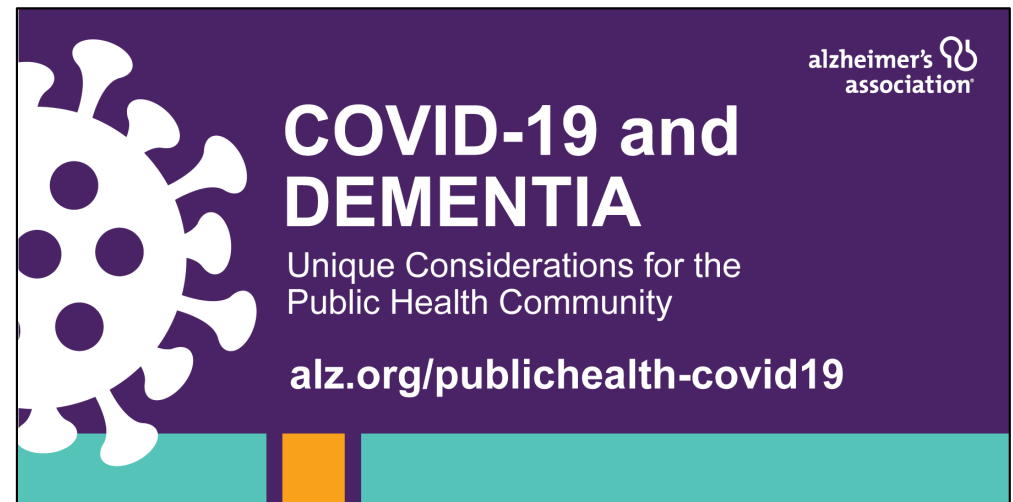


COVID-19 & DEMENTIA CHALLENGES AROUND THE COMMUNITY

September 9, 2020

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WHAT IS “DEMENTIA”?

Dementia is a general term for the impaired ability to remember, think, or make informed decisions *that interferes with doing everyday activities.*

- Alzheimer’s disease is the most common cause of dementia
- Vascular dementia is the next most common cause



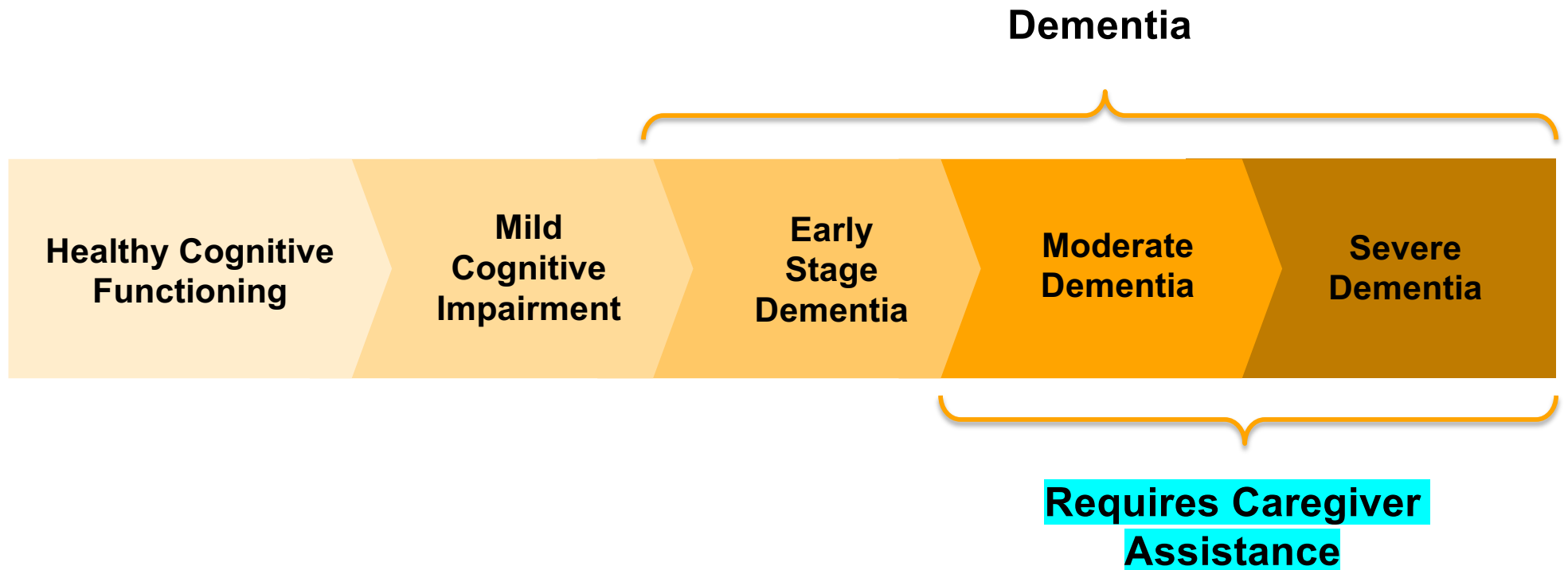
MEMORY PROBLEMS



1 in 5 American Indian/Alaska Native adults age 45 and older report memory problems that have been getting worse over the past year.

[CDC infographic](https://www.cdc.gov/aging)

DEMENTIA PROGRESSION

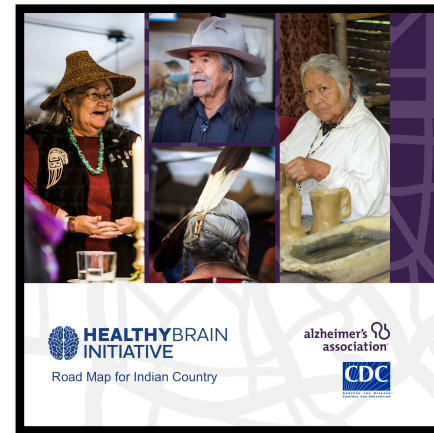


COVID-19 & DEMENTIA

People with dementia are likely to have more problems because of the pandemic situation.

Pay Attention to

1. Isolation
2. Caregivers
3. Chronic conditions



***Healthy Brain Initiative's
Road Map for Indian Country***

ISOLATION: REDUCE

Why is isolation a problem for people living with dementia?

- Faster decline
- Risk for self-neglect
- Delays or lapses in getting care
- Depression

What can you do to reduce isolation?

- Check in... and not just virtually
 - Adapt communications for dementia
 - Keep connected to community
- >> *Follow all safety guidelines.*

CAREGIVING: STRENGTHEN

How has **COVID-19** made it harder for caregivers?

- Less outside help
- More responsibility
- Not caring for their own health
- Exhaustion, depression, resiliency low

What can you do to strengthen caregiving?

- Find ways to let caregivers have a break
- Ask them how *they* are doing
- Offer help with other responsibilities

CHRONIC CONDITIONS: SUPPORT CARE

Why is it harder to manage chronic conditions during COVID-19?

- More confusion or being “uncooperative”
- Figuring out if there is a health problem
- Getting routine care

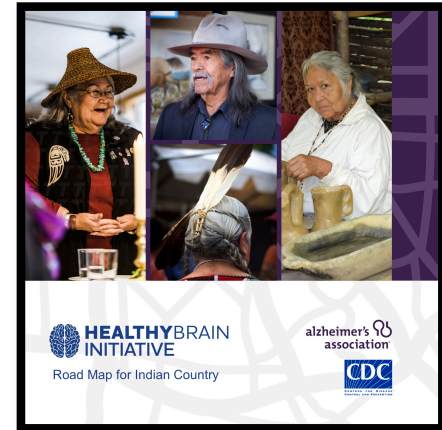
How can you support care for chronic conditions?

- Partner with clinics to help support following care plans
- Community health representatives
- Educate family and neighbors about trouble signs

COVID-19 & DEMENTIA

Aim to

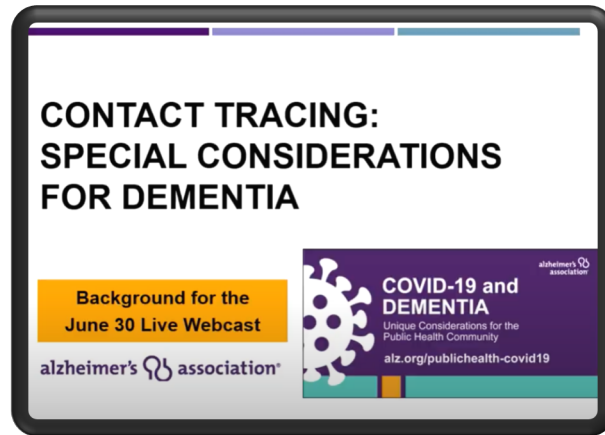
1. Reduce isolation
2. Strengthen caregivers
3. Support care for chronic conditions



*Healthy Brain Initiative's
Road Map for Indian Country*

COVID-19 & DEMENTIA

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**CONTACT TRACING:
SPECIAL CONSIDERATIONS
FOR DEMENTIA**

Background for the
June 30 Live Webcast

**COVID-19 and
DEMENTIA**
Unique Considerations for the
Public Health Community
alz.org/publichealth-covid19

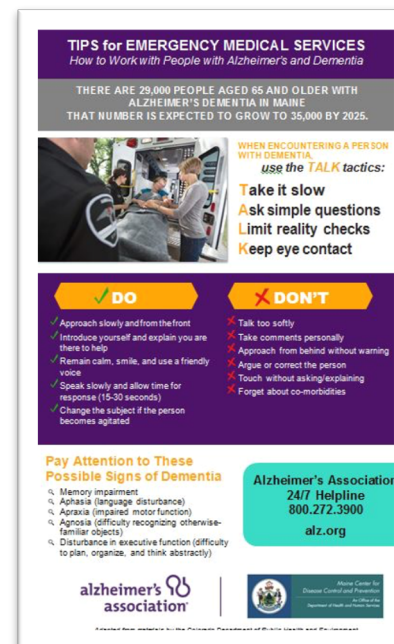
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Webinars

Alzheimer's Association

alz.org/PublicHealth-covid19

alz.org/publichealth/IndianCountry



TIPS for EMERGENCY MEDICAL SERVICES
How to Work with People with Alzheimer's and Dementia

THERE ARE 29,000 PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S DEMENTIA IN MAINE. THAT NUMBER IS EXPECTED TO GROW TO 35,000 BY 2025.

WHEN ENCOUNTERING A PERSON WITH DEMENTIA, use the TALK tactics:

- Take it slow
- Ask simple questions
- Limit reality checks
- Keep eye contact

DO

- Approach slowly and from the front
- Introduce yourself and explain you are there to help
- Remain calm, smile, and use a friendly voice
- Speak slowly and allow time for response (15-30 seconds)
- Change the subject if the person becomes agitated

DON'T

- Talk too softly
- Take comments personally
- Approach from behind without warning
- Argue or correct the person
- Touch without asking/explaining
- Forget about co-morbidities

Pay Attention to These Possible Signs of Dementia

- Memory impairment
- Aphasia (language disturbance)
- Apraxia (impaired motor function)
- Agnosia (difficulty recognizing otherwise-familiar objects)
- Disturbance in executive function (difficulty to plan, organize, and think abstractly)

Alzheimer's Association
24/7 Helpline
800.272.3900
alz.org

alzheimer's association

Customizable Poster



COVID-19 & DEMENTIA
Unique Considerations for the Public Health Community: People Living with Dementia

CONTACT TRACING

LONG-TERM CARE FACILITIES

EMERGENCY DEPARTMENTS AND HOSPITALS

HOMES AND COMMUNITY-BASED SETTINGS

Tip Sheets

RESOURCES ON DEMENTIA

CDC

cdc.gov/aging

cdc.gov/aging/covid19

Caregivers

Alzheimer's Association's

- Free helpline: 800.272.3900
- alz.org/covid19help
- [Info about dementia behaviors](#)

Also

- [VA Caregivers video series](#)

Health & Care Professionals

- HRSA Training Curriculum (in modules with free CMEs/CEUs):
[Alzheimer's Disease & Related Dementias](#)
- alz.org/training

CONTACT US

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[alz.org/publichealth/IndianCountry](https://www.alz.org/publichealth/IndianCountry)

[alz.org/PUBLICHEALTH-covid19](https://www.alz.org/PUBLICHEALTH-covid19)

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