

Alzheimer's & Related Disorders Society of India (ARDSI)

A National organization dedicated to the care aid support of aged with dementia
and their families since. 1992

Caring people who cannot care themselves

Presented by R. Narendhar

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For Love your Neighborhood and SAFP

Dementia



Ageing

- Ageing is a universal phenomenon.
- Mild Memory Loss an inevitable consequence of ageing.
- Dementia is more than just forgetfulness
- Associated with cognitive AND behavioral abnormalities
- **Makes independent life impossible.**

What is DEMENTIA?

- Dementia
(Latin origin of the word)

 'de' = without
 +
 'ment' = mind
- Not a single disease BUT
AN APPEARANCE of
different diseases

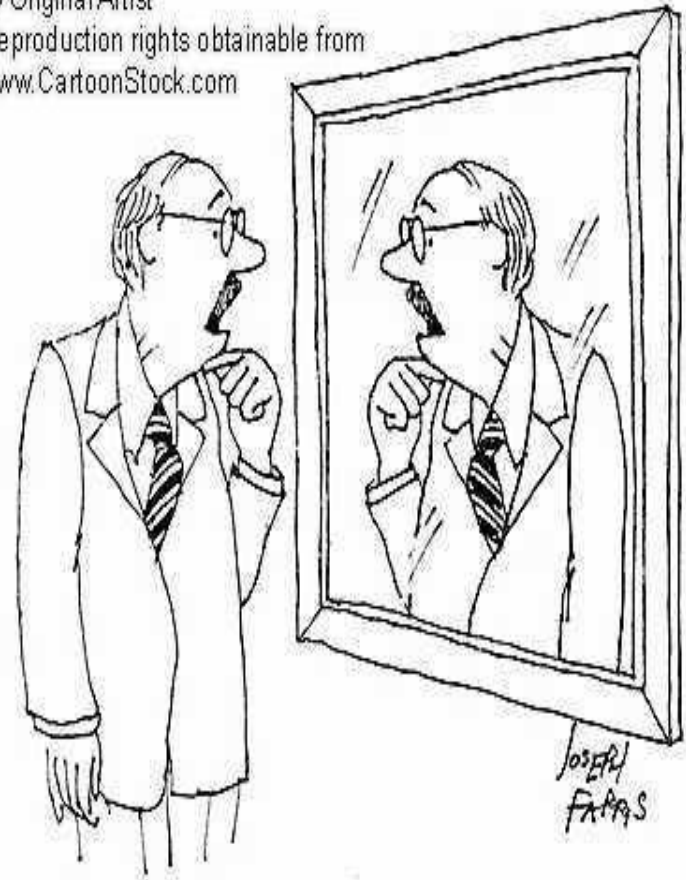


What is DEMENTIA?

Constellation of signs and symptoms:

- Forgetfulness
- Language problems
- Planning problems
- Disorientation
- Mood changes
- Difficulty dressing
- Recognizing common objects

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"I remember the face but I've forgotten your name."

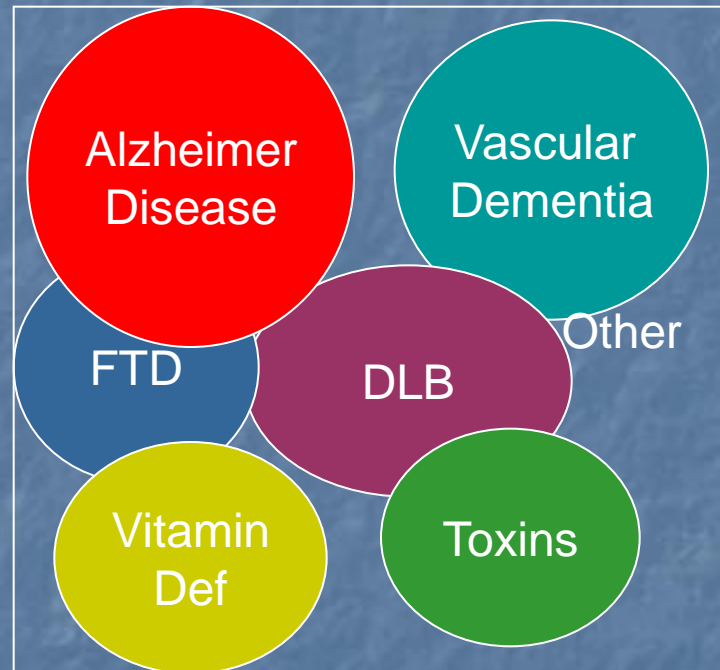
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Is 'Dementia' a disease?

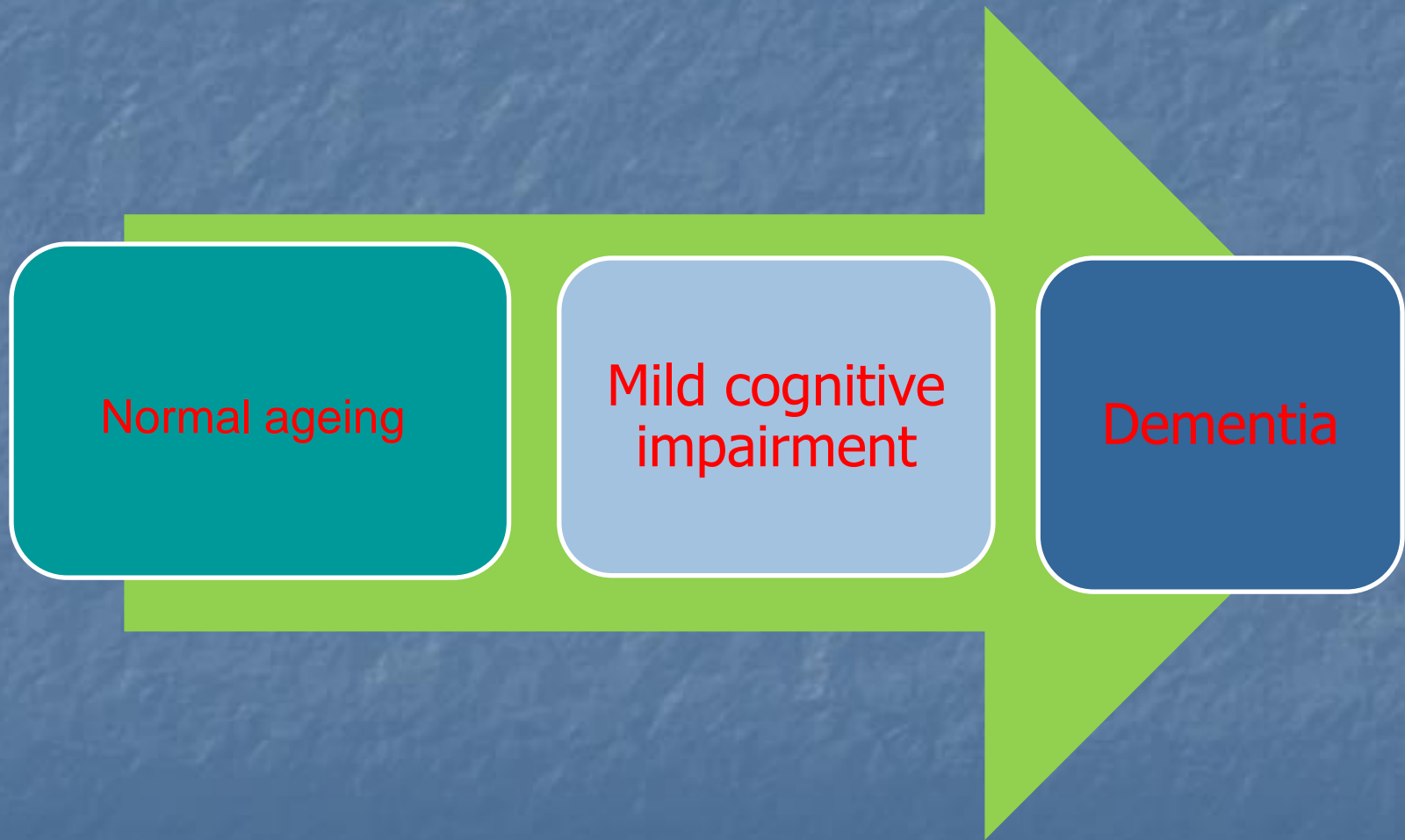
- NO ! Only manifestation of various diseases

Forgetfulness
Language problems
Planning difficulty/ errors
Mood changes
Dressing impairment

=



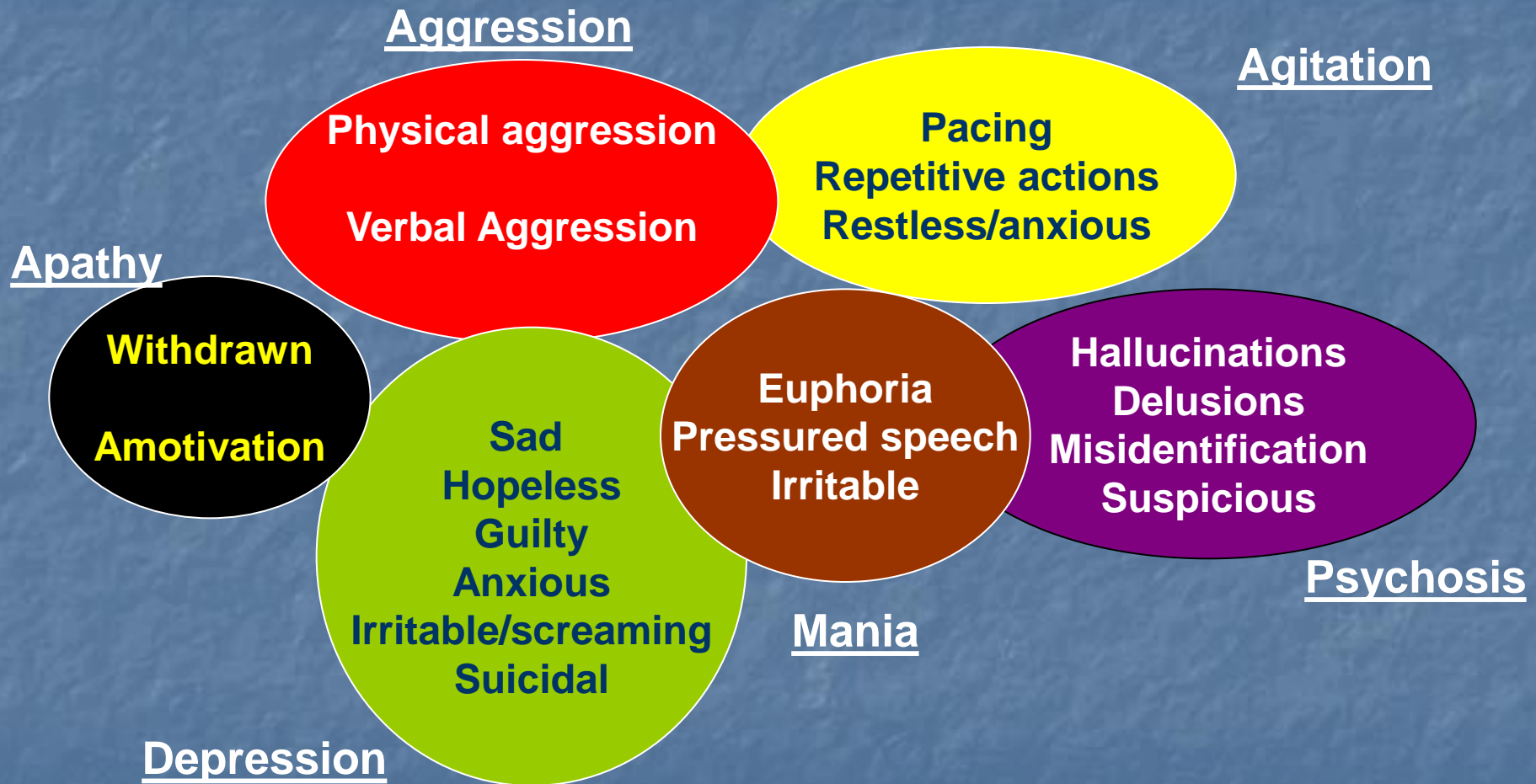
The progression to dementia



When to suspect Dementia

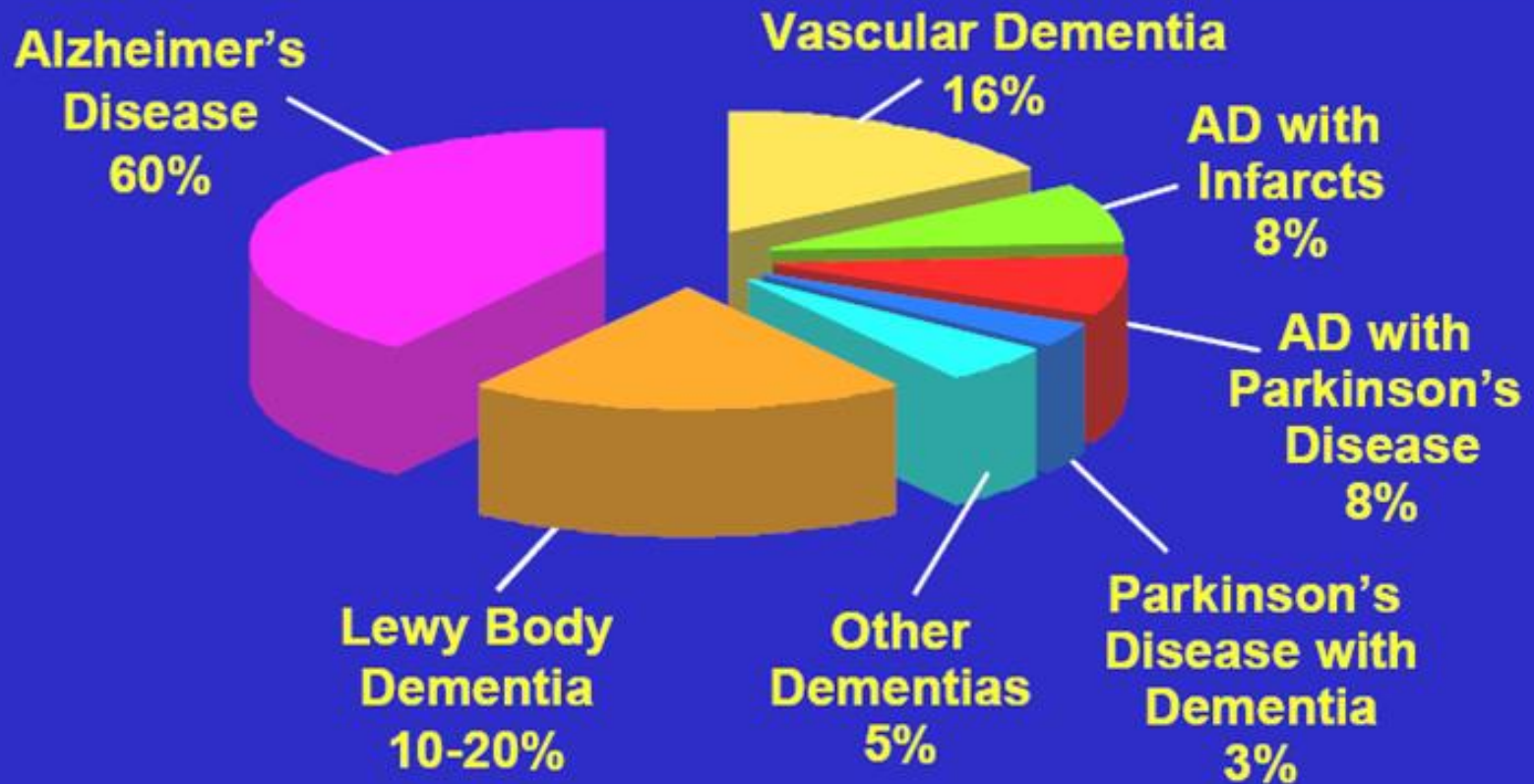
- Committing mistakes at work place or household
- Confusion in unfamiliar surroundings
- Difficulty in planning or solving problems
- Change in mood, personality and social behaviour
- Forgetting familiar ways
- Problems in decision making
- Problems in calculation and managing finances

Behavioral Symptoms in Dementia



Modified from McShane R. Int Psychogeriatr 2000;12(suppl 1)

Causes of Dementia

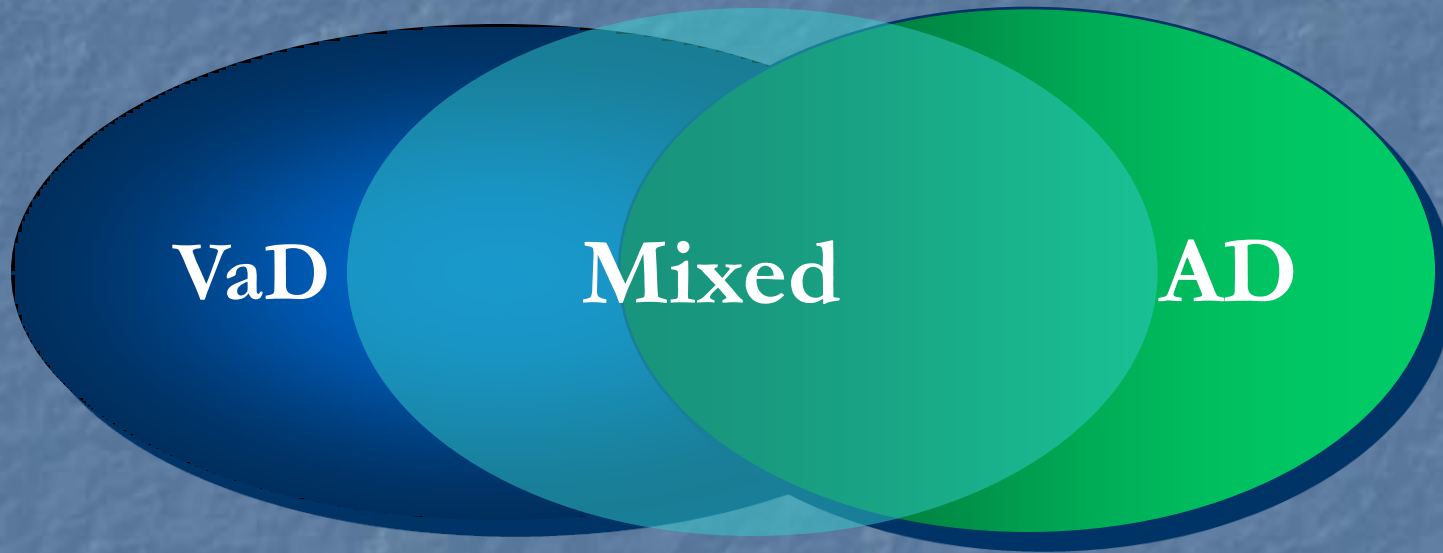


Morris JC. Clin Geriatr Med. 1994(May);10(2):257-276

What are the common causes of dementias?

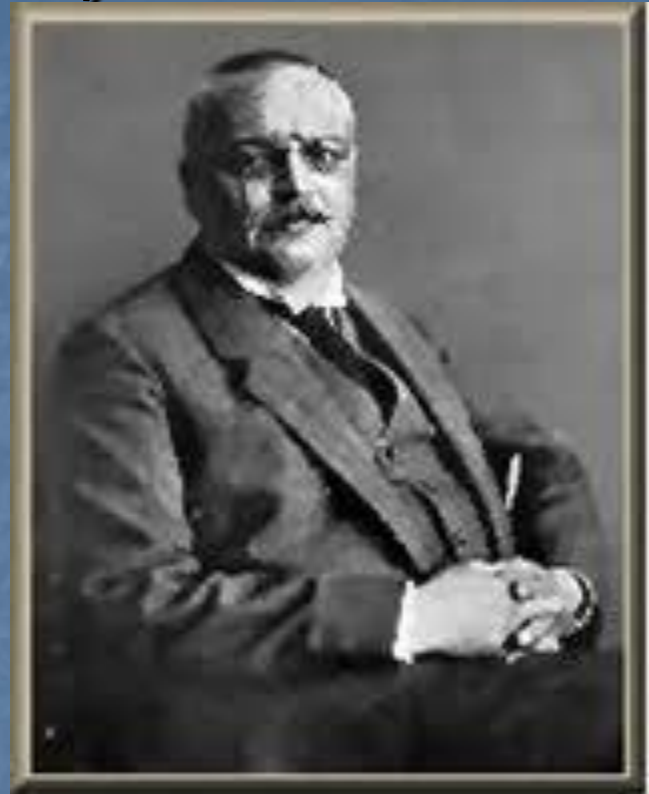
- **Alzheimer's disease: Loss of neurons, degeneration**
- **Vascular Dementia: Secondary to disease of blood vessels → Recurrent strokes**
- **Diffuse Lewy Body Dementia: Neurodegeneration**

Common causes of Dementia



80% of all Dementias

Alzheimer Dementia (AD)



Alois Alzheimer 1864-1915

German neuropathologist & psychiatrist who described in 1906 the clinical and neuropathological features of a woman aged 51 years, with atrophied cerebral cortex, senile plaques and neurofibrillary tangles

Who gets Alzheimer's dementia? Can it inflict me?

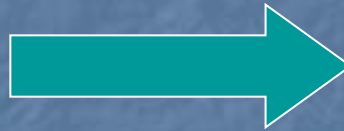
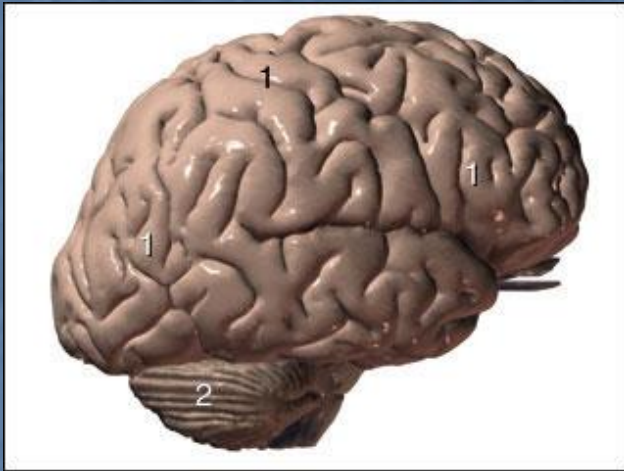
- Dementia occurs irrespective of sex, race, social status, religion

- YES! Anyone of us can get it.

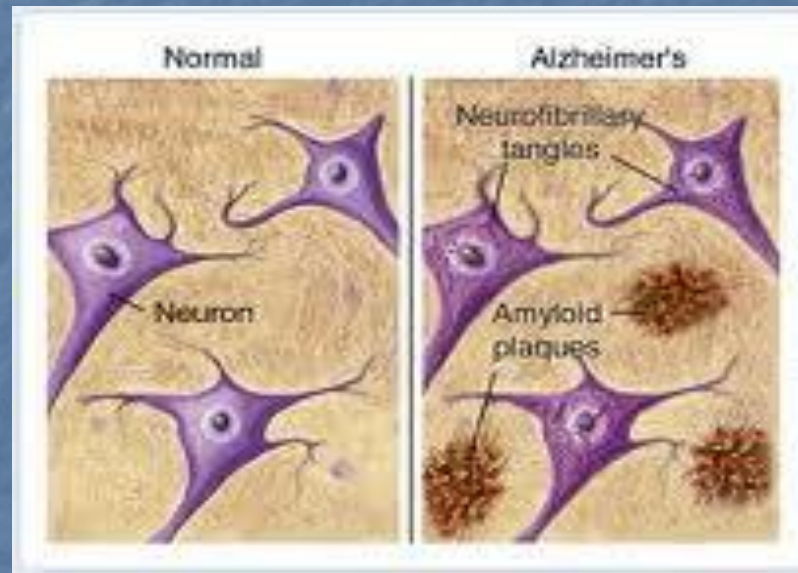
What are the risk factors?

- **AGE**
 - Family history
 - Trauma
 - Heart disease
 - Low education level
 - Midlife Hypertension
 - High fat diet
 - High homocysteine
 - Genetic factors: ApoE E4
- Prevalence doubles every 5years after the age of 65years
 - 30-40% get dementia after 85years

What happens in Alzheimer's Dementia?



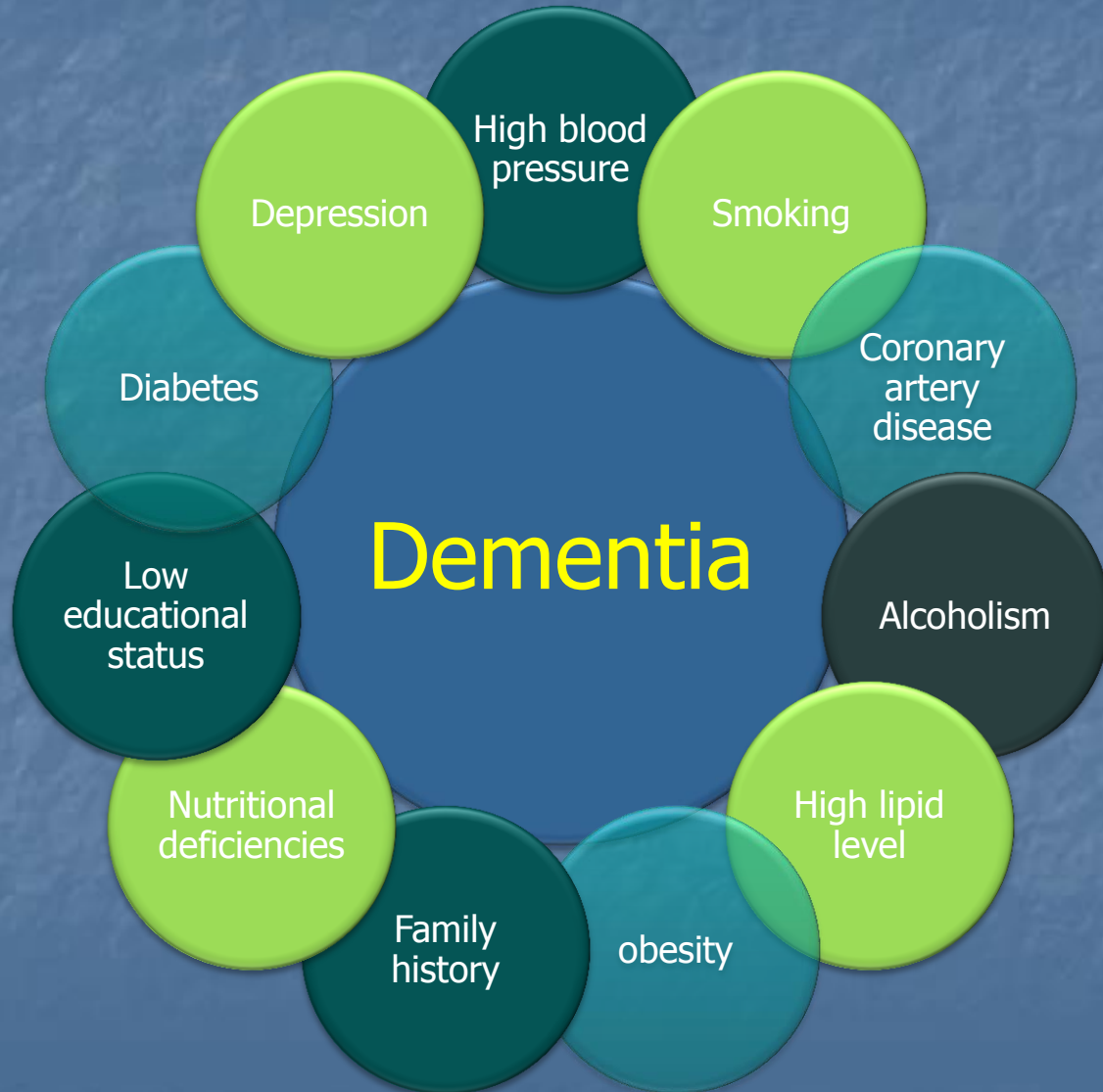
What happens in Alzheimer's Dementia?



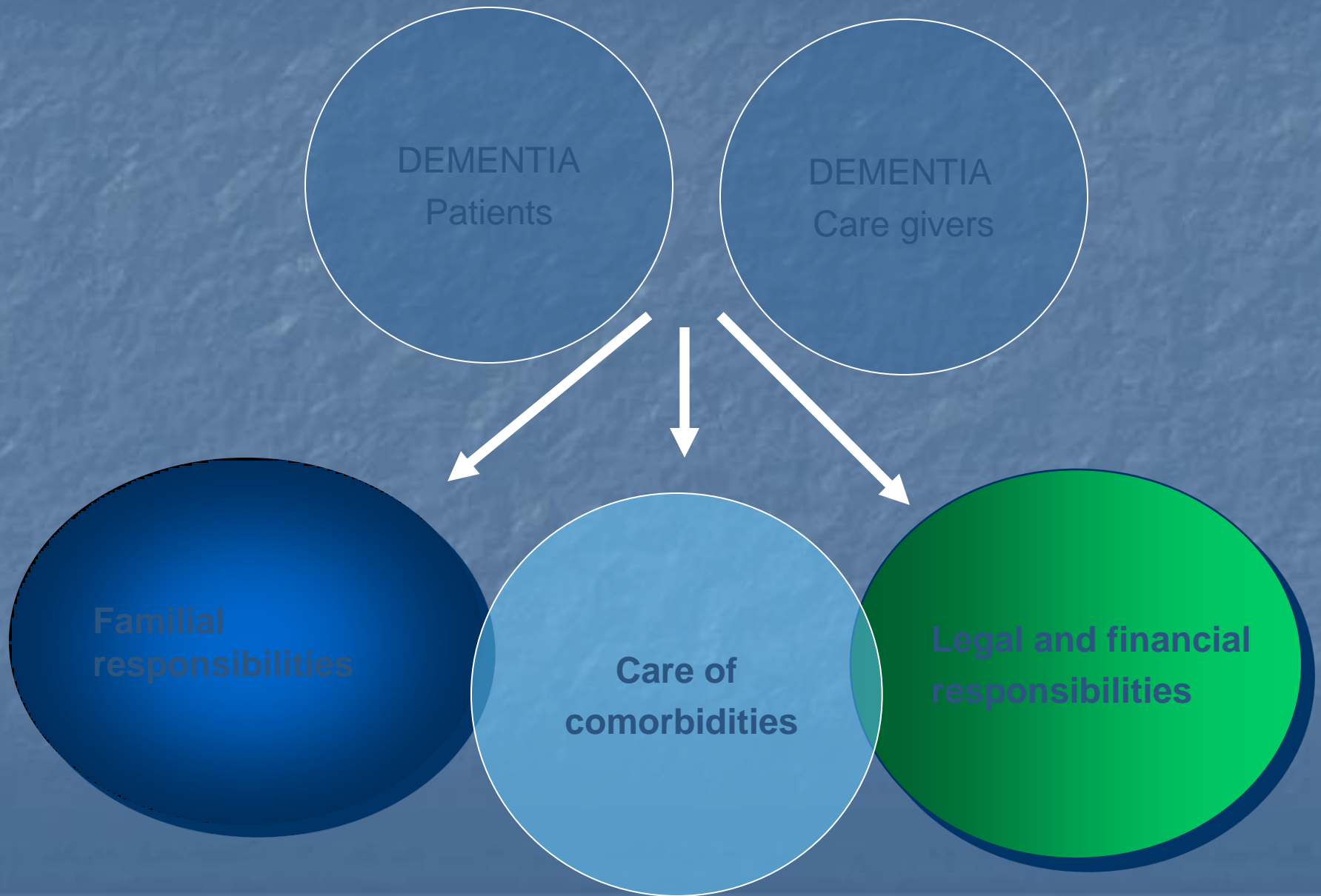
Vascular Dementia

- Dementia due to vascular causes
- Seen in patients with long standing Hypertension, Diabetes, Hypercholesterolemia, Heart disease etc
- Following Stroke (paralysis)
- Substance abuse- smoking, alcohol etc

Risk factors for Dementia



Importance of early diagnosis



Tips for the patient with Dementia

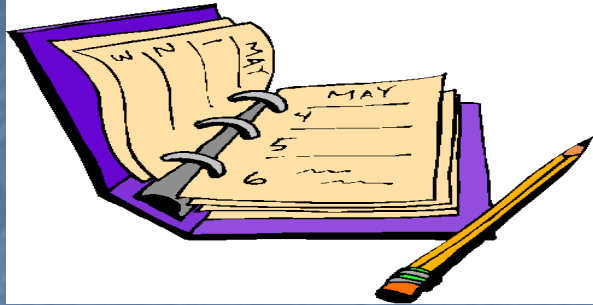


Be regular with your medications



Regular checkups
Control of BP and
Diabetes

Tips for the patient with Dementia



Maintain a diary as a memory aid



Get engrossed in productive hobbies



Maintain social interactions

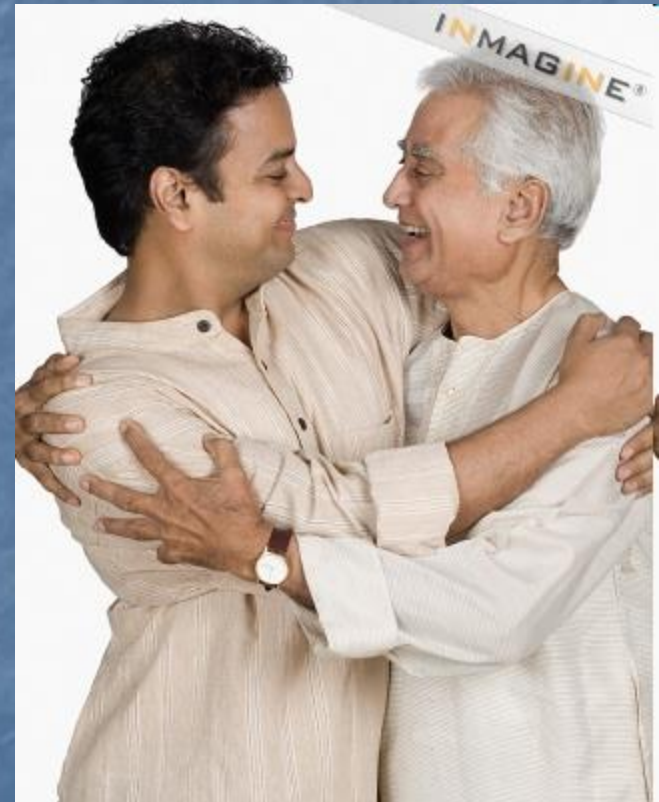
Tips for the patient with Dementia

Arrange for...

- An updated Will
 - An Enduring Power of Attorney
 - A Financial Inventory
 - A Medical Power of Attorney
-
- **YOU HAVE TO HAVE THESE BEFORE YOU NEED TO HAVE THEM!**



Role of the Caregiver



Guidelines for care-giving in Dementia

For the patient:

- Encourage list making as memory aids
- No drastic changes in the layout of the house
- Encourage feeding; do not force-feed
- Simple, comfortable clothing
- Address health problems timely
- **Encourage simple independent activities**

Guidelines for care-giving in Dementia

Communicating with the patient:

- Simple language, calm tone
- Do not quiz, argue or be critical
- Non-verbal communication : touch, hugs
- Be patient with behavioral problems
- More interactions with family, friends; encourage socialising
- **Make the patient feel wanted!**



Problems of the caregiver

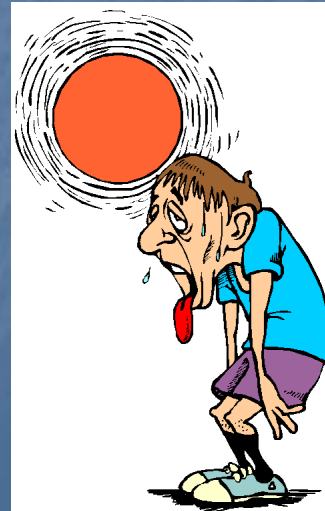
Psychological



Social



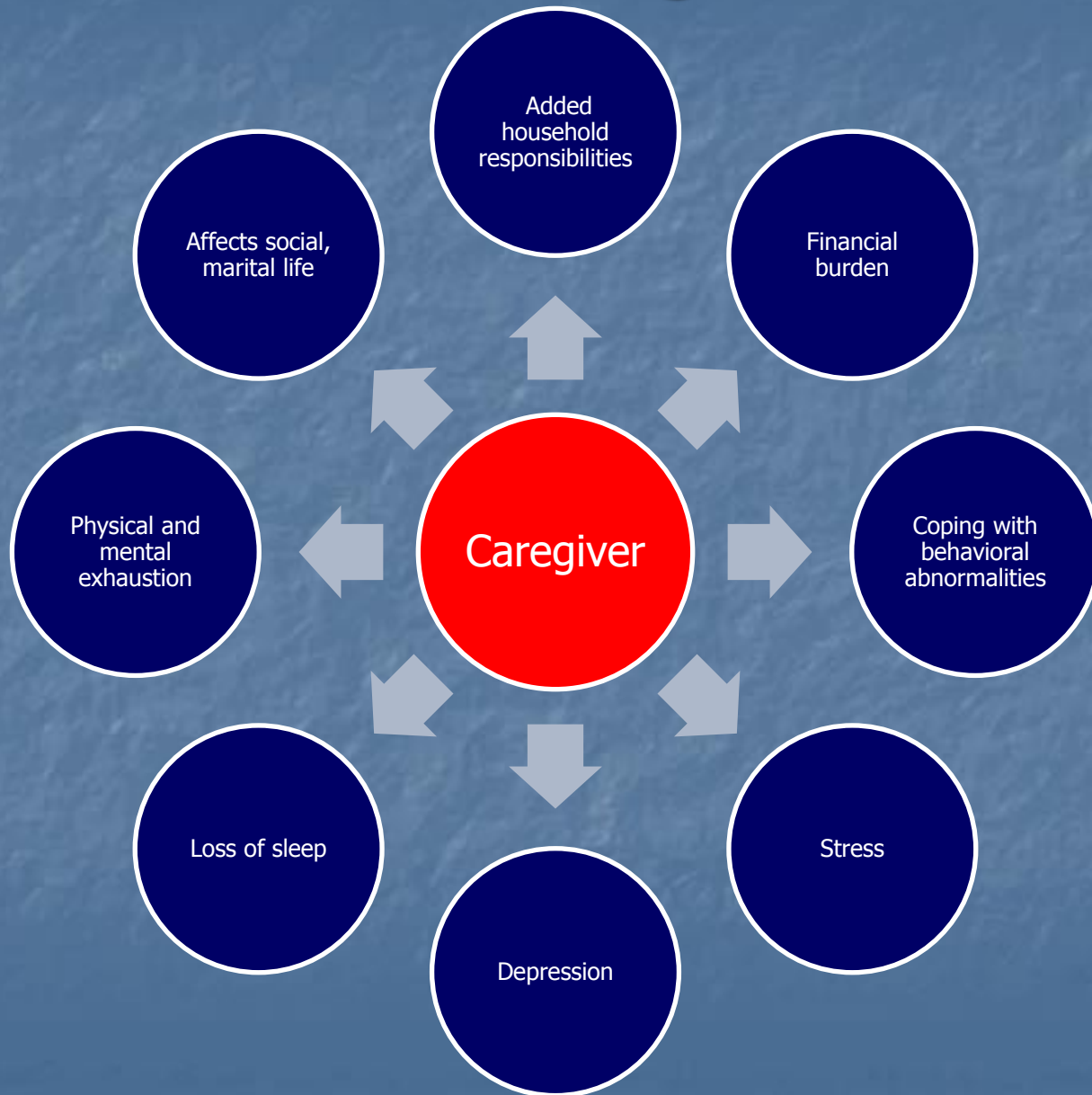
Physical



Financial



Dementia: Caregiver burden



Caregiver burnout

- Frustration, depression, irritability
- Exhaustion
- Social isolation
- Affects career, marriage
- Physical problems: hypertension, fatigue, aches and pains, dyspepsia: stress related
- Suicidal tendencies



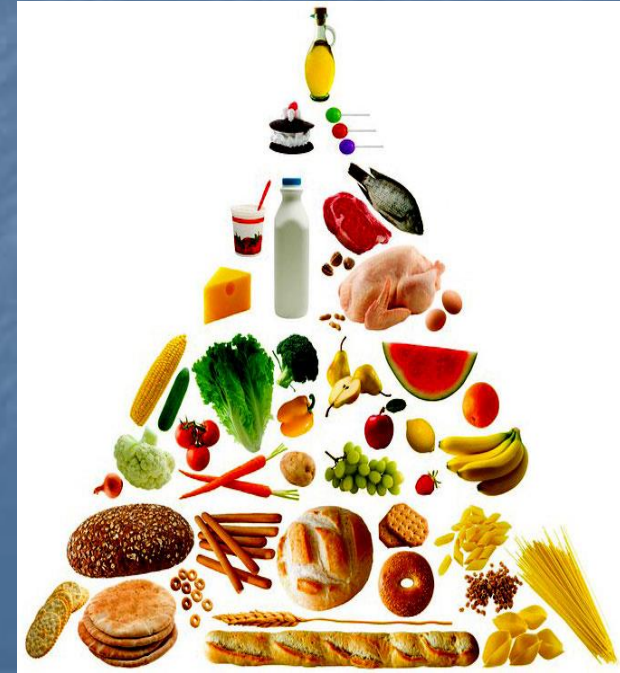
Healthy caregiver



Exercise



Adequate rest



Healthy diet



Health check
ups

Caregiver - support groups

Do not hesitate to ask for help!



Social support
Healthy discussions



The caregiver's perspective



Take time out for yourself

Happy caregiver important for patient
well being



Preventing dementia



Healthy diet



exercise



Controlling BP



spirituality



Intellectual pursuits

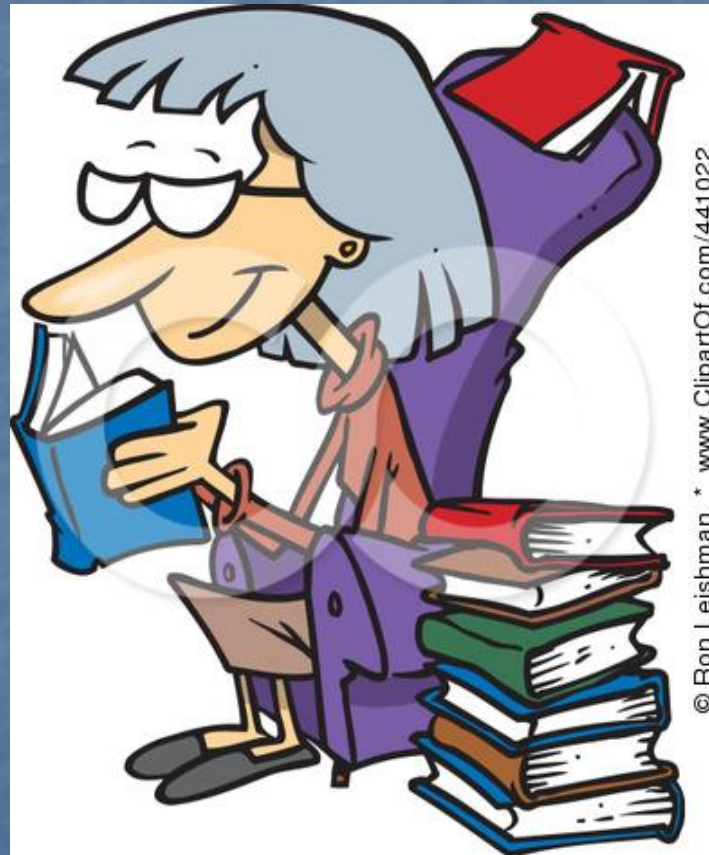


Prevent dementia

- Healthy eating habits: cut fats, calories: more of fruits, greens, nuts, etc.
- Brisk physical exercise and active life
- Stop smoking / passive smoking
- Control BP, Diabetes, lipids, obesity, CAD
- Cultivate hobbies, intellectual stimuli
- Recreational and social activities
- Yoga, meditation, etc

To be inculcated right from early age

Use it or lose it
Keep using the Brain !!!!!!!!!



Burden

World Alzheimer Report (2009):

- 3.7 million people with dementia in 2010
- Nearly doubling every 20 years
- 65.7 million in 2030
- 115.4 million in 2050
- 58% live in low and middle income countries



About Us

- ARDSI was formed two decades ago
- ARDSI is a member of Alzheimer's Disease International-ADI, represented by 76 countries worldwide. ADI's present Chairperson is Dr. Jacob Roy, the past chairman of ARDSI.
- 18 Chapters across the country actively engaged in creation of awareness, building capacities, actively engaged in public policy & advocacy and conduct research.
- Chapters are running utility services catering to the needs of PwD and the family care givers.
- It is a recognized training Institute imparting advanced courses on Geriatric care sponsored by National Institute of Social Defence.

Levels of Intervention

ARDSI intervention is actively focused towards three distinct levels leading to better quality of life and a dignified end.

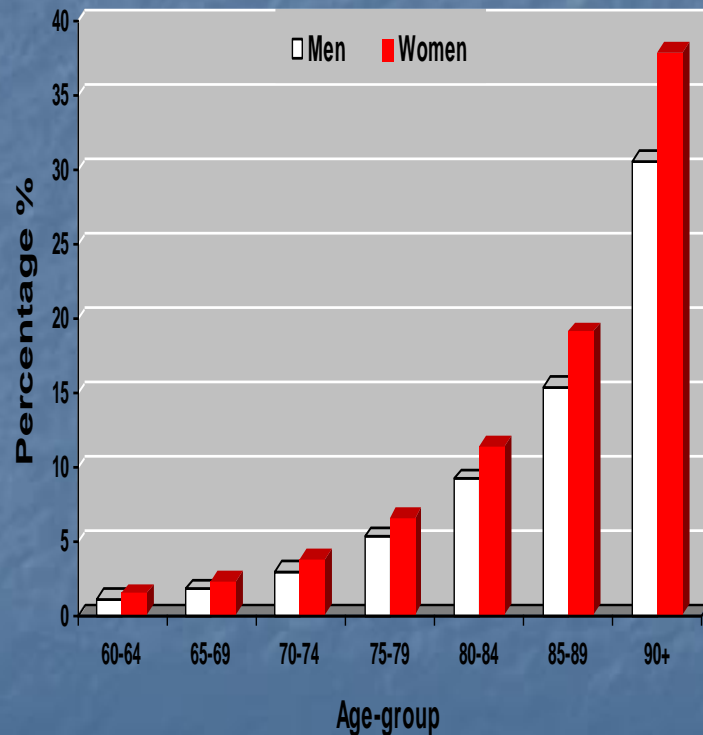
Intervention	Activities	Impact
Prevention	Awareness, Research, Exercises, Early diagnosis etc.	Ensuring healthy aging
Management of Dementia	Helpline, Short/long term care, training, home based counseling, free medicines etc.	Ensuring optimal care and better quality of life
Public policy and advocacy	Networking, participation in working group, bringing out Dementia India Report, Sensitization of parliamentary forum on population & public Health, Holding series of knowledge sharing workshops.	Pro-policies, schemes to benefit PwD, enhanced up to date knowledge. WHO declaration of Dementia as a public health crisis

ARDSI Services

- Raise awareness about AD.
- Run long term and short-term care centres
- Run diploma courses for geriatric care
- Helpline - Provide online advice, counselling and relevant information about AD
- Website updation for information dissemination
- Memory testing and diagnosis at All India Institute of Medical Sciences and Ram Manohar Lohia Hospital.
- Provide prescribed medicines to poor patients free of cost.
- Home visits by volunteers.
- Conduct support group meetings.
- Carry out caregivers and volunteers training.
- Carry out research on Prevalance, effects of therapies etc.

Prevalence of Dementia in India, 2010

Prevalence of dementia by age and gender



- Estimated 3.7 million people with dementia in India;
- 2.1 million women and 1.5 million men
- The stages of Dementia include mild, moderate and severe.

Dementia Care in India

- Largely home based (caters to all stages)
- Day care (caters to mild and moderate)
- Residential care (typically caters to moderate and severe stages)



Care givers Training



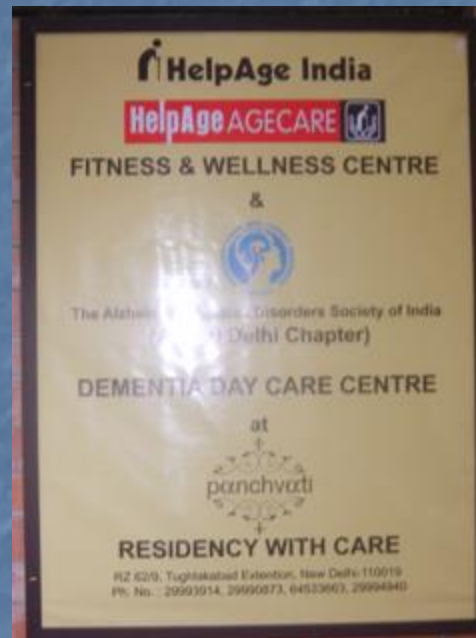
Volunteers home visit



VISUAL JOURNEY



Day care centre in Delhi with Helpage India support with space support from Panchvati Oldage home



Thanks

*Making efforts together a
person with dementia can
live with dignity.*

Little Deeds Of Kindness
Little Words Of Love
Make Our Earth Eden
Like the Heaven Above
- JULIA F CARNEY

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