


The Impact of Aging on Cognitive Functioning

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IOWA Department of HUMAN SERVICES IDA IOWA DEPARTMENT ON AGING IOWA STATE UNIVERSITY

There are no financial relationships to disclose.

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CEU Announcements

Must participate and be active for 75% or more of the session to receive credit for participating.

Evaluation will be sent a week after this session

Certificates of Attendance will be sent out 1-2 weeks following

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Prevalence of Alzheimer's Disease and Related Dementias in the US and Iowa

- 6.5 million Americans aged 65 and older live with Alzheimer's
- 1 in 9 people have Alzheimer's and increases with age
- 66,000 Iowans have Alzheimer's (65+) in 2020 and 73,000 are projected to have it in 2025 (10% increase in 5 years)

<https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf>

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### Continuum of Cognitive Impairment

Everyone who has experienced dementia has experienced MCI, but NOT everyone who experiences MCI will experience dementia

MCI does NOT interfere with activities of daily living

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**ALZHEIMER'S ASSOCIATION**

#### What is the difference between Alzheimer's and typical age-related changes?

Signs of Alzheimer's and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

[https://www.alz.org/alzheimers-dementia/10\\_signs](https://www.alz.org/alzheimers-dementia/10_signs)

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Dependent Adult

- 'Dependent adult' means a person eighteen years of age or older who is unable to protect the person's own interests or unable to adequately perform or obtain services necessary to meet essential human needs, as a result of a physical or mental condition which requires assistance from another, or as defined by Department rule.

<https://dhs.iowa.gov/DependentAdultProtectiveServices/Families/WhoQualifies#:~:text=Dependent%20adult%20means%20a%20person,another%20over%20as%20defined%20by>

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### Dementia is a Syndrome

- Dementia is an overarching term
- Alzheimer's 60%-80%
- Vascular 10%-40%
- Lewy Body 10-25%
- Frontotemporal 10%
- Mixed dementia is common
- Often diagnosed by symptoms → neuroimaging and biomarkers

**TYPES OF DEMENTIA**

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- \* Mixed dementia: Dementia from more than one cause

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### Clinical Symptoms of Dementia

- Cognitive
  - Memory
  - Learning
  - Thinking
  - Planning
  - Orientation to Time and Place

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### Clinical Symptoms of Dementia

- Non-Cognitive
  - Personality changes
  - Depression
  - Anxiety
  - Apathy
  - Agitation
  - Delusions
  - Hallucinations
  - Sleep disturbances

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### Modifiable and Non-Modifiable Risk Factors

<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447>

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### Communicating with someone with Alzheimer's disease or related dementia

Common changes in communication at the start of the disease progression

- Difficulty with finding the right words, organizing words logically, or using the same word over repeatedly
- Describing objects but not calling them by name
- Speaking less often and gestures are used more frequently

<https://www.alz.org/help-support/caregiving/daily-care/communications>

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### Communication in Early Stage

- Meaningful conversations can still take place
- Don't assume older adult's ability to communicate
- Speak directly to them
- Take time to listen to their thoughts and give them time to respond in conversation
- Include them in on diagnosis decisions and discuss what they feel most comfortable with
- It's okay to use humor to lighten the mood and communicate easier

<https://www.alz.org/help-support/caregiving/daily-care/communications>

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**Communication in Mid-Stage**

- Moderate Alzheimer's; usually the longest stage
- Engage in slow and clear conversation in quiet spaces, minimizing distractions
- Be patient, provide eye contact, and allow them time to respond
- Ask one question at a time and ask easy yes no questions
- Use visual cues, written notes, clear step-by-step instructions
- Don't criticize, argue or correct the older adult

<https://www.alz.org/help-support/caregiving/daily-care/communications>

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**Communication in Late Stage**

- Severe Alzheimer's; rely on nonverbal communication
- Approach the older adult from the front and in a slow way
- Utilize nonverbal communication, use touch, sights, sounds, smells, and tastes
- Tune into the feelings behind what an older adult might be trying to say, emotions can be expressed
- Treat the older adult with dignity and respect!
- Sometimes the simple presence of someone can help the older adult

<https://www.alz.org/help-support/caregiving/daily-care/communications>

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**Decision making capacity and dementia**

- Medical and Financial Decisions
- Encourage decision making early and often
- Balance between autonomy and best interests

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Alzheimer's Disease and Dementia During the COVID-19 Pandemic

- Reducing risk and safety precautions
- Supporting Alzheimer's disease and dementia caregivers
- Special considerations for residential living facilities

<https://www.alz.org/alzheimers-dementia/coronavirus-covid-19>

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Join us for our next trainings!

<p>The Importance of Social Well-Being for Aging Adults</p>	<p>Reframing Care from Caregiving to Care Partnership</p>
<p>• Thursday, July 7<sup>th</sup> from 9-11 a.m.</p>	<p>• Thursday, August 4<sup>th</sup> from 9-11 a.m.</p>

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**Continuing Education Units**

This live activity is designated for a total of:

- 2 training hours of CEUs
- 2.00 Law Enforcement CEUs
- 2.00 AMA PRA Category 1 Credit(s)™ (Des Moines University)
- 2.00 continuing legal education (CLE)

If you have any questions or concerns regarding the certificate of attendance, please reach out to:

Barbra Brottman, Iowa State University  
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