

Caring for the Care Partner

(repeat by request!)

Veronica Hutchings, PhD

Registered Psychologist & Director,
Aging Research Centre-Newfoundland and Labrador



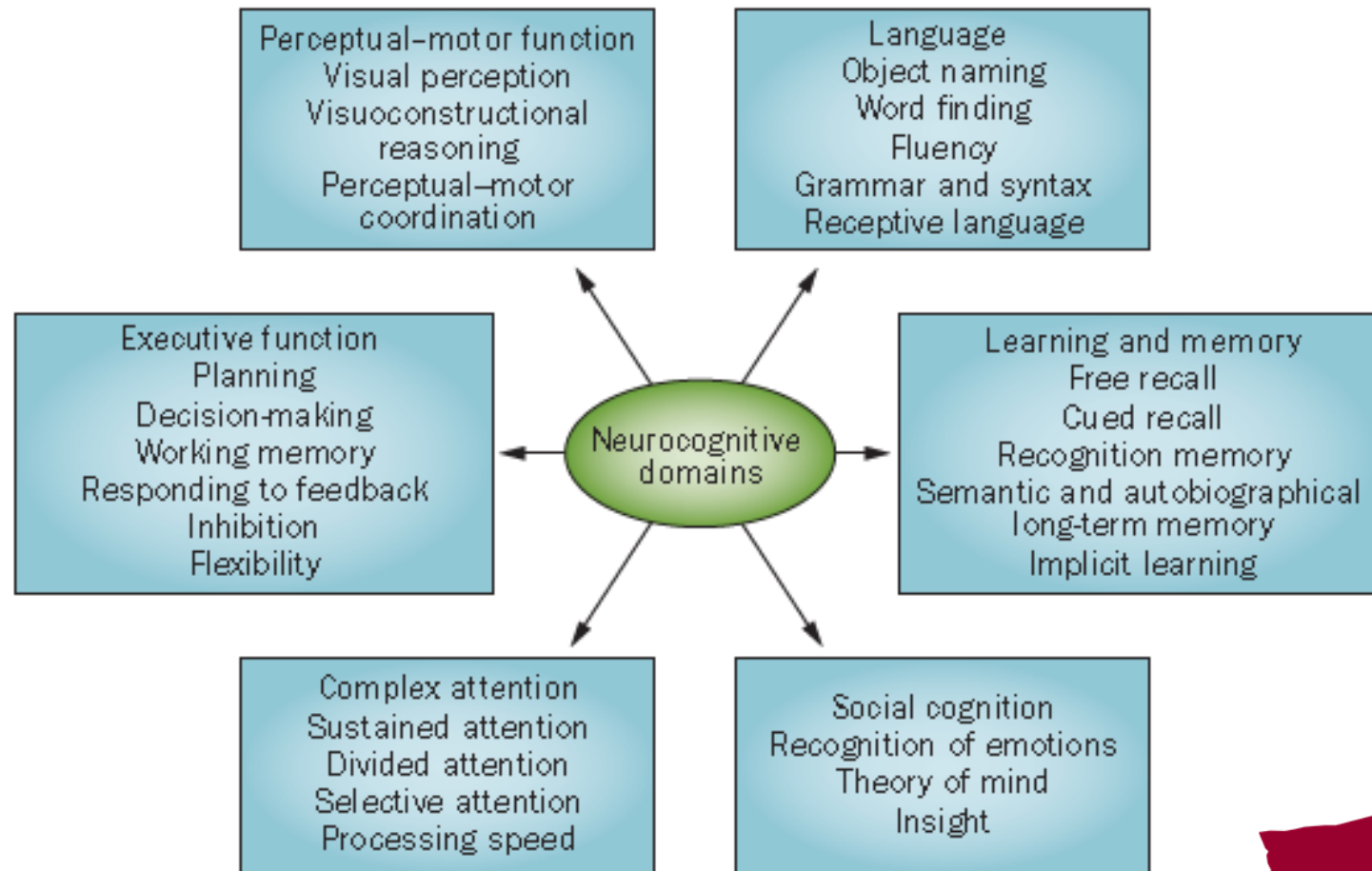
Overview

- Intro to Major Neurocognitive Disorder
aka What is and is not Dementia!
- Myth vs Truths
- Self Care for the Care Partner

What dementia is NOT...

- Slower thinking
- Harder to multi-task
- “Tip of the tongue”
- Thinking about the “hereafter”

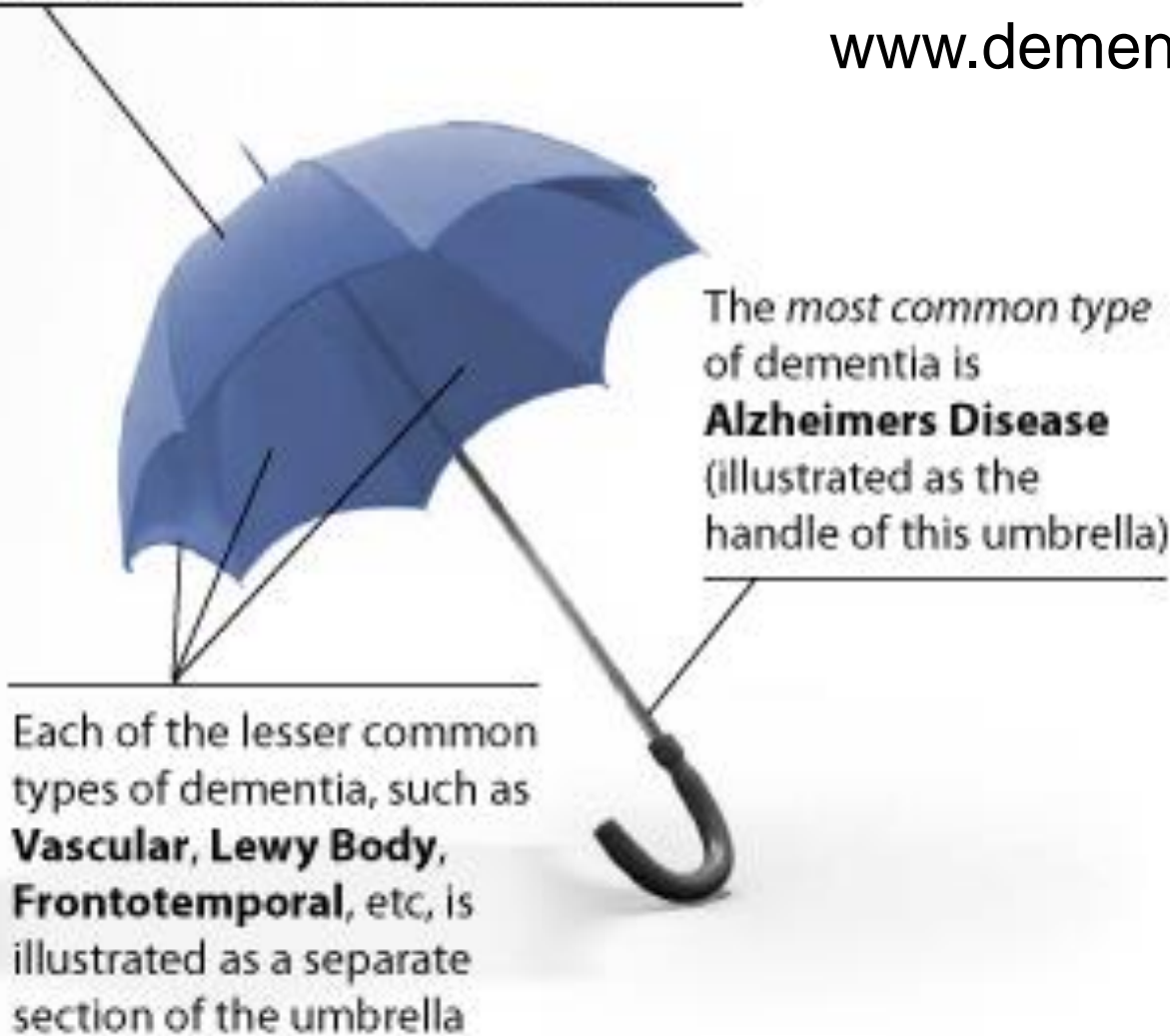
...it IS a decline in one or more of:

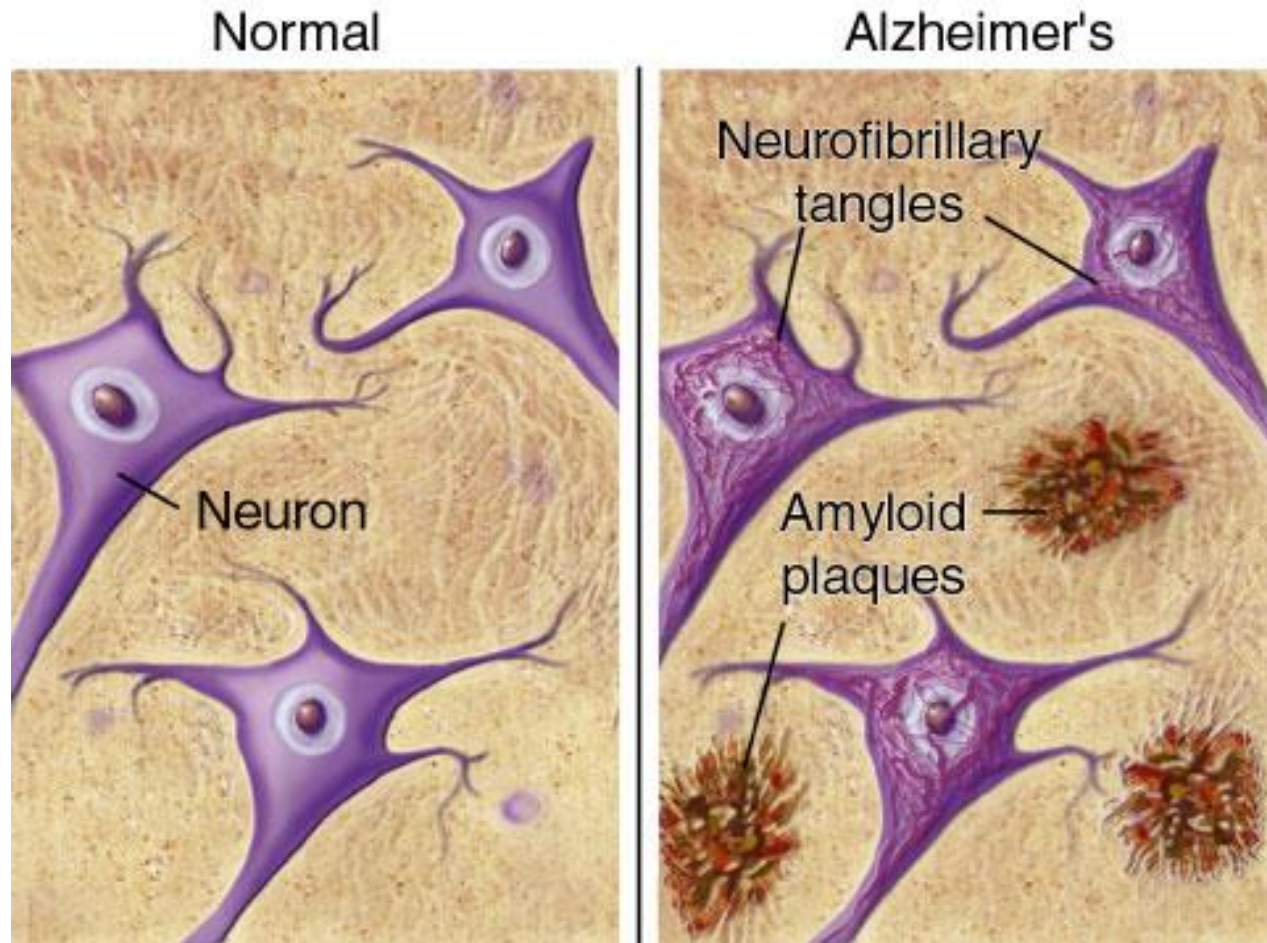


Sachdev, P. S. *et al. Nat. Rev. Neurol.* 10, 634–642 (2014);
published online 30 September 2014; [doi:10.1038/nrneurol.2014.181](https://doi.org/10.1038/nrneurol.2014.181)

Dementia is an "Umbrella term", referring to *many different types* of dementia

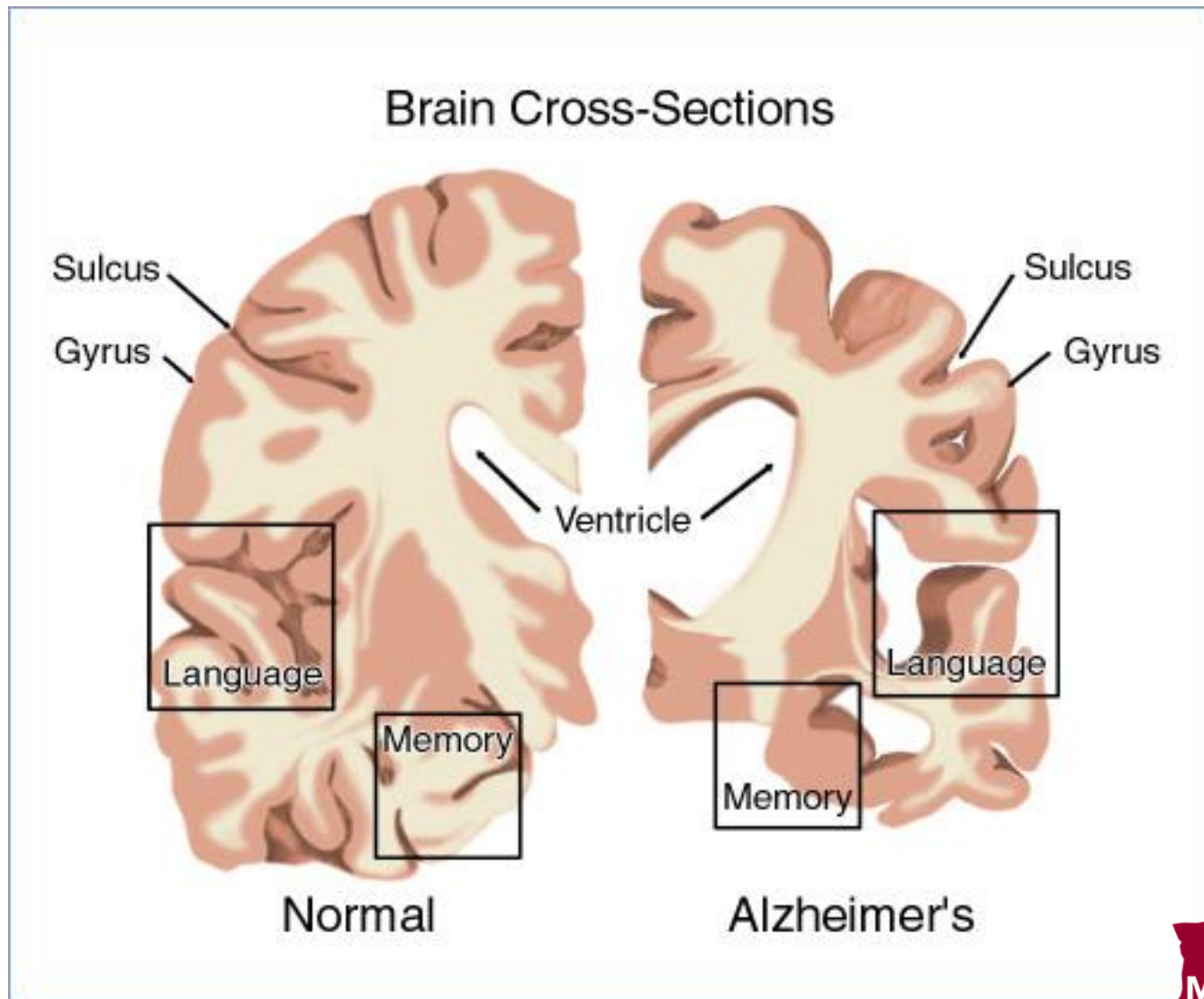
Diagram courtesy of:
www.dementiajourney.ca





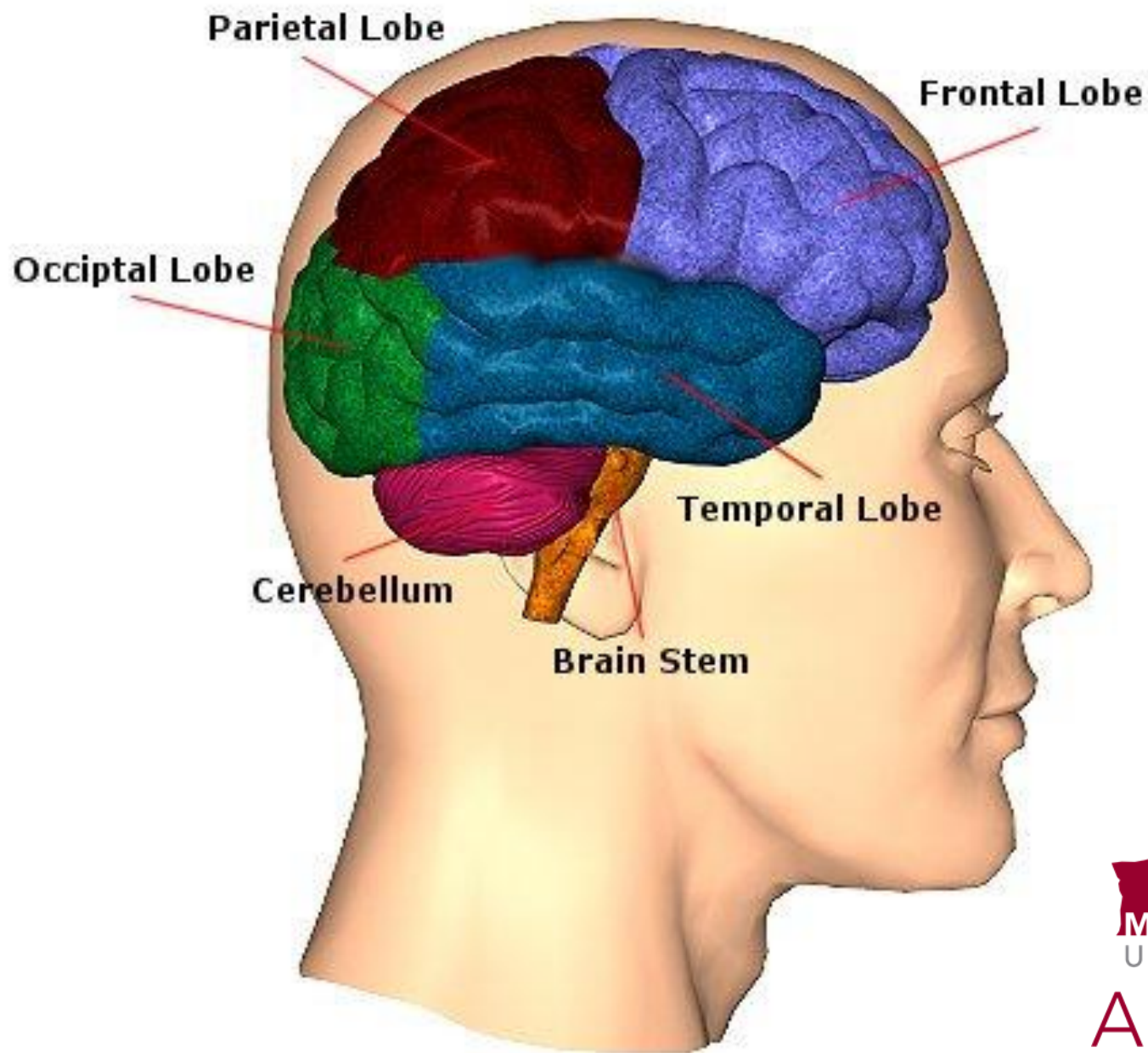
From:

<http://www.ahaf.org/alzdis/about/AmyloidPlaque>



From:

<http://www.ahaf.org/alzdis/about/BrainAlzheimer.htm>



Diagnosis of Exclusion

- Progressive change in memory or function
- Query Dementia
- Check Medication (change/reduce meds)
- Laboratory tests/exam (thyroid, B12, UTI)
- CT or MRI (tumor, CVA)
- Depressed mood (treat depression)
- Neurocognitive Disorder

Treatment of Symptoms

- Cholinesterase Inhibitors (for cognitive problems)
 - E.g., Aricept, Exelon, & Reminyl
- Antipsychotics
 - E.g., haloperidol, thioridazine
- Antidepressants
- Caring for the Caregiver

Myths vs Truths

Myth

Once you have a diagnosis of dementia, you
are inconsistent

TRUTH

- In the early stages of dementia, most individuals retain competency (a global ability to understand and appreciate info)

Myth

Alzheimer's is a normal part of aging

TRUTH

- People in their 30's and 40's can develop Alzheimers Disease!

Myth



TRUTH

- Staying healthy and active (physically, mentally, and socially) reduces the risk...
- BUT there is nothing you can do to 100% prevent you from developing a type of dementia

Myth

There is a cure for Alzheimer's Disease and
other dementias

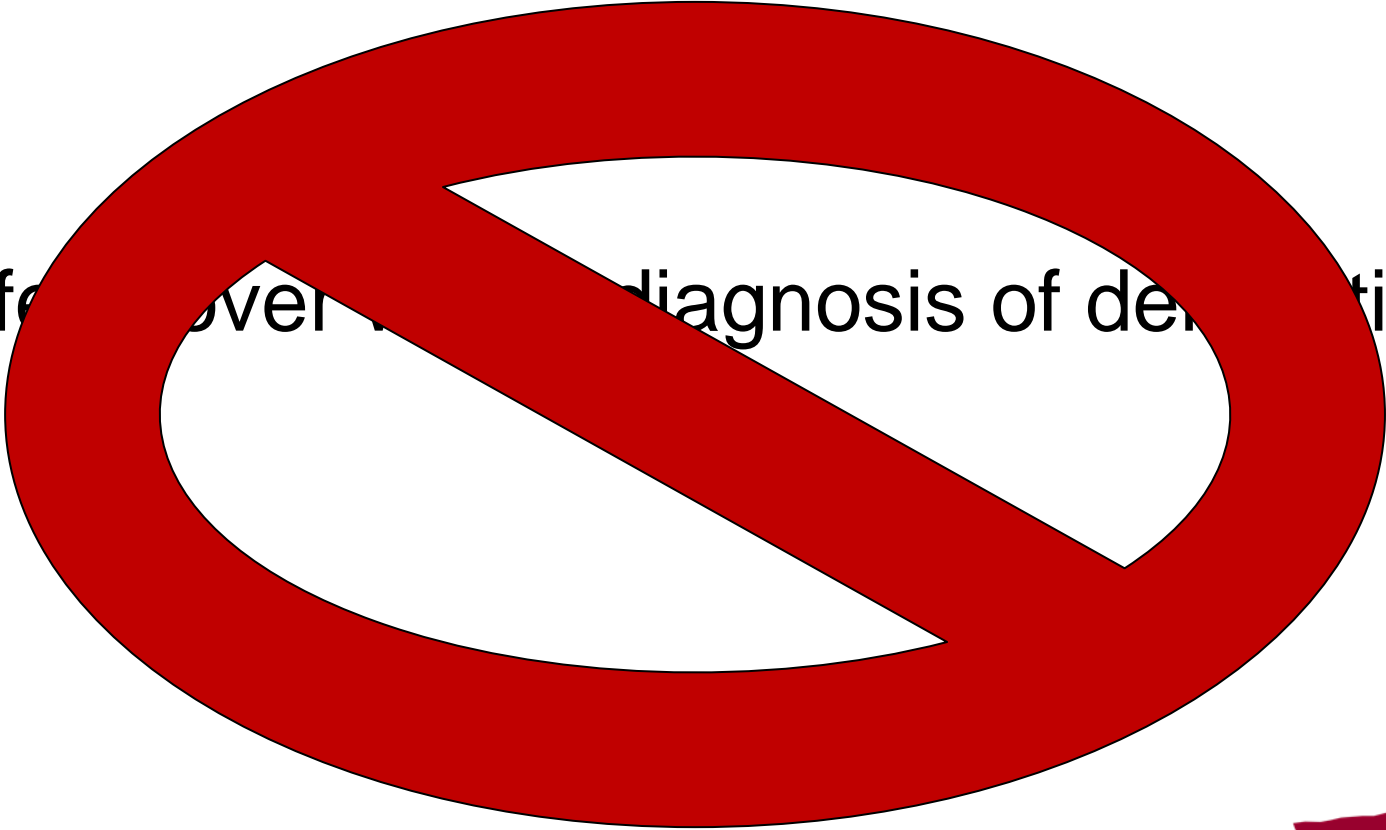


TRUTH

- There are medications that minimize the symptoms of the disease.
- To date, there is no cure.
- Physicians cannot reverse the impact of dementia on a person.

Myths

Life expectancy after diagnosis of dementia



TRUTH

- People can choose to live as if their life is over following a diagnosis of dementia
- People can also choose to live vibrant lives with dementia
- People have written and published books AFTER their diagnosis of dementia!

Myths

People with dementia can not understand
what is going on around them



TRUTH

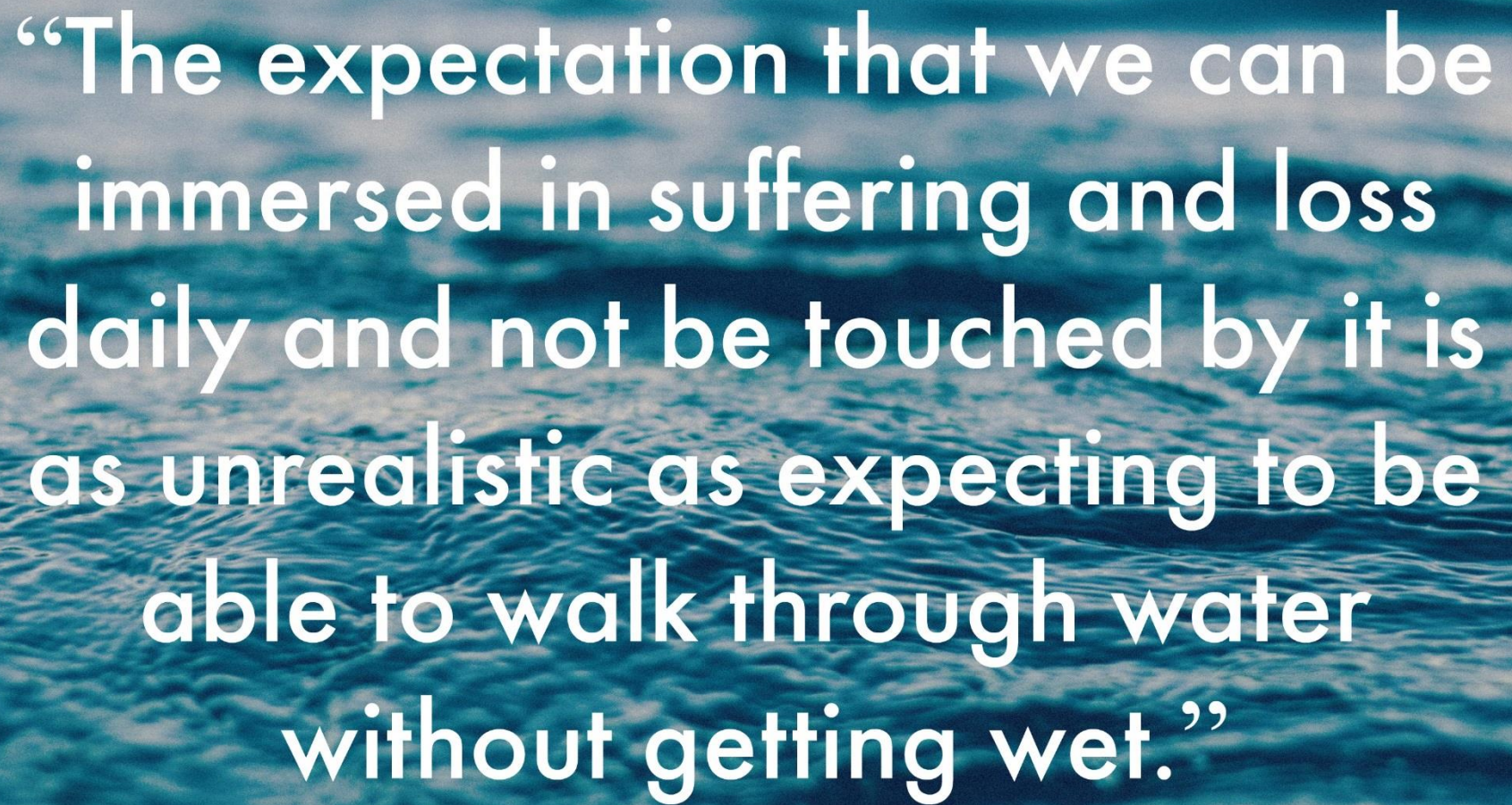
People with dementia may have difficulty understanding when:

- People talk quickly
- Many people talk at once
- The person is tired, or feeling unwell

BUT people with dementia can follow and understand conversations. That's why I lead groups for them!

Self Care for the Care Partner

**Life is like an
airplane.
You have to put
your own
oxygen mask
on first.**



“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Dr. Naomi Rachel Remen

Telling Others...

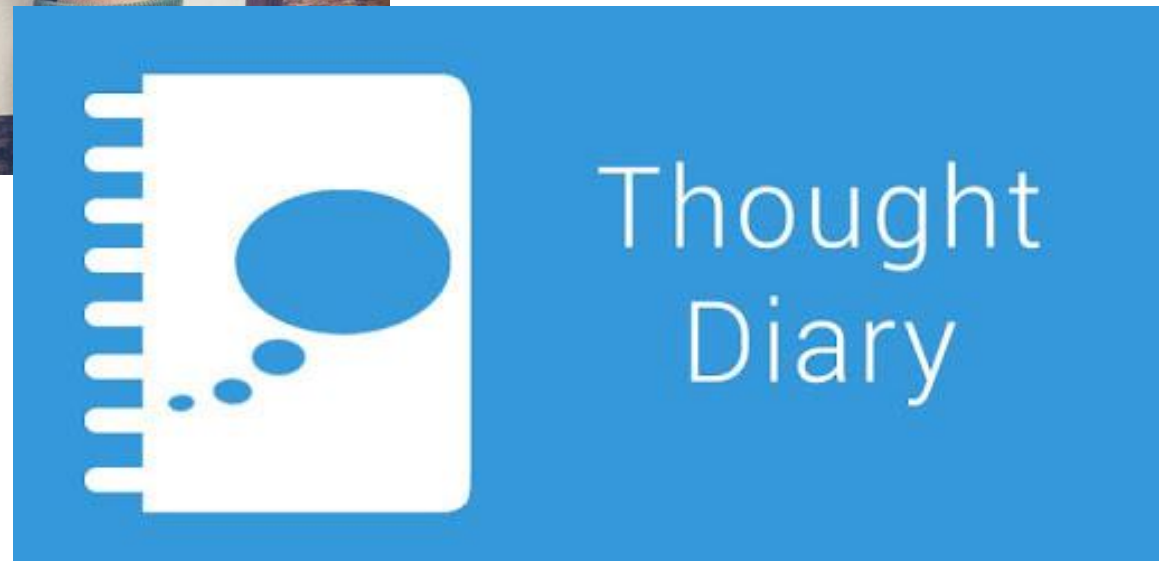


"I'm right there in the room, and no one even acknowledges me."

How do I tell others?

- Plan ahead for the conversation
- Only share what you want
 - I don't want to get into details, but wanted you to know...
- Offer to talk now or later
- Be honest
- Others have the right to react whatever way they need or want to

Journaling



<https://mha.easternhealth.ca/doorways/>
for video/telephone counselling

- **St. John's and surrounding areas:752-4903**

- **Rural Avalon**

St. Mary's, Holyrood, Whitbourne, Placentia, Bay Roberts, Harbour Grace and Old Perlican

Telephone: 945-6513

Witless Bay: Telephone:334-3941

Ferryland and Trepassey: Telephone: 432-2930

- **Clarenville and Bonavista**

Clarenville:Telephone: 466-5700 or 466-5723

Bonavista: Telephone: 709-468-5318

<https://mha.easternhealth.ca/doorways/>
for video/telephone counselling

- **Burin Peninsula**

Marystown: Telephone: 709-279-7900

Grand Bank: Telephone: 832-1640 or 832-1602

St. Lawrence: Telephone: 873-4283 or 873-2330

Placentia West Clinic: Telephone: 709-443-2100

- **IN NOVA SCOTIA:** call [1-855-922-1122](tel:1-855-922-1122)
- **Or visit <https://mha.nshealth.ca/en> , click on locations to find clinic closest to you and learn about what services they offer. Most provide a combo of in person, telephone and video conferencing**

anxiety depression stress relationships

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Give yourself some breathing room.

Discover how this revolutionary, eight-week online program can transform your life. Visit us today
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breathingroom
because everyone needs some



TAO

Therapist Assisted Online

Sign up for free with an email address to complete modules on:

- Calming your worries – adult
- Let go and be well
- Improving your mood
- Leave your blues behind
- Pain management
- Communications & IP Relationships
- Substance use

Stressed or anxious?

grenfellmindfulness.com

**A short web based mindfulness course
to help you deal with stress or anxiety.**

Summary

- Dementia is an overall term that refers to diseases which affect our thinking
- There are a number of myths out there about dementia
- By taking care of yourself and seeking help when you need to, both you and your loved one can thrive for longer!

Thank You!

Any Questions?

If you would like to be notified when we do more talks like these or be invited to participate in research, please visit our website: www.grenfell.mun.ca/arc or email us at: arc@grenfell.mun.ca



Bonus Material!

This wasn't shown in the presentation, but in case you wanted to see some people living well with dementia check out:

Christine Bryden: A conversation re: dementia

<https://www.youtube.com/watch?v=sd-ZPe1w1Xk>

A video on Shaping the Journey, the program I used to offer in NS with the ASNS:

<https://www.youtube.com/watch?v=u9QorpSu3Tw>