



## UNDERSTANDING DEMENTIA

A decline in mental ability severe enough to interfere with daily life. These changes trigger a decline in thinking skills severe enough to impair daily life and independent function. They also affect behavior, feelings and relationships.



### ALZHEIMER'S & VASCULAR DEMENTIA

Alzheimer's disease is the most common cause of dementia, accounting for 60% to 80% of cases. Vascular dementia, which occurs because of microscopic bleeding and blood vessel blockage is the second most common.

### OTHER TYPES OF DEMENTIA

- Mixed Dementia
- Frontotemporal dementia
- Dementia with Lewy bodies (DLB)
- Parkinson's disease



#### BEHAVIORAL CHANGES

As dementia progresses, many people experience a variety of symptoms. These symptoms include:

- Sleep disturbances
- Agitation
- Delusions
- Hallucinations

A person exhibiting any of these symptoms should receive a thorough medical evaluation, especially when they occur suddenly.



#### WANDERING

Individuals with dementia lose their ability to recognize familiar places and faces. It's common for a person living with dementia to wander or become lost and confused about their location. Signs a person may be at risk include:

- Returning from a regular walk or drive later than normal
- Wanting to "go home" even when at home
- Having trouble locating familiar places



#### SAFETY MEASURES

- Be prepared for emergencies
- Remove tripping hazards
- Keep walkways and room well-lit
- Install grab bars in the bathroom
- Make sure smoke detectors and carbon monoxide detectors are available and inspected regularly
- Remove tripping hazards
- Secure furniture to prevent from tipping