

Early Stages of Dementia

Palliative Resource Nurses Study Day

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Defining *dementia*:

from Latin, from *demens*, *dement*- 'out of one's mind'

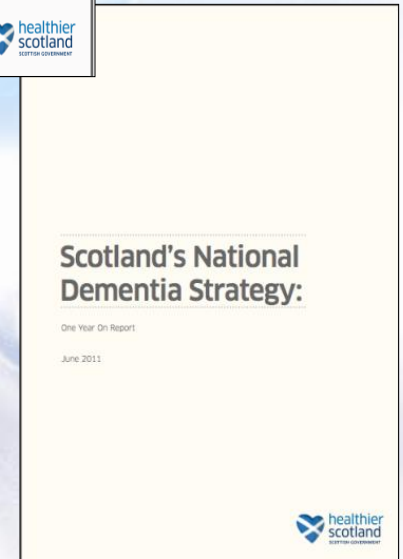
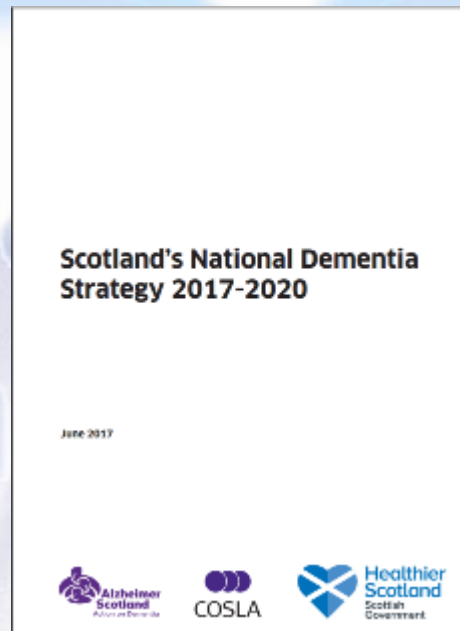
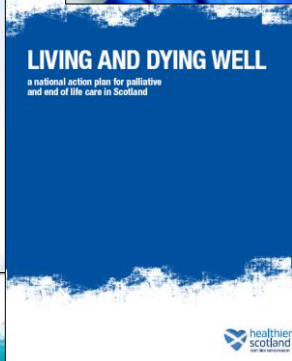
'Dementia' is a word used to describe loss of intellectual and cognitive function, including memory loss, difficulties with thinking, problem-solving, language and changes in social behaviour.

Statistics: Dementia in Scotland

- In 2014 there were an estimated 16,712 individuals newly diagnosed with dementia. By 2020, this number is estimated to increase by 17% to 19,473.
- In 2017 approximately **93,282** people living with a **diagnosis** of Dementia. Around **3,200** of these people are under the age of 65.
- Can affect people in their 40s,50s or even younger.
- 1 in 3 people over 65 will die with a form of dementia.

(Alzheimer's Scotland 2018)

2007 – 2020



Scotland's National Dementia Strategy: 2017-2020

This is Scotland's third national dementia strategy.

Builds on progress over the last 10 years in transforming services and improving outcomes for people with dementia, their families and carers.

21 commitments provide a framework for;

improving dementia diagnosis; quality post-diagnostic support; care co-ordination; end of life and palliative care; workforce development and capability; data and information; research; support and challenge Integrated Joint Boards in re-designing local dementia care systems now and for the future; support community-led **Dementia Friendly Community** initiatives.

5 Pillars Model of Post Diagnostic Support



Every person with dementia diagnosis of dementia in Scotland is entitled to one year of Post Diagnostic Support.

Framework for people living with dementia, their families and carers with the tools, connections, resources and plans to allow them to live as well as possible with dementia and prepare for the future.

8 Pillars Model of Community Support

Piloted in 5 areas of Scotland –
Glasgow City, North Lanarkshire,
Moray, Midlothian and Highland

- integrated, intensive, home-based coordinated care for people with mid-stage dementia
- providing enhanced services to individuals and families
- applicability of the service model in these areas is being independently evaluated, with the evaluation to report



Advanced Dementia Practice Model

Integrated & Comprehensive approach in responding to the most complex phase of dementia. Including end of life care



Glasgow City Dementia Strategy 2016

Vision for “People affected by dementia in Glasgow will be able to live well, be included and have access to the right support at the right time.”
in Glasgow is working alongside Alzheimer Scotland.

Provides a framework to support high quality dementia services and help create a Dementia Friendly Glasgow



DEMENTIA

Defined: An 'umbrella' term used to describe the symptoms of a group of more than 100 conditions that impair memory, behaviours and thinking. The most common causes of dementia are outlined below.

Vascular dementia (VaD)

is the second most common form of dementia accounting for 20% of cases. VaD occurs through a reduced blood supply to the brain usually due to stroke.

Parkinsons disease (PD)

accounts for 5% of dementia cases. PD is a degenerative disorder of the central nervous system.

Alzheimers disease (AD)

is the **most common form of dementia** accounting for 50-70%. AD is a degenerative disease that attacks the brain resulting in impaired functioning.

Fronto-temporal dementia (FTD)

accounts for 5% of dementia cases. FTD is associated with rounded and tangled bundles of protein in brain nerve cells.

Dementia with Lewy bodies (DLB)

accounts for 15% of dementia cases. DLB is associated with Lewy bodies which are abnormal brain cells.

Alzheimer's- 33%

Vascular Dementia- 20%

Frontotemporal Dementia- 12%

Karsakoff's Syndrome- 10%

Dementia with Lewy's
Body- 10%

Others-
15%

Highest number to lowest
number of diagnosed cases
in under 65's

Alzheimer's- 62%

Vascular Dementia- 17%

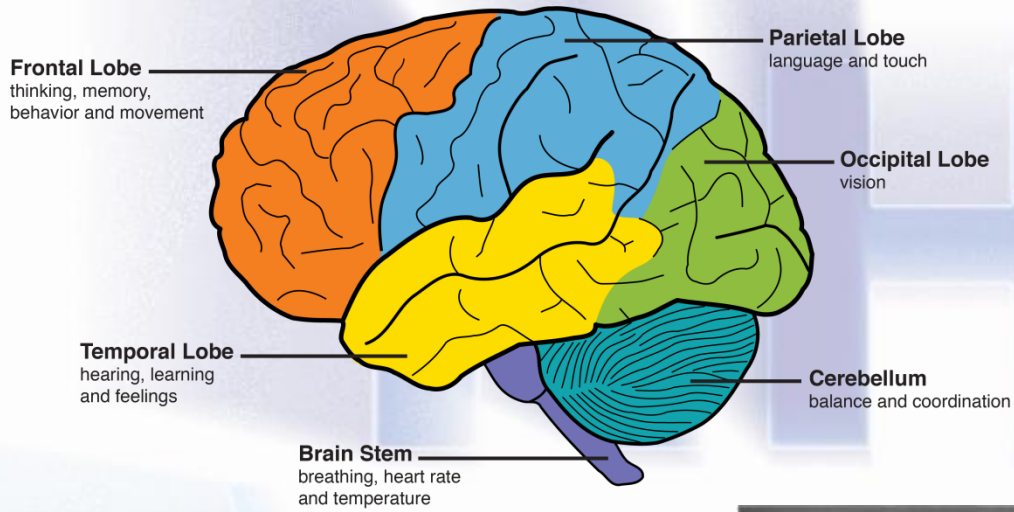
Mixed Dementia- 10%

Dementia with Lewy's
Body- 4%

Frontotemporal
Dementia- 2%

Other-
5%

Highest number to lowest
number of diagnosed cases
in over 65's in the UK



Normal

Alzheimer's



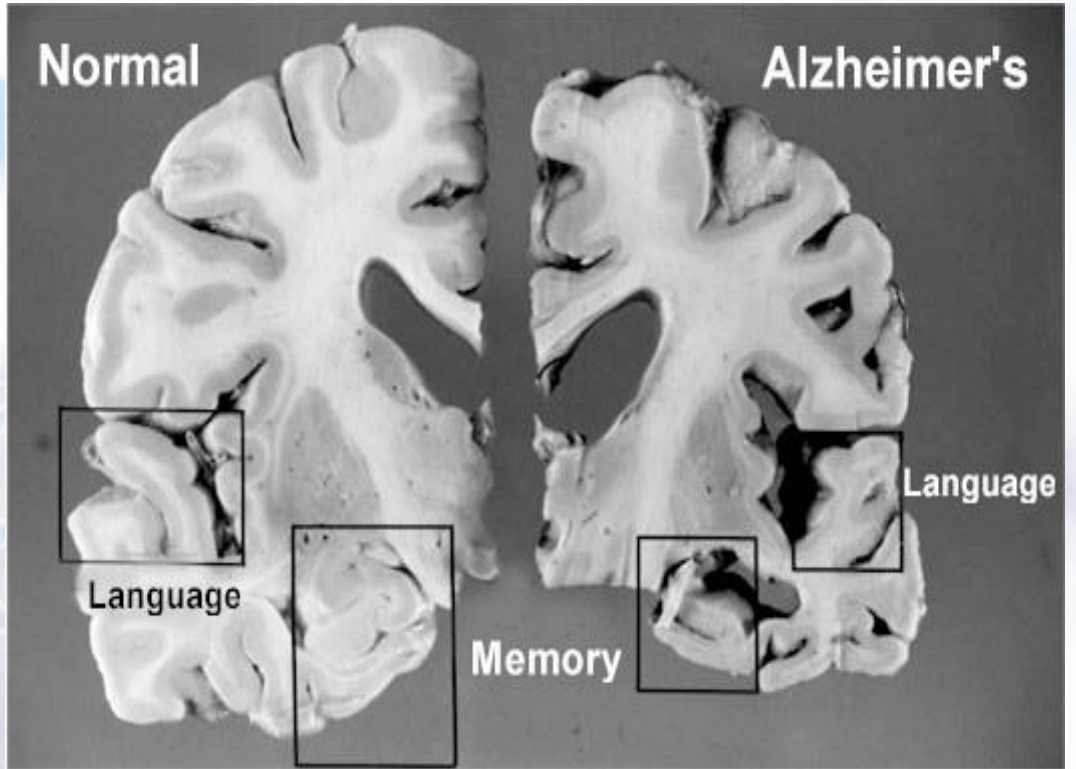
Language



Memory



Language

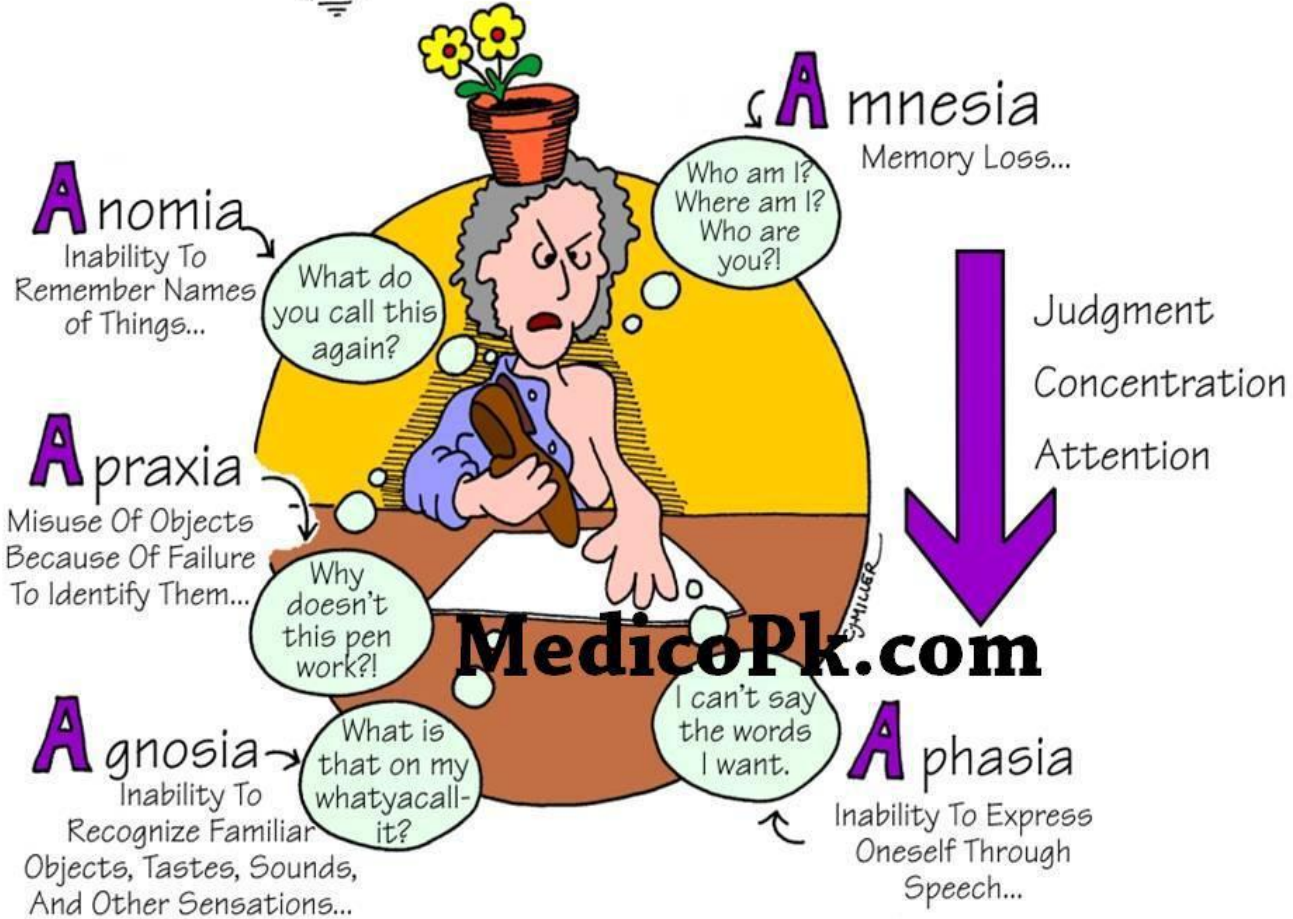


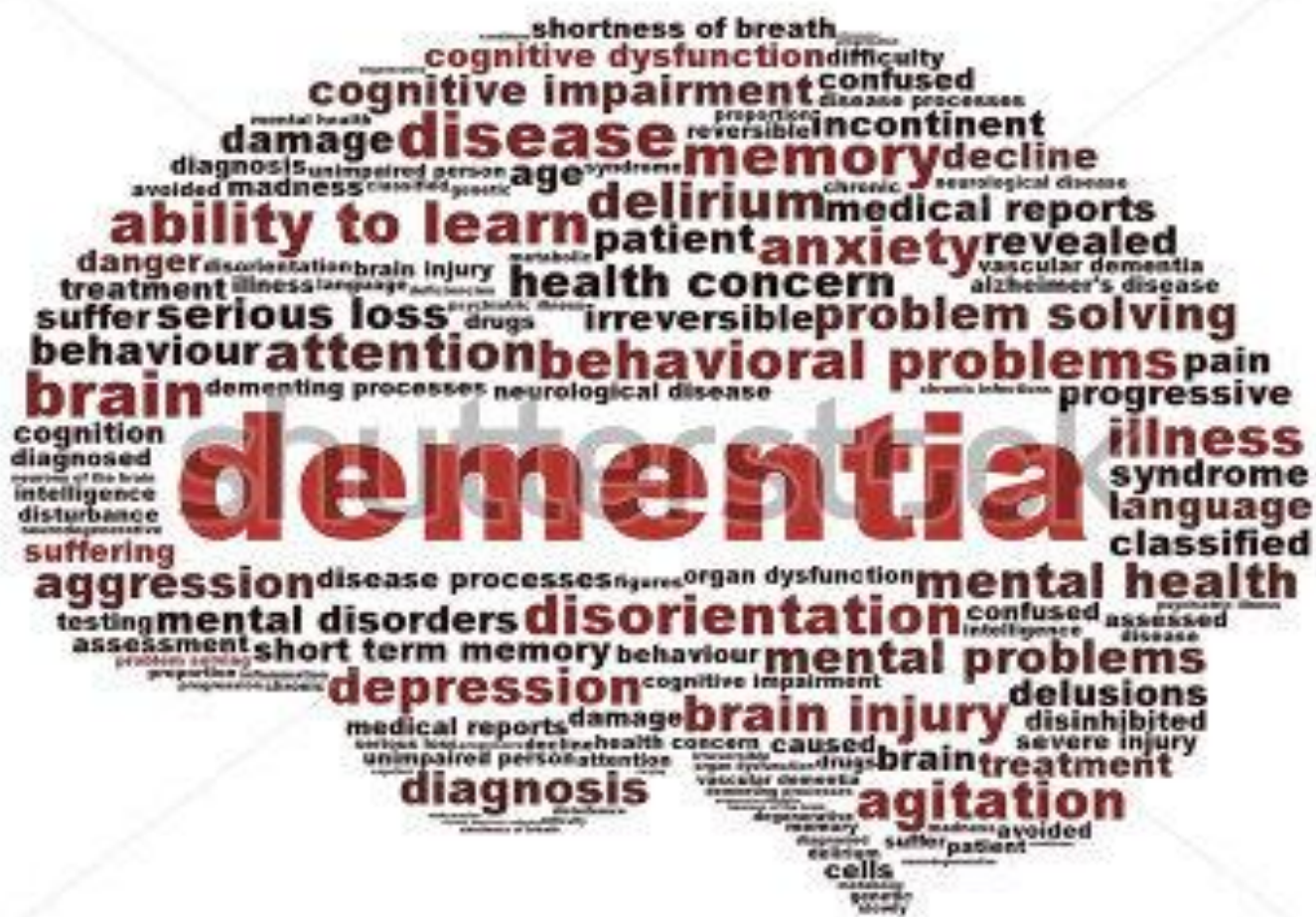
Early Stages

- Subtle changes in behaviours & mood.
- Depression.
- Visual changes.
- Difficulty in acquiring, processing and retaining new information.

Initial symptoms can be mistakenly associated with stress or age.

5 AS TO ALZHEIMER DIAGNOSIS





How can we support someone

- Sign post to services- post diagnostic support
- Encourage independence; work, relationships, living life
- Person centred approach; listen to what the person wants or be aware of their preferences.
- Respect the person's autonomy and choice.
- Care, which includes both the person and those who matter to them.
- Engage in open and honest conversations throughout the person's journey.



“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Dr Maya Angelou

Sources for Information



www.scotland.gov.uk



www.knowledge.scot.nhs.uk

www.alzscot.org

www.mwcscot.org.uk

www.healthcareimprovementscotland.org



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