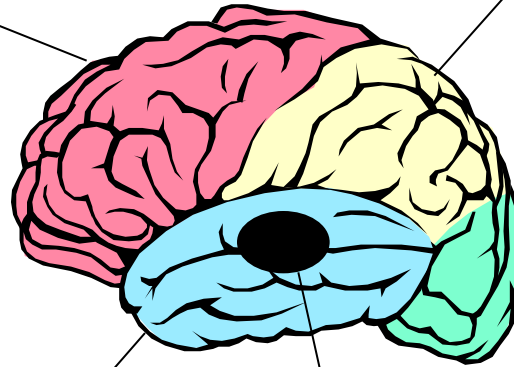
Fewer side effects

Subsidised on the PBS

# BRAIN STRUCTURE AND FUNCTION

## Frontal lobes

- planning, organising, decision making
- starting and stopping actions
- regulating social behaviour



## Parietal lobes

- speech
- language
- reading
- spatial perception
- patterns of behaviour

## Occipital Lobe

- visual Processing

## Temporal Lobes

- short term memory
- long term memory

## Limbic region

- consciousness
- sleep
- appetite
- emotions

# NATIONAL DEMENTIA HELPLINE



1800 100 500

Interpreter Service available

## RESOURCE CENTRE



Written resources

Over 75 Help Sheets

22 different languages

FOR MORE INFORMATION  
CONTACT ALZHEIMER'S AUSTRALIA SA

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GLENSIDE SA 5065  
Ph: 08 8372 2100

[alzheimers.org.au](http://alzheimers.org.au)