

## RESOURCES

Aging & Disability Resource Center  
Check local county for information

Alzheimer's Association  
www.alz.org  
Helpline: 1-800-272-3900

Alzheimer's & Dementia Alliance of Wisconsin  
www.alzwisc.org  
1-608-232-3400

### Contact Information

Heather Moore, LPN, CDP  
Dementia Outreach Specialist  
Alzheimer's & Dementia Alliance of Wisconsin  
Serving Crawford, Grant, Iowa, Lafayette and Richland Counties  
608-723-4288  
heather.moore@alzwisc.org

### Our Vision

That everyone in our community will have the awareness of and access to the education and resources about Alzheimer's and dementia in order to provide the highest quality of life to people with a diagnosis throughout their journey.

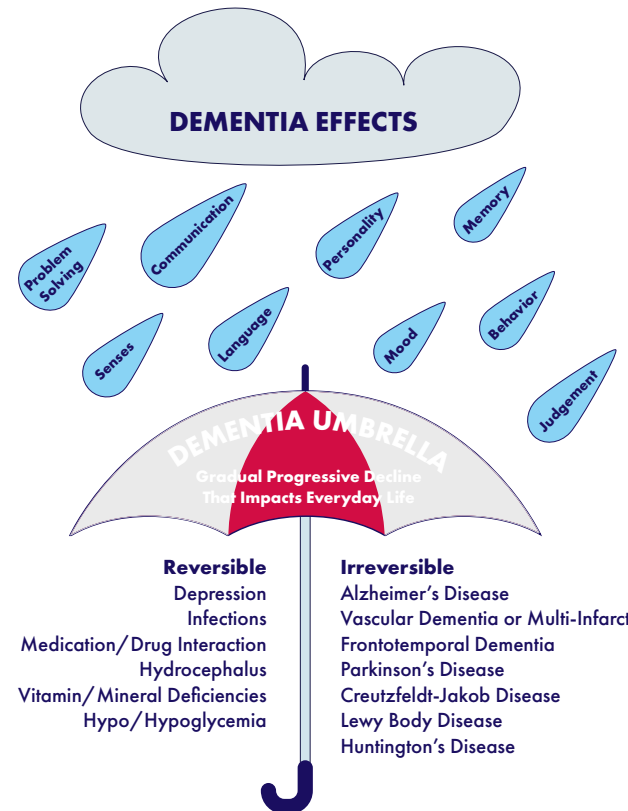
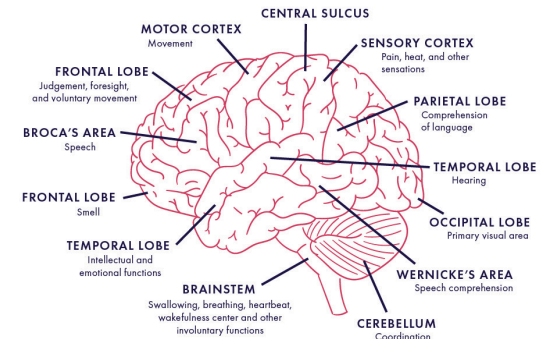


# UNDERSTANDING DEMENTIA

**Dementia** is a group of symptoms affecting memory, thinking, cognitive function, reasoning and social abilities severely enough to interfere with activities of daily living. It is not a specific disease.

**Alzheimer's disease** is the most common type of dementia.

## THE BRAIN



# TEN WARNING SIGNS

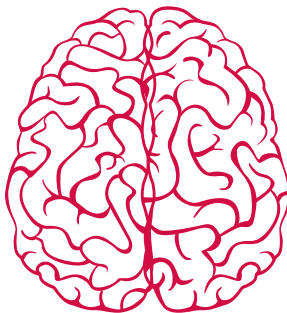
1. **Memory Loss**
2. **Difficulty Performing Familiar Tasks**
3. **Problems With Language**
4. **Disorientation Of Time And Place**
5. **Poor Or Decreased Judgment**
6. **Problems With Abstract Thinking**
7. **Misplacing Things**
8. **Changes In Mood Or Behavior**
9. **Changes In Personality**
10. **Changes in Daily Activity**

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## BRAIN MAP

### LEFT BRAIN

Logic  
Verbal  
Detail  
Science  
Names  
Math  
Strategy  
Order  
Thinking  
Writing



### RIGHT BRAIN

Pictures  
Stories  
"Big Picture"  
Observation  
Shapes  
Music  
Patterns  
Imagination  
Beauty  
Possibilities

## CHANGES IN COMMUNICATION

- Difficulty finding the right words
- Using familiar words repeatedly
- Describing familiar objects rather than calling them by name
  - Easily losing a train of thought
  - Difficulty organizing words logically
- Reverting to speaking a native language
  - Speaking less often
- Relying on gestures more than speaking

### ELEMENTS OF COMMUNICATION



RECEIVE



PROCESS &  
COMPREHEND



RESPOND

## COMMUNICATION TIPS AND STRATEGIES

- Use a calm, gentle voice and SMILE
- Approach from the front and be at their level
- Call the person by name and identify yourself
- Use short sentences, speak slowly and clearly
  - Eliminate distractions
- Give one instruction at a time and allow time to respond
  - Be respectful
- Respond to underlying feelings-use empathy
  - Keep it simple
  - Avoid negative words- "No, Don't"
  - Do not try to reason, correct or argue
    - Use visual cues
- Watch body language and facial expressions