

Dementia Explained



Understanding the early signs and symptoms of Dementia.

There are many possible causes of dementia.

Determining whether or not a person has dementia may require a few exams by a physician, but finding the exact cause is often more difficult. There are treatable causes of dementia such as depression, an adverse reaction to medication, normal pressure hydrocephalus, or even a vitamin B12 deficiency.

To rule out these treatable causes and identify other possible disorders requires:

- A **physical examination by a trained physician** to review overall health, medications, and heart or kidney failure, which have symptoms that can appear similar to dementia.
- A **Neurological evaluation** to check balance, reflexes, and other functions which can be a sign of a different condition, such as a stroke.

Early symptoms of dementia may include:

Executive function or problem solving

- Difficulty with tasks that take some thought, such as balancing a checkbook, playing strategy games, and learning new information or routines

Memory

- Getting lost on familiar routes
- Misplacing items

Language

- Trouble finding the names of familiar objects and close friends and relatives

Attention

- Wandering or restlessness

Depression or anxiety

- Losing interest in things previously enjoyed, flat mood
- Personality changes and loss of social skills, which can lead to unfit behavior

Visual-spatial abilities

- Balance, misjudging steps or distance

As dementia becomes worse, symptoms are more obvious and interfere with the ability to take care of oneself. **Symptoms may include:**

- Change in sleep patterns
- Difficulty with basic tasks, such as preparing meals, dressing, or driving
- Forgetting details about current events
- Forgetting events in one's own life history, losing self-awareness
- Having hallucinations, arguments, striking out, and violent behavior
- Having delusions, depression, agitation
- More difficulty reading or writing
- Poor judgment and inability to recognize danger
- Using the wrong word, not pronouncing words correctly, speaking in confusing sentences
- Withdrawing from social contact



DementiaWise is a program that focuses on teaching caregivers how to create the safest and most comfortable environment for dementia patients.

Caregivers help patients and their families implement systems that will mitigate hazards and help seniors to retain and strengthen valuable cognitive skills that are affected by the disease. Register for our next webinar to learn more about working with dementia.

Register now for
the next webinar

**We strive to enhance the lives of those living with dementia,
as well provide support and education for their family caregivers.**

Learn more about dementia and how we can assist you and your loved one:

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