

# Psychology and Psychiatry: Open access

Extended Abstract

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## Assessments, Interventions and Caring for Patients with Alzheimer's and Dementia

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In 2016, The World Alzheimer's report estimated that 47 million around the globe had Dementia. More than 6 million Americans, will have some type of dementia, including Alzheimer's. By 2050, an American will be diagnosing with Alzheimer's every 33 seconds. In 2017, every 66 seconds an American will develop Alzheimer's. Caregivers provide 18 billion hours of unpaid assistance Two-thirds of Americans with Alzheimer's are women, And more than 60 percent of Alzheimer's and dementia caregivers are women The economic burden of dementia in the United States on women is estimated to be 91.1 billion dollars.

Leading cause of Dementias are: Alzheimer's Disease, Vascular Dementia, Parkinson's Disease, Lewy Body Disease, Alcohol-related Dementia,(Korstkoff's syndrome), HIV/AIDS Related Dementias, Frontal-Temporal Dementias ( Pick's Disease), Tumor, Lyme Disease, Down's Syndromes, Meningitis, and certain vitamin deficiencies ( B12, Folic acid and Niacin). Early Signs of Alzheimer's over 60 found are those who consistently slept for more than nine hours each might twice as likely to develop neurological conditions (Journal of Neurology, 2017). Arterial stiffness in Older Adults predicts future Dementia (Chen Cui U of Pittsburgh 2018) as per literature finding.

There are Stages of Dementias include Mild Cognitive Impairment, Early Dementia, Moderate Dementia, and Severe Dementia. In early stages, a decrease in short term memory and forgetfulness include diminished ability to find words. Emotional stability changes in early stages include depression, anxiety and paranoia. During Middle stages, it's marked disturbances in behaviors and emotions. Final stage, a person is unable to perform tasks and activities of daily living. There's no cure for Alzheimer's Disease.

Risk factors of Dementia and Alzheimer's include age, sedentary lifestyle, genetics, head trauma, lower education, poor social supports, obesity, depression, hypertension, smoking, heart disease, gum disease, pollution and miscarriage in pregnancy.

Caring for Patients with Alzheimer's and other Dementias include home safety tips, Memory

Aids, enhanced communications, Strategies for Specific Behaviors; Strategies for Preventing

Agitation Repeating Questions and Common Triggers; Inappropriate Screaming, Crying Out, and Strategies, Constant Arguing or Complaining and Strategies, Wandering and Strategies, Strategies for Wondering at Night, Strategies for shadowing, Strategies for Wandering Outside the Home, How to Keep a Person Safe If Wandering Outside Occurs, Refusing or Resisting and General Strategies; Strategies to Manage Resistance to Bathing and Strategies to manage Resistance

to Dressing and Strategies to manage Resistance to Eating, Strategies to manage Resistance to Grooming; Behaviors that are Harmful to Self and Strategies, Socially inappropriate Behavior and Strategies to prevent Socially Inappropriate Behavior, Strategies to Minimize Aggressive Behaviors, Aggressive Behaviors and Strategies, Worrying, Fearfulness, Anxiety and Depression, and Strategies. Sleep Disturbances and Strategies. (Laura N Gitlin, and Catherine Verrier Piersol 2014) Recommended Treatments for Alzheimer's Disease and Dementia are Medications (Exelon, Aricept Gabetin, and Namenda), in home nursing, behaviors approaches to problem behaviors, adult day care , music, massage therapy, positive psychology, regular vision and hearing assessments, treatments of problems, use of respite care, validation therapy (Naomi Feil) and reminiscence therapy.

Implications for practice, policy or research. There's a positive connection between higher levels of education and lower risk of dementia, including that the higher educated exercise more and both weight and smoke less. Doctors and patient are paying more attention to controlling high blood pressure, diabetes and increase cognitive decline.

More progress on Tau-Amyloid connection professor Beiina Plat Chair in Translational Neuroscience at the University of Aberdeen, "Understanding which for of tau and amyloid drive the early stages of Alzheimer's will allow scientist to design drugs to target from and find new way to accurately diagnose people.

Herpes viruses could play a role in Alzheimer's. HHV-6 is found "in pretty much everybody over 2, But clearly not everyone who carries herpes virus develops Alzheimer's. Scientist in Taiwan followed 8,362 people who were diagnosed with herpes infection in 2000, and 25,086 people without the infection. The group infected with the herpes was 2.6 times more likely to develop dementia. But in people treated with antiviral drugs, that risk was reduce by 90%.

A study published last year found clear links among fine -particle pollution structural changes in the brain and memory loss in older women (Scientific American, May 2020).

Treatment is physical exercise is shown to reduce risk. It increased blood flow to the brain.

Eating healthy foods help to improve your memory and decrease cognitive decline. Foods that could improve your brain health are blueberries, kale, citrus fruits nuts, Fish Omegas 3 fatty acids, avocados, rosemary seasoning, coffee, Greek yogurt, eggs and whole grains. (WebMD May 2020).

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Delirium and Alzheimer's disease share many underlying path physiologic contributions. Thus preventing delirium may in turn prevent Alzheimer's disease. Legal Instruments and financial issues to be planned with, Social Workers, Geriatric Care Managers, Alzheimer's Association and Elder Law Attorneys.

Finally, the presentation will encourage health care professionals and social workers to examine their own practice implications when working with Alzheimer's Disease and related dementias in community, hospital, long term care settings, palliative care and hospice settings. Personal and Professional challenges. Professional and Reading Resources will be provided.

### Learning Objectives:

After completing this workshop, participants will be able to:

1. List leading causes of Dementias & Alzheimer's
2. Identify Different Stages of Dementias
3. Assessments for Alzheimer's and Dementias
4. Interventions for Alzheimer's and other Dementias
5. Identify strategies for handling exercise, socializing and other activities
6. Identify strategies of dealing with behavioral issues using

enhancement techniques, positive psychology, reminiscence technique and safety guidelines

### 7. 10 Communication Methods

8. Health Care Alphabet-HC, LW, DNR, DNI, DNH, MOLST, and POLST.

### 9. Delirium screening tools in Older Adults

### 10. Mindful and nine ways of Healthy Aging

### 11. Foods that could improve your Aging Brain

### 12. Current Findings and Future Research

13. Legal and financial concerns that need to be addressed with patients and caregivers

### Brief Summary Abstract

An increased understanding on Alzheimer's and Other Dementias, Assessments, and Interventions. Reviewing Different Stages of Dementia. Discussion of Concept of Delirium vs.

Dementia. Current Findings and Future Research. Caring for Patients with Alzheimer's and other Dementias include home safety tips, behavior techniques, positive psychology, memory Aids, reminiscence techniques, and communications enhancement techniques following the NASW professional standards for ethical practice.