

Webinar: Normal Brain Changes

SequoiaLiving.org

Reducing the Fear of Dementia

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LIVINGSM

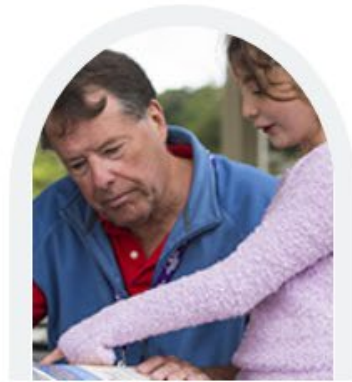
Senior Services of Northern California

About Senior Services of Northern California

seniorservicesnorcal.org



**SAN FRANCISCO SENIOR
CENTER**



**AARP EXPERIENCE CORPS®
BAY AREA**



**RESIDENT SERVICES
PROGRAMS**



**INTERGENERATIONAL
PROGRAMS**

Bay Area Nonprofit Since 1958

Sequoia Living is dedicated to the best affordable senior housing in the Bay Area



Town Park Towers

Located near San Jose's historic downtown, this diverse community boasts studio, alcoves and one-bedroom residences with a private kitchen, bath and balcony, plus group outings to attractions, sporting events, dancing, and more.



Eastern Park Apartments

One-bedroom, one-bathroom residences with full and spacious kitchens and a 40+ year track record of providing housing and supportive services in the heart of San Francisco. Residents enjoy a recreation room, gym, ping pong tables, comfortable outdoor seating areas, and much more.



Western Park Apartments

Choose from studio, one-bedroom, two-bedroom and cottage residences with a rooftop garden, atrium and state-of-the-art exercise offerings. Barbeque rooftop, meditate, play ping-pong, or visit Cathedral Hill, just minutes away.

THE SEQUOIAS PORTOLA VALLEY

42 Acres West of
Stanford University



THE SEQUOIAS SAN FRANCISCO

Urban Living Near Japantown



THE TAMALPAIS MARIN

Bay & Mountain Views in Greenbrae



VIAMONTE AT WALNUT CREEK

We are Open in
the East Bay!



Dr. Catherine Madison

- Board-certified neurologist
- Dementia care specialist
- Bay Area native
- Served eight years in the Air Force
- Cared for her mother living with Alzheimer's Disease
- Founded Ray Dolby Brain Health Center in 2012
- Currently works with Seniors At Home, JFCS



POLL

Do you feel
your everyday
memory lapses
are increasing
as you age?



WORDS

- Producing familiar words declines with aging
- Naming objects becomes more difficult
- Tip-of-the-Tongue (TOT) experiences



Today's
Agenda

What will we learn today?

Brain Function Changes with Age

What *is* Dementia?

Communicate Through Impairment

Start the Conversation Now

Advance Directive

Dementia is Not Always a Specific Diagnosis

- Poor judgment, changes in behavior patterns, loss of memory (forgetfulness), language skills or complex abilities – that interferes with independent daily routines.
- Estimated 6.2M Americans living with Alzheimer's 2021



16% increase in deaths in 2020



Types of Dementia

Alzheimer's Disease
(60%+)

Vascular Dementia

Lewy Body
Disorders (LBD) &
Parkinson's Disease
Dementia

Fronto-temporal
Lobar Dementias

"Reversible Dementias"

- Sleep deprivation
- Drug toxicity
- Infections
- Illness
- Vitamin deficiencies
- Hormonal imbalance
- Depression
- Others...



POLL

Do you get a good night sleep at least 5 nights a week?



Sleep and Memory

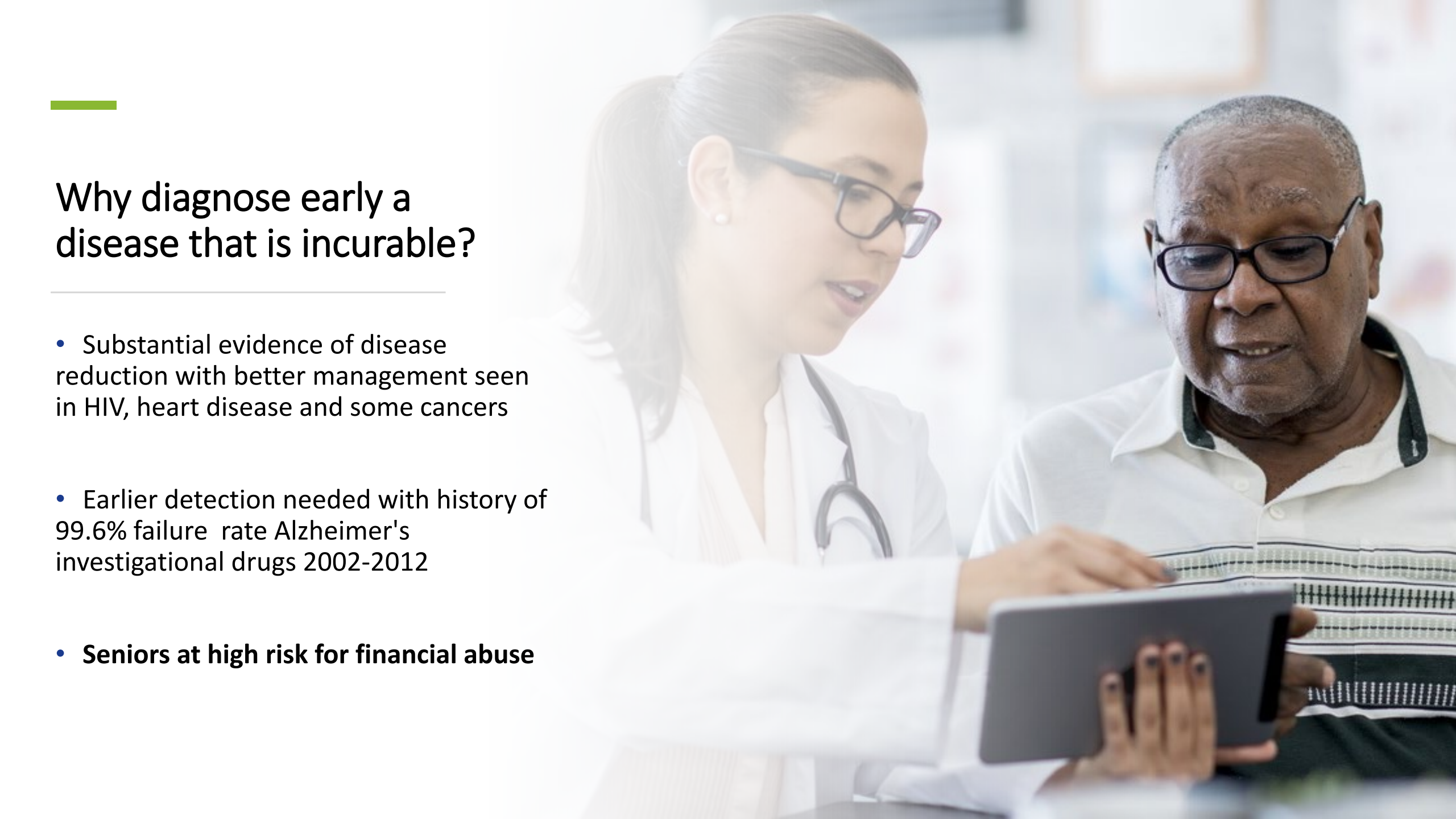
- Learning
- Consolidation
- Retrieval
- Clean-up





SCREENING





Why diagnose early a disease that is incurable?

- Substantial evidence of disease reduction with better management seen in HIV, heart disease and some cancers
- Earlier detection needed with history of 99.6% failure rate Alzheimer's investigational drugs 2002-2012
- **Seniors at high risk for financial abuse**

Fears of Dementia vs Cancer

We live in a 'hypercognitive' society where rational thought and coherent memory are core values.


We have invested heavily in the search for a cure or treatment for dementia.

Confronting the mortality of life can reduce fear and enhance joy.



WELLNESS EVALUATION



A stethoscope with a silver chest piece and white earbuds is resting on a blue folder. To the right, there is a stack of papers and a pen. The background is a light, neutral color.

Get the Most out from Your Annual Wellness Evaluation

- The brain is the only vital organ not routinely checked.
- 82% of seniors think it's important to have their thinking and memory checked out regularly and 94% of primary care physicians agree.
- Less than 50% of primary care doctors surveyed routinely test patients 65 and older for possible changes.

Disconnect?

Over the last several years, have you noticed a significant change in:

- Problem solving or judgment
- Engagement in hobbies or activities
- Ability to keep track of appointments or meetings
- Repetition of comments or questions
- Ability to learn to use a new tool (appliance or electronic gadget)
- Keeping track of the correct month or year



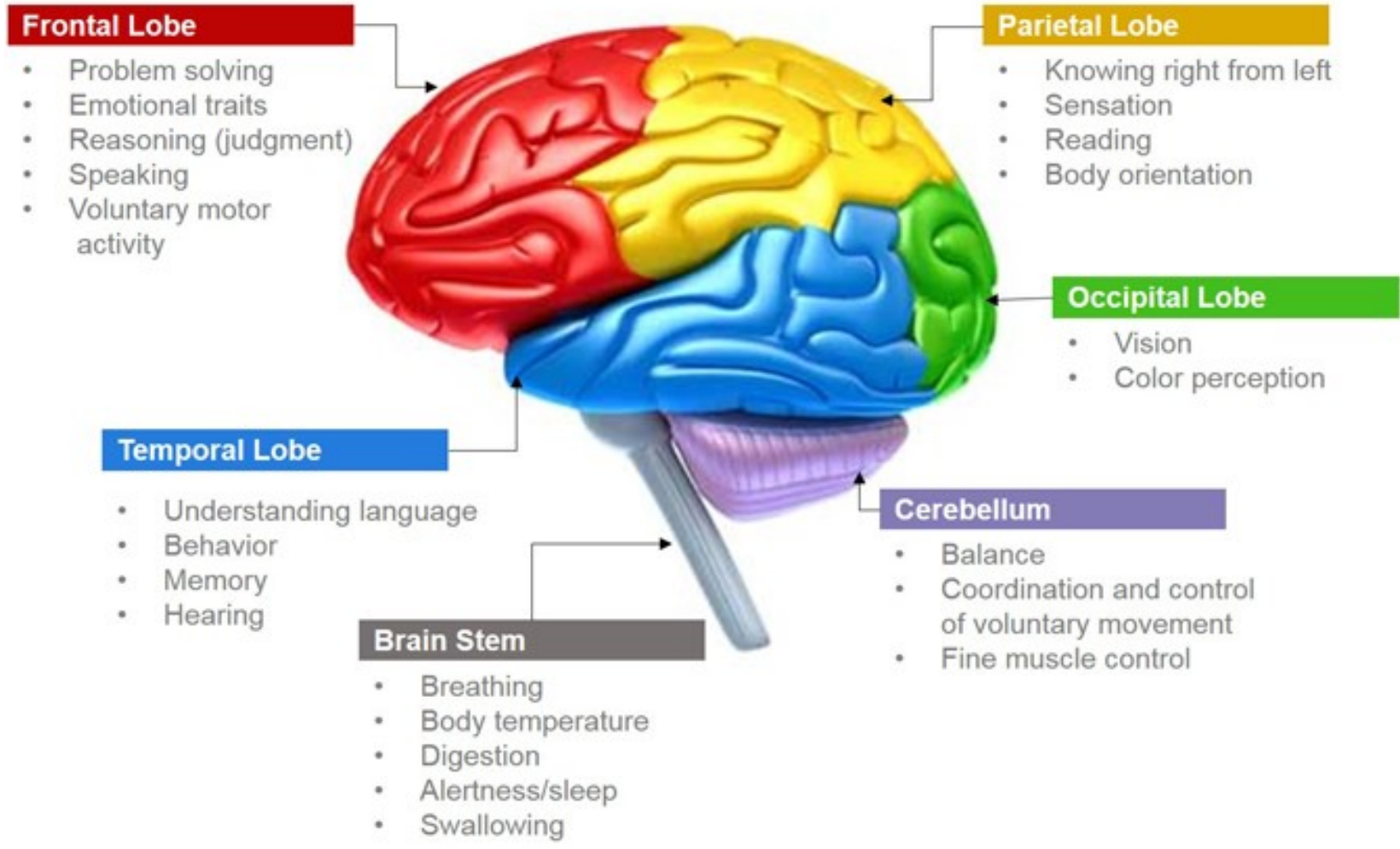
TIP

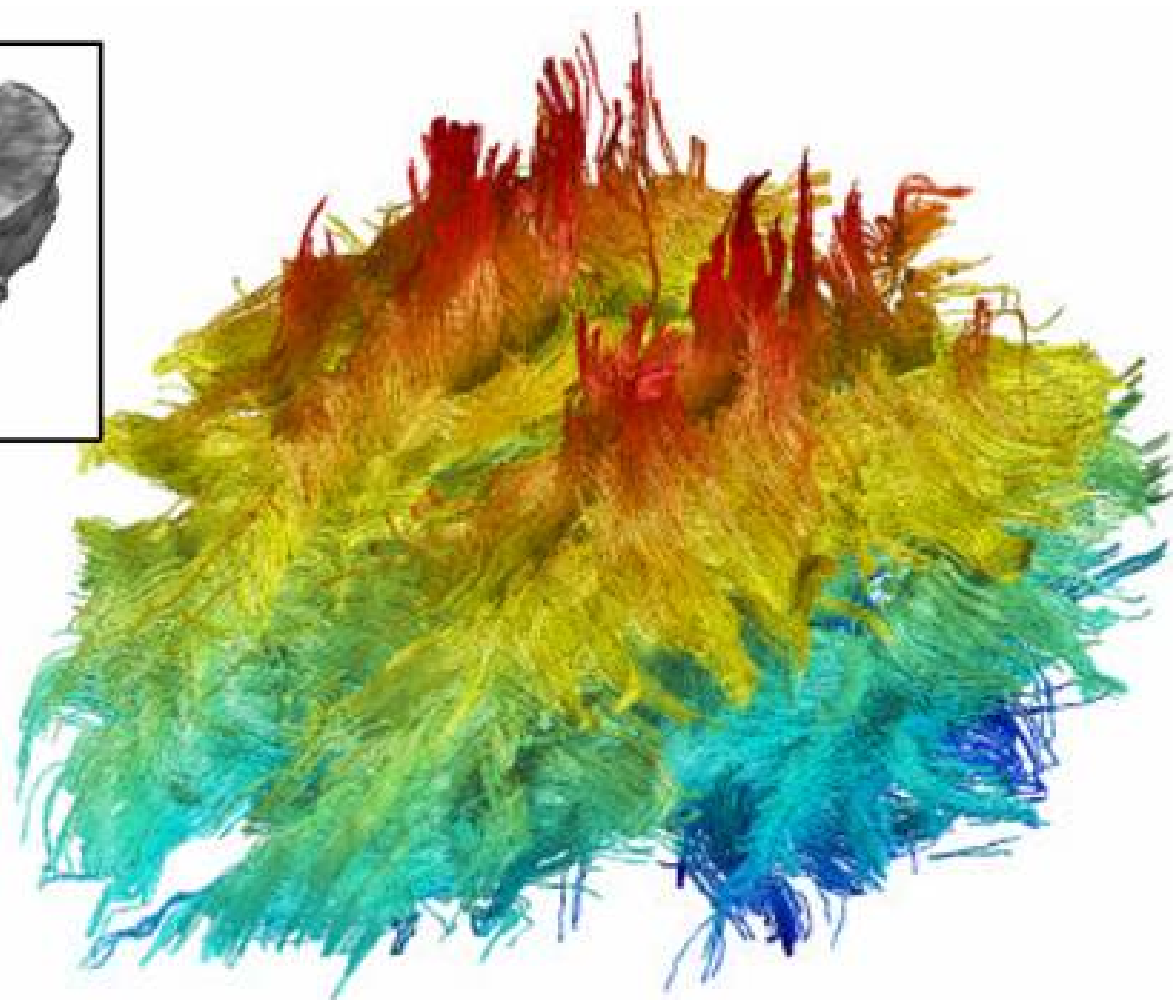
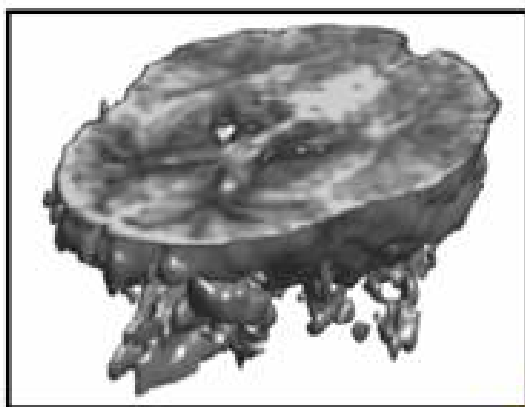
If you answered yes to 2 or more on the preceding page and feel you have problems with thinking and memory, take these answers to your doctor and ask for an evaluation.



An axial MRI scan of a human brain, showing a normal cross-section. The image is in grayscale and shows the cerebral cortex, white matter, and ventricles. The text "THE NORMAL BRAIN" is overlaid in the center.

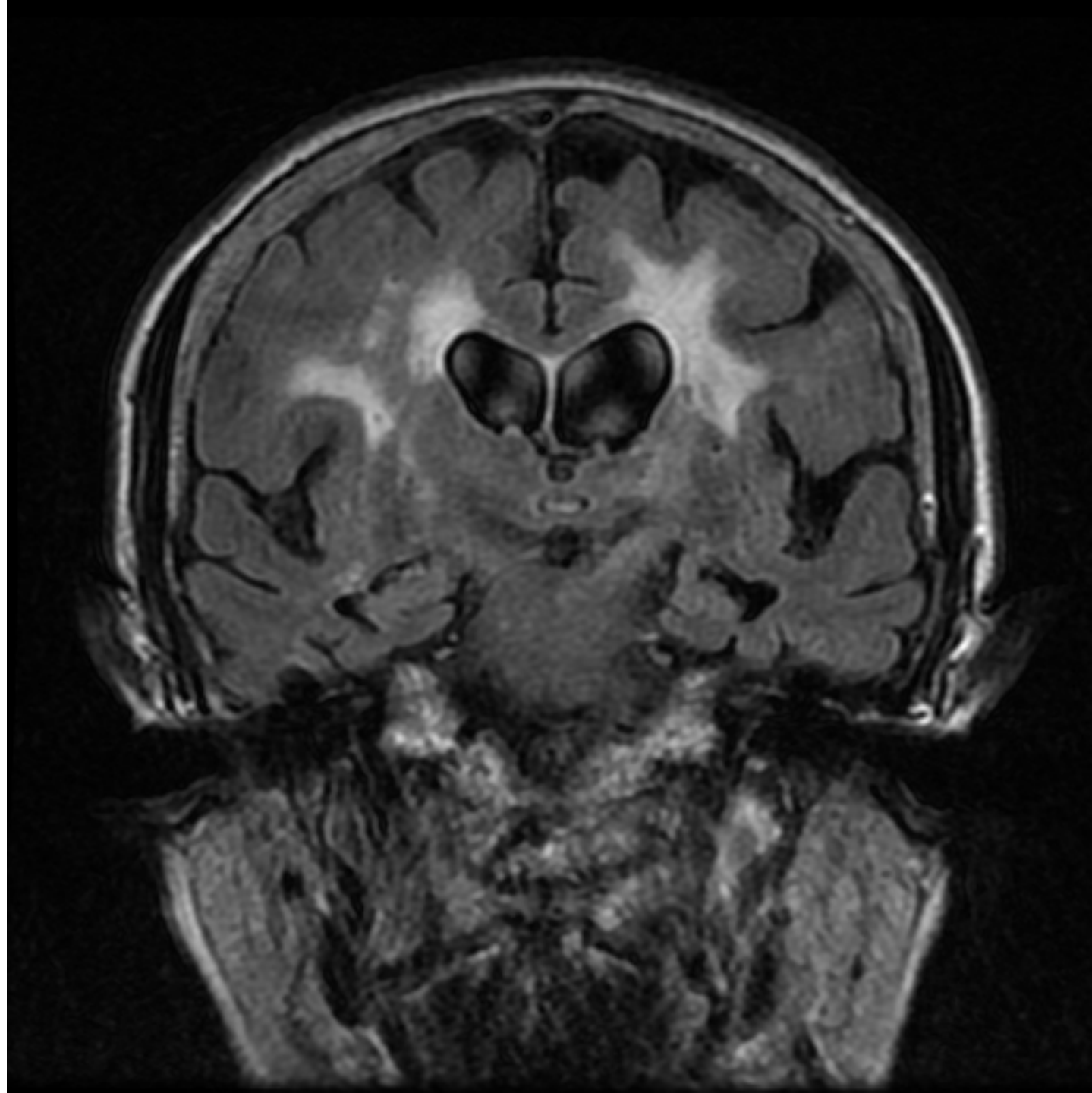
THE NORMAL BRAIN





Normal Brain Changes with Aging

- Some brain areas, including the hippocampus, shrink in size.
- The myelin sheath that surrounds and protects nerve fibers (neurons) wears down.
- Receptors on the surface of neurons, which enable them to communicate with one another, may not function as efficiently.





Adapting to Normal Changes in Aging

We encounter difficulties with multi-tasking.

Keep it simple.

Retrieval of words frequently takes longer.

Information is not lost but is more difficult to find.

We tend to “think” and move a bit more slowly.

Allow yourself more time.

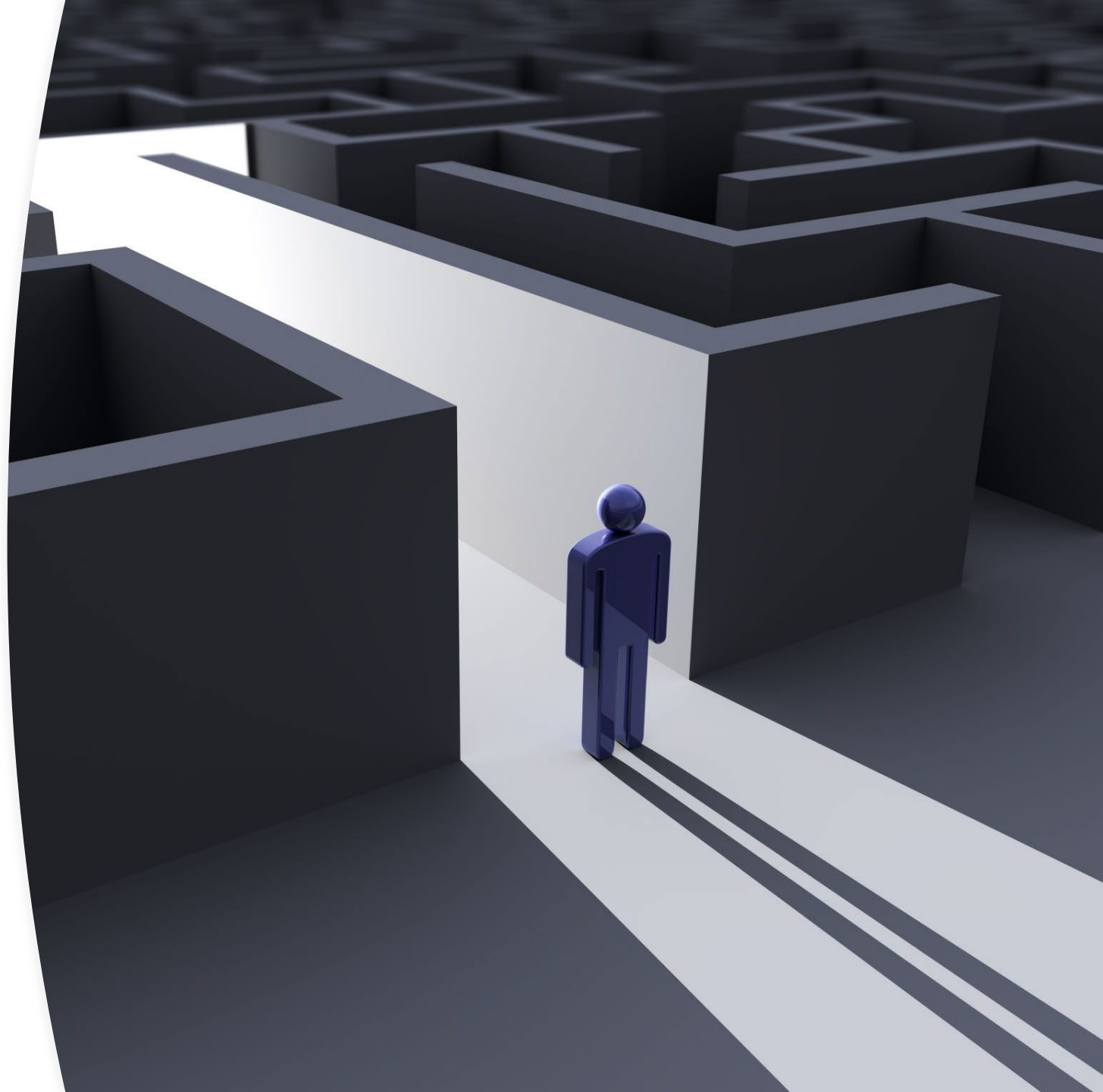
Perspective: *An existential crisis*

It's hard to imagine anything as **terrifying, depressing and anxiety provoking**

As knowing you have an **incurable degenerative disease** that is going to silently

Steal your thinking and memory –

Ultimately leaving you **unable to care for yourself...**



Conversation Starter

- Advanced care planning tool (or game) developed by Coda Alliance to facilitate conversations about illness and preferences for care along with sharing priorities.
- gowish.org






PROSPECTION

The ability to mentally simulate potential events at a future point in time.





Prospection is markedly impaired in dementia syndromes

- Requires future-oriented thinking
- Retrieving personal details of our life
- Understanding relationships in time and space
- Considering risks in different scenarios



ANOSOGNOSIA

Lack of Insight, not denial

Anosognosia

- This results from **structural changes in the brain** that normally facilitate referential thinking.
- It is often an obstacle to evaluation and planning.
- Severe in almost a third of patients diagnosed with Alzheimer's Dementia.
- Increased risk: ↓ education levels and ↑ behavioral symptoms



Benefits of Cognitive Screening

- Reassurance and reduced anxiety
- Strategies for improvement
- Initiate discussions about the future
 - Prospective planning!
- Completing Advance Directives
 - Using a POLST to limit CPR
- Maximizing independence (and some control)

POLL

- Do you have an advance directive?
- Where is it?
- Does it detail choices pertaining to care if cognitively impaired?



Advance Directives

“We’ve already done that.”

I do not want efforts made to prolong my life and I do not want life-sustaining treatment to be provided or continued if:

- (1) I am in an irreversible coma or persistent vegetative state;
- (2) I am terminally ill and the use of life sustaining procedures would serve only to artificially delay the moment of my death;
- (3) Under any other circumstances where the burdens of treatment outweigh the expected benefits.

In making decisions about life sustaining treatment under (3) above, I want my **agent** to consider the relief of suffering and the quality of my life as well as the extent of the possible prolongation of my life.

A Few Closing Points

Changes in brain function with aging is normal.

A healthy lifestyle can influence our life's trajectory.

Cognitive impairment or dementia is diagnosed in the US every 66 seconds.

Individuals with cognitive impairment frequently do not see their deficits. They are not necessarily in denial.

Confronting the mortality of life can reduce fear and enhance joy.

For questions, contact:

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SeniorsAtHome
Better Care Starts Here



Seniors At Home

Better Care Starts Here



Home Care

Our expert caregivers assist with personal care, household upkeep, companionship, and more from 4-24 hours a day



Care Management

Professionals coordinate all aspects of care for you, navigate the healthcare system and communicate with physicians, hospitals and family.



Center for Dementia Care

Dementia experts provide practical and emotional support to families and caregivers of those with dementia-related conditions.



Palliative Care

Our award-winning team provides extra support to improve quality of life and relieve physical, emotional, and spiritual suffering.



Nursing Visits

Registered nurses are available to make home visits, provide medication management, and coordinate health care needs.



Fiduciary Services

Comprehensive financial services from power of attorney, trustee, executor, and conservator, to assistance with bill paying, budgeting, and organization.



Counseling & Support Groups

Help for seniors and their families with the challenges of aging, communication, caregiving, and grief



Grief Support

Help with healing after experiencing a loss. Counseling, bereavement groups, and volunteer outreach provide emotional and social support.



Futures Program

For seniors who want to make an advance plan and get peace of mind about their care before it is needed.



Companionship and Friendly Visitors

All of our clients have access to friendly volunteer visitors who offer consistent visits and holiday outreach to seniors in need of connection.



Transportation, Meals

Rides program and meal delivery provide extra help to seniors in certain situations.



Day Clubs

For seniors who want socialization during the day, our clubs provide activities, lunch, and wellness programs in three locations

For more information call 415-449-3700 or email info@seniorsathome.org

Webinar: Reducing the Fear of Dementia

Thank you!

The recording will be emailed next week.

Brought to you by



Senior Services of Northern California

Next Webinar: November 4 at 3pm

Register at SequoiaLiving.org/webinars

How Your Lifestyle Can Impact Your Brain

Can Lifestyle Changes Reverse the Progression of Coronary Heart Disease & Early Alzheimer's Disease? Learn from Dean Ornish, MD, founder and president of the nonprofit Preventive Medicine Research Institute. Dr. Ornish is known as "the father of lifestyle medicine".

To find out more about today's sponsor and to donate, visit www.seniorservicesnorcal.org.



Senior Services of Northern California

Prepare for Your Care

<https://prepareforyourcare.org/en/advance-directive-state/ca>