

# **Wisconsin Public Psychiatry Network Teleconference (WPPNT)**

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- Use of information contained in this presentation may require express authority from a third party.

# WPPNT Reminders

- Call 877-820-7831 before 11:00 a.m.
- Enter passcode 107633#, when prompted.
- Questions may be asked, if time allows.
- To ask a question, press \*6 on your phone to un-mute yourself. \*6 to remote.
- Ask questions for the presenter, about their presentation.
- The link to the evaluation for today's presentation is on the WPPNT webpage, under today's date:  
<https://www.dhs.wisconsin.gov/wppnt/2019.htm>



WISCONSIN DEPARTMENT  
*of* HEALTH SERVICES

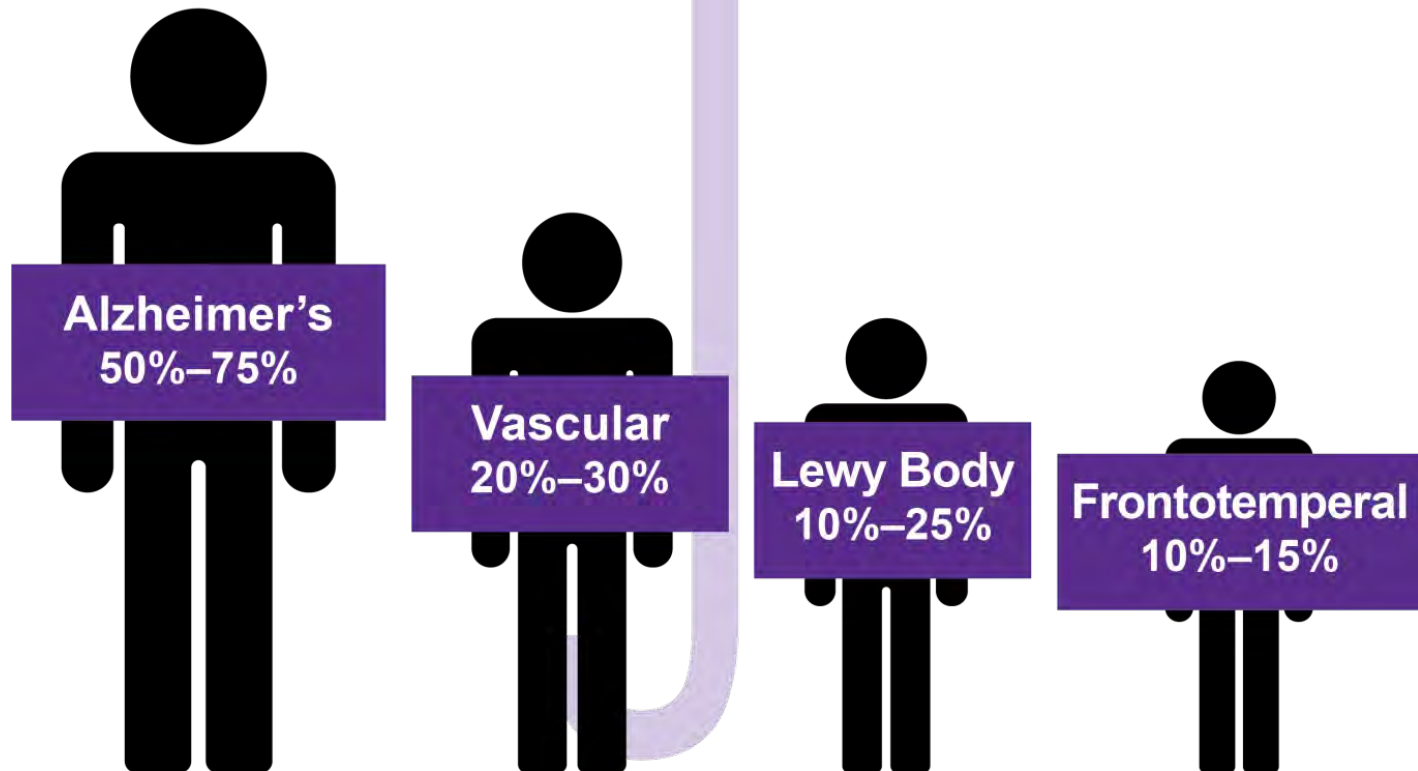


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# Dementia 101

# Dementia

An “umbrella” term used to describe a range of symptoms associated with cognitive impairment.



# Thinking Processes Impaired by Dementia

- **Judgement:** problem solving, consideration of outcomes, consequences and risks
- **Attention:** ability to stay on task, to concentrate
- **Perception:** ability to interpret sensory information (sights, smell, touch, taste, and sounds)
- **Reasoning:** realization of cause and effect, ability to bargain and negotiate, perception or appreciation of levels of danger and risk

# Thinking Processes Impaired by Dementia

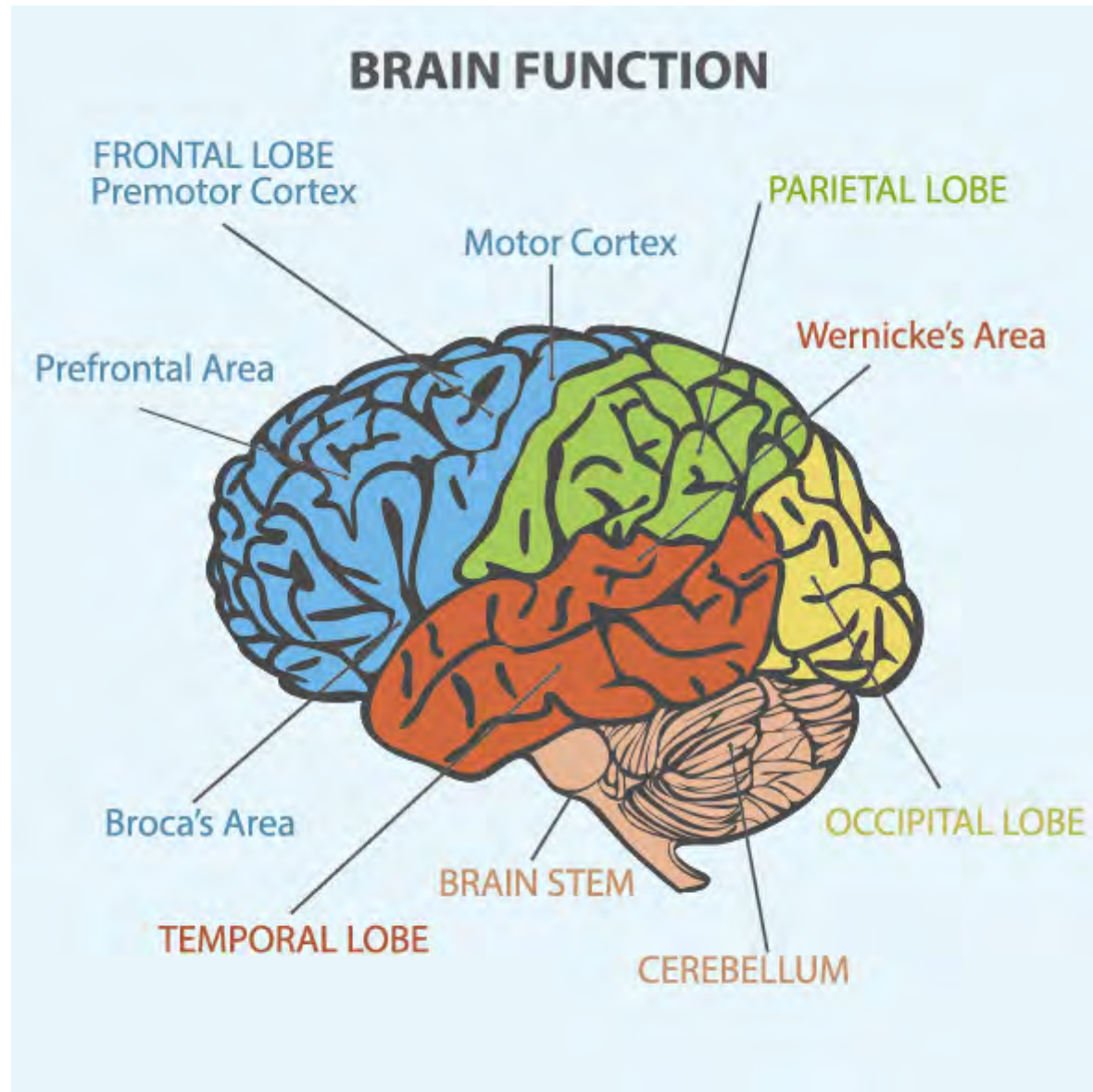
- **Organization:** planning, initiating, following through with an activity
- **Memory:** ability to store, retain, and retrieve information (especially short-term memory)
- **Communication:** giving and receiving verbal and nonverbal language
- **Abstract thinking:** ability to perceive concepts, hold multiple thoughts simultaneously

# Thinking Processes Impaired by Dementia

- Orientation to time and place: know current day, date, time, location, purpose
- Awareness of socially appropriate norms: impulse control, respecting others' space, values
- Ability to filter emotional responses: using common sense or other information to gauge emotional reactions

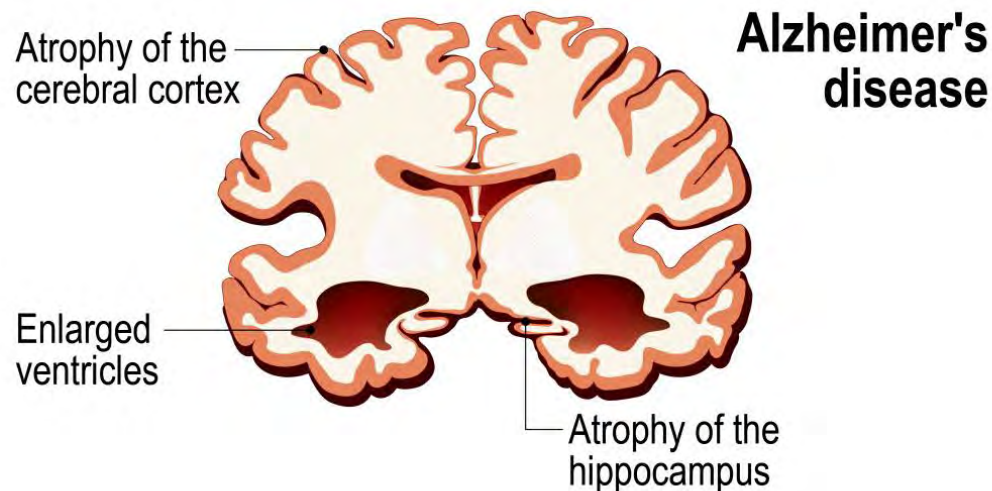
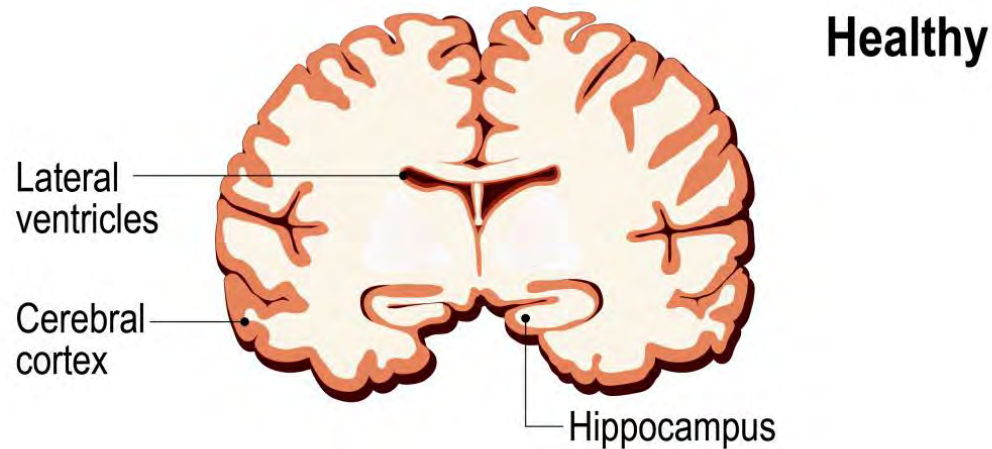


# Areas of the Brain





# Alzheimer's Disease in the Brain

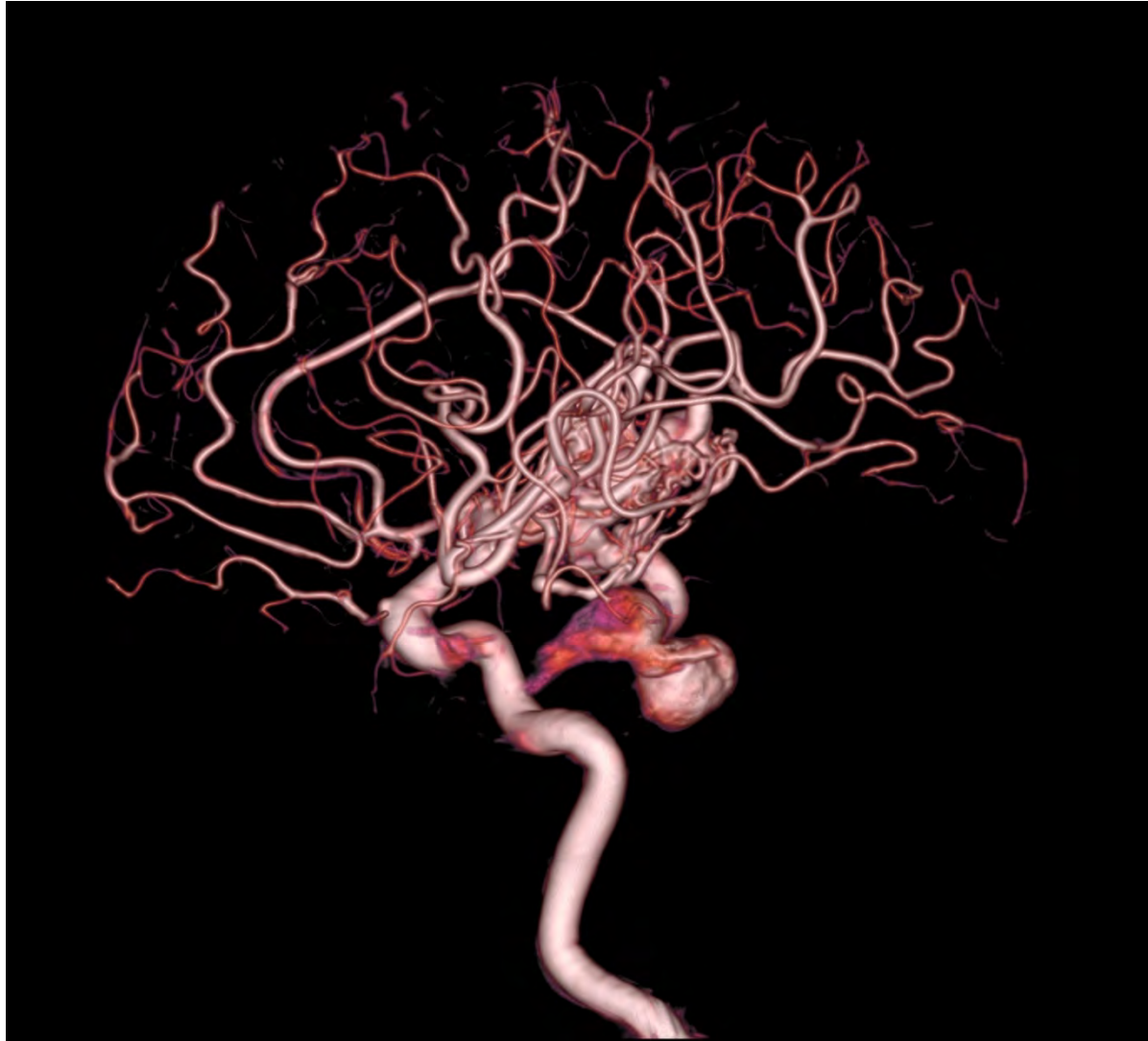


# Understanding Alzheimer's in Three Minutes



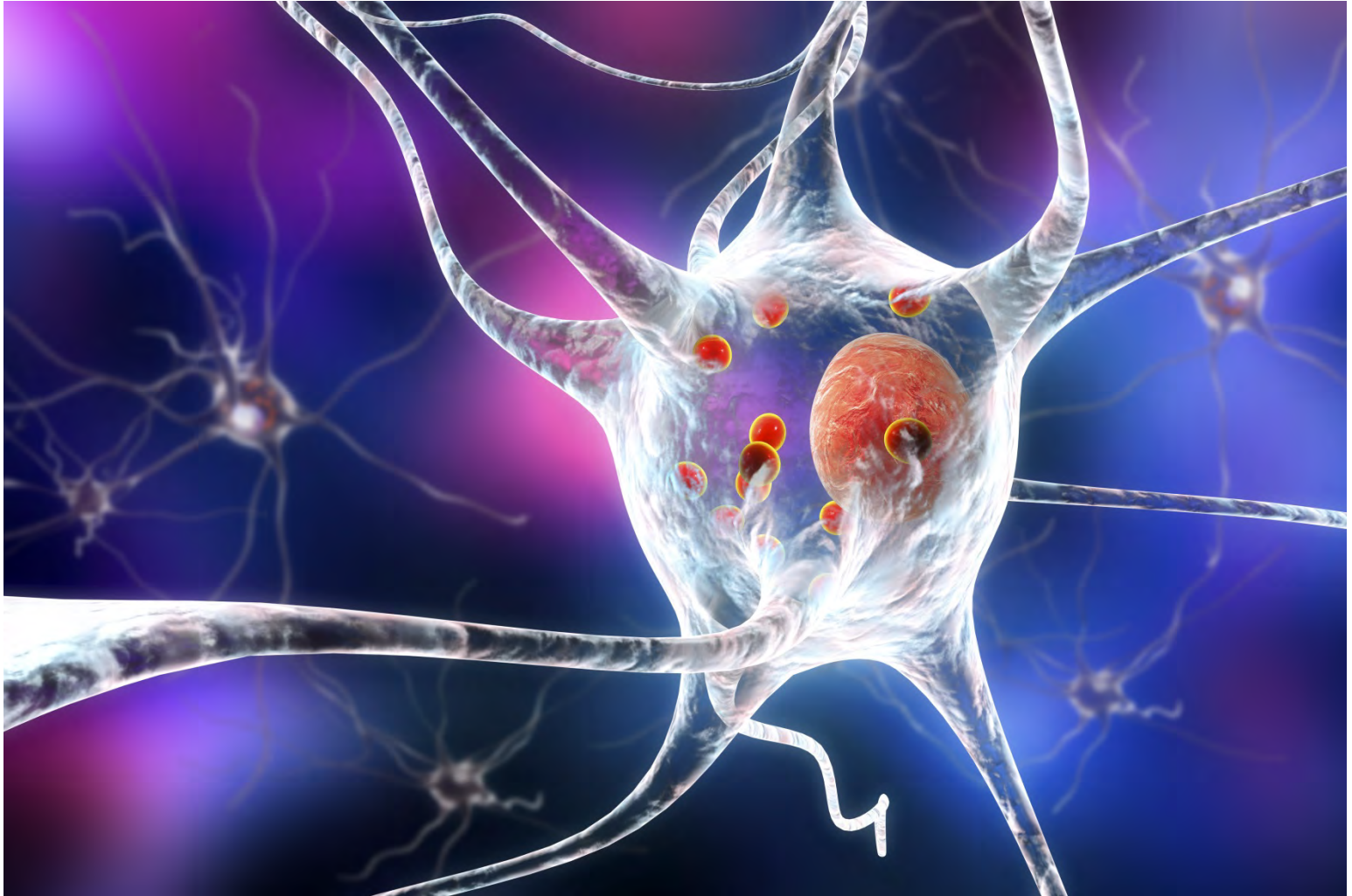
[https://www.youtube.com/watch?v=Eq\\_Er-tqPsA](https://www.youtube.com/watch?v=Eq_Er-tqPsA)

# Vascular Dementia





# Lewy Body Dementia



# Frontotemporal Dementias (FTD)

- Type 1: behavior variant FTD
  - Midlife
  - Loss of judgment, empathy, foresight, risk evaluation, more
  - Erratic, unfiltered behavior
- Type 2: primary progressive aphasia
  - Later life (after age 65)
  - Semantic variant
  - Non-fluent/agrammatic variant

# Frontotemporal Dementias (FTD)

- Type 3: disturbance of motor function
  - Lifespan
  - Examples: amyotrophic lateral sclerosis (ALS), progressive supranuclear palsy, corticobasal syndrome

# Other Causes of Dementia

- Cruetzfeldt-Jakob disease (prion disease)
- Huntington's disease
- Parkinson's disease
- Korsakoff syndrome (alcohol-induced dementia)
- Chronic traumatic encephalopathy (CTE)



# “Reversible” Causes of Dementia

- Delirium
- Medication interactions
- Depression
- Vitamin deficiencies
- Chronic pain
- Head injury
- Hypothyroidism
- Hydrocephalus
- Electrolyte imbalance
- Dehydration
- Sleep deprivation

# Dementia-Related Behavior

A word on the term “challenging behavior”



# All Behavior is Communication

- Behavioral expression: the action taken as attempted communication or to achieve an expected result, internally driven
- Behavioral symptoms: activity occurring as the result of the disease process
- Behavioral response: activity done in response to external circumstances

# Behavioral Expression

- Wandering and restlessness
- Shadowing
- Sundowning
- Repetitive questions and statements
- Paranoia and untrue accusations



# Behavioral Symptoms

- Sleep disturbance
- Hallucinations
- Anxiety
- Depression
- Agitation
- Aggression



# Inappropriate Behavioral Response





# Inappropriate Behavioral Response



- Medical causes
- Communicative causes
- Environmental causes
- Lifetime of experience



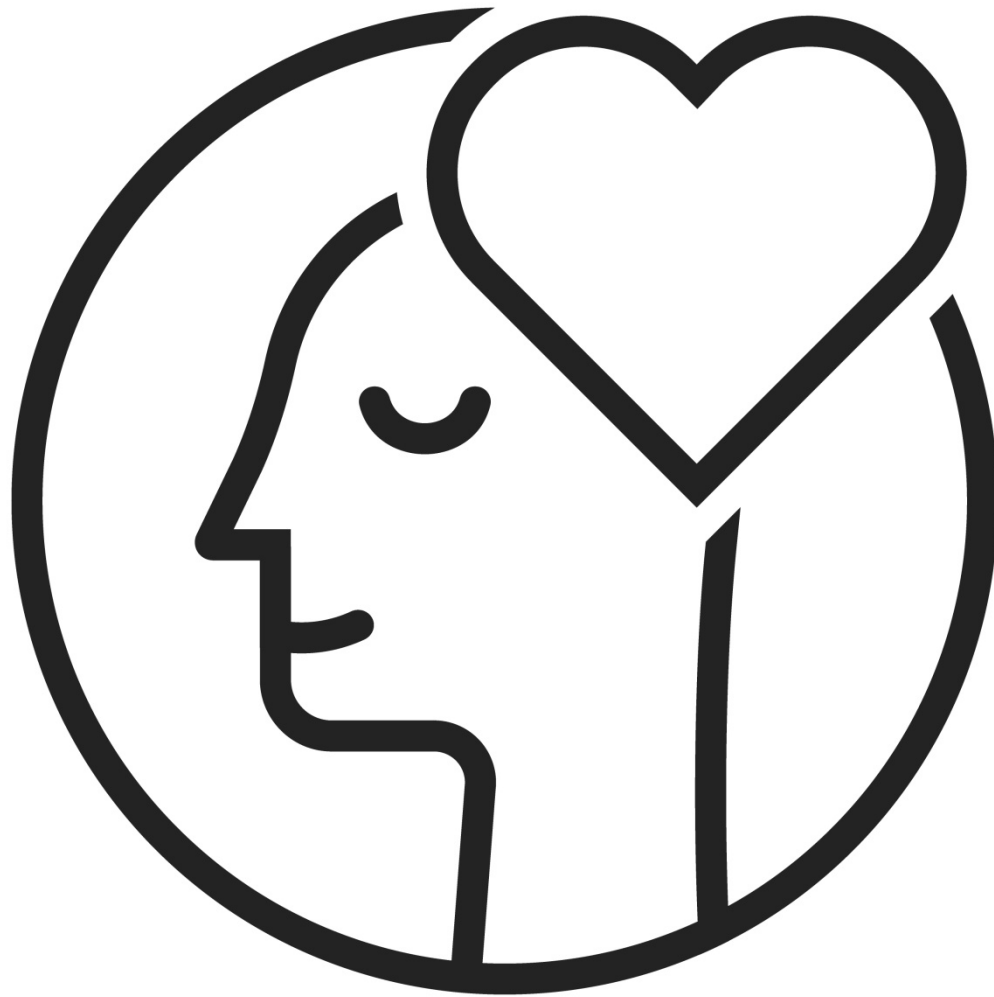
# How to Respond

- **Slow down**
- Use nonverbal communication
- Have patience
- Remain calm
- Redirect
- Use behavioral intervention

# Transfer Trauma



# Emotional Memory



# Reduce Your Risk

- Modifiable risk factors
  - Alcohol abuse
  - Smoking
  - Obesity
  - Cardiovascular disease
  - Diabetes
  - Concussion
- Cognitive reserve

# Care for the Caregiver

- Recognize that roles have changed.
  - May need to take on new duties and responsibilities
  - Must lower expectations of themselves and the person they are caring for
- Ask for and accept support from others.
- Prioritize self-care, including health care, diet, exercise, sleep, and social time.

# Moments of Joy

- Live in the moment.
- Focus on your abilities.
- Find purpose in life.
- Enjoy art and music.
- Spend time with family and pets.
- Experience nature.

