

Helping People with Dementia & Supporting Those Who Care for Them



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- Thanks to Sydney Swartz and the Alzheimer's Association for helping us better understand Alzheimer's Disease and Dementia
- Building on it, the above will be the subject of our next, June 7th seminar
- The focus then will be on our community's resources from home-based services to care provided by assisted living facilities, memory care units and hospice
- Speakers will include:
 - Kim Volker, Chief Operating Office of Care is There
 - Sydney Swartz, Program Manager for the Alzheimer's Assoc.
 - Kate Daniels, Hospice Consultant for Kindred Hospice
- Will conclude today's presentation with some key related information

The Importance of Evaluating Memory Loss and Other Cognitive Changes

- There are multiple possible reasons for changes in memory or other cognitive abilities, especially more abrupt changes
- These include medication side effects, urinary tract infection (UTI), kidney disease, benign brain tumors and depression
- If it is early memory loss and mild cognitive impairment (MCI), it's important to have it medically evaluated
- Along with first being seen by one's primary care practitioner (PCP), both UVA Medical Center and Sentara Martha Jefferson Hospital have memory care and cognitive assessment clinics

Diagnosis and Treatment of Memory Loss and MCI

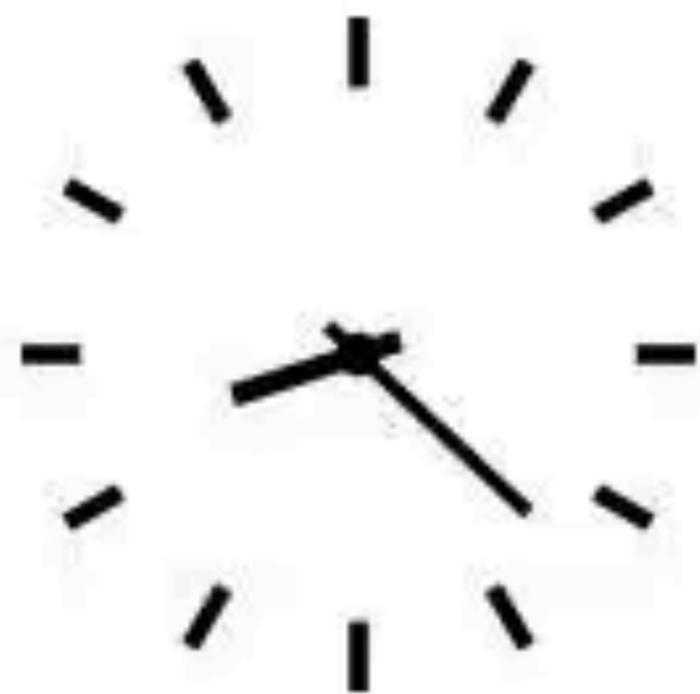
- Benefits of early diagnosis and treatment:
 - ♦ to rule out other possible causes
 - ♦ to identify what may be causing it
 - ♦ to establish a baseline for periodic monitoring
 - ♦ to identify how best to treat it
- Early evaluation and treatment is the best way to slow the progression of possible MCI
- Learning how to treat and live with it can also help alleviate the anxiety and possible depression associated with the diagnosis

Challenge: The Possible Need to Give Up Driving

- Given safety and possible liability concerns, it's a very important consideration in MCI and dementia
- But it's very difficult for many people to give up driving
- People are often very, very resistant. Thus, first learn how best to approach this challenge. Resources include:
 - ◆ AARP: <https://www.aarp.org/auto/driver-safety/we-need-to-talk/>
 - ◆ Virginia Safe Driving Laboratory: <https://med.virginia.edu/psychiatry/sections/neurocognitive-studies/virginia-driving-safety-laboratory/>

Challenge: Lack of Advance Medical Directives and Other Important Documents

- The majority of Americans don't have an advance Medical Directive (AMD, also known as a 'living will')
- Lack of an AMD can place your family & other loved ones in a very difficult situation when you no longer can make your own healthcare decisions
- Last wills & testaments and healthcare & financial powers of attorney (POAs) are other important documents to complete
- Do them now and give both you and your loved ones peace of mind.



Q & A time

