



Cognitive Changes

Tiffany Mikles, Dementia Care Coach

Your Brain Matters!



- **What is the difference between dementia and Alzheimer's disease?**
- **What is normal aging and what is not?**
- **What we can do to maintain our health brains.**

Differences Between Dementia & Alzheimer's



- **Dementia is not a disease or full diagnosis...it is symptoms.**
 - **Memory loss**
 - **Forgetful**
 - **Repeating**
 - **Getting lost, etc.**

Causes



- **Many things can cause dementia**
- **Some dementia is reversible**
- **Some dementia is a result of medical incident**
- **Most dementias are from neurological brain diseases**

What is Normal Aging and What's Not?



- **We see normal aging**
- **We *feel* normal aging**

Normal Brain Aging



- **Takes longer to learn or remember**
- **Search for names or words**
- **Need more reminders**

Alzheimer's Disease



- **Cannot remember recent events**
- **Unable to plan or organize**
- **Cannot follow simple directions**
- **Unable to manage finances**



- **Normal Brain Aging**

- Making a bad decision once in a while
- Missing a monthly payment
- Sometimes forgetting which word to use

- **Signs of Alzheimer's**

- Poor judgment and decision making
- Inability to manage a budget
- Difficulty having a conversation

What Can We Do To Maintain A Healthy Brain?



- **Control the risk factors that we can:**
 - **Stroke/vascular dementia**
 - **Diabetes**
 - **Alcohol abuse**
 - **Smoking**

Incorporate These Steps Into Your Life



- **Get sufficient sleep**
 - **7-8 hours each night**

- **Maintain aerobic exercise**
 - **To improve vascular health**

Incorporate These Steps Into Your Life - continued



- **Make good food choices**
 - **Antioxidant rich foods**
 - **Omega-3 fatty acids**
 - **‘Simple food’ – less processing**

Incorporate These Steps Into Your Life - continued



- **Release stress**
 - **Chronic cortisol level will shrink your brain**
- **Have meaningful relationships and experiences**
 - **Socially engaged**
 - **Mentally active**
 - **Maintain a greater purpose in life**

Summary



- **Eat well**
- **Get plenty of sleep**
- **Exercise**
- **Laugh with your friends**

Resources - Dementia



- **Dementia Care Coaching**

Tiffany Mikles, Dementia Care Coach

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<http://www.dementiacarecoaching.com/home>

- **Alzheimer's Association of Northern California and Northern Nevada**

800.272.3900

www.alznorcal.org

Provides 24-hour help line for caregivers

Respite funding thru a one-time grant/Written materials/Support groups

- **Alzheimer's Foundation of America**

866.232.8484

www.alzfdn.org

- **Stanford/VA Alzheimer's Research Center**

650.858.3915

<http://arcc.stanford.edu>

Information, referral services and assessments of individuals with memory problems

Resources - Dementia



- **Memory & Aging Center at UCSF**

415.476.6880

<http://memory.ucsf.edu/ourcenter>

Provides care for people with cognitive problems, conducts research and educates. Especially knowledgeable about frontotemporal dementia.

- **Council on Aging**

408.296.8290

www.coasiliconvalley.com

Phone assistance for navigating and using senior resources in the area

- **Safe Return**

800.272.3900

www.alznorcal.org

Identification bracelet for person with dementia and their caregiver. Bracelets facilitate person recovery in the event that they wander