

Dementia and you

An insight into living with
and caring for those
affected by
dementia



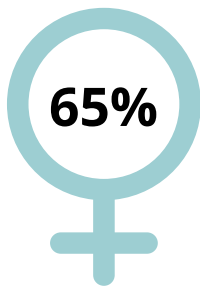
Dementia in Canada

Each year, approximately **76,000 Canadians** are diagnosed with dementia.

By 2030, close to 1 million Canadians will be living with dementia.



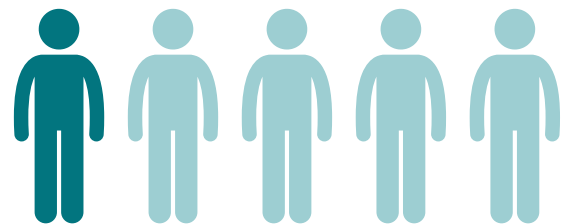
500,000+ Canadians



Today, over half a million **Canadians** live with dementia.

Of those currently living with dementia, over 50% live outside of public-funded long-term Care. .

1 in 5 Canadians have experienced caring for someone affected by dementia.



Canadians with dementia face many challenges, such as social stigma, longer wait times at hospitals and suboptimal access to end-of-life care.

NOT USING OUR SERVICES ALREADY ?

GET AFFORDABLE HIGH-QUALITY LIVE-IN CARE

We help you find and manage carefully screened and experienced professional live-in caregivers for your loved ones.

1-855-410-7971
WWW.CONSIDRACARE.COM

WHY USE US ?

- Affordable with no upfront costs or commitments
- Fully vetted caregivers
- Families choose who to hire
- Trial period
- Backup care
- Monthly check-ins to review and update the care plan
- Ongoing caregiver training
- We do payroll, taxes and WSIB
- State-of-the-art platform to guide caregivers and keep you connected with them



1. What is dementia?

The term “dementia” refers to a deterioration of mental ability. It does not refer to one, specific disease but rather refers to the general decline in cognitive function caused by various disorders affecting the brain. The severity of this decline can interfere with one’s daily life. Despite its presence amongst the elderly, dementia is not a normal part of ageing.

Types of Dementia

1. Lewy Body Dementia

Lewy body dementia occurs when protein deposits (referred to as Lewy bodies) develop in the regions of the brain responsible for motor control, movement and cognitive ability. It typically affects those over the age of 60.

2. Frontotemporal Dementia (FTD)

FTD results from cell damage in the regions of the brain responsible for the control of movement, speech, emotions, and judgement. FTD is sometimes called frontal lobe dementia or Pick’s disease. It is most typically diagnosed in those aged 45 to 65.

3. Alzheimer's Disease

Alzheimer’s affects the areas of the brain involved with memory, such as the entorhinal cortex and the hippocampus. It is the most common form of dementia and is typically diagnosed around the age of 65.

4. Vascular Dementia

This type of dementia usually occurs as the result of a stroke. Those who have suffered a TIA (Transient Ischemic Attack), or mini-stroke may also develop vascular dementia. This dementia is characterized by problems with reasoning, planning, judgment, memory and other thought processes

5. Mixed Dementia

1 in every 10 individuals with dementia will be diagnosed with more than one type - this is known as mixed dementia. The most common combinations are Lewy Body and Alzheimer’s, and Alzheimer’s and vascular dementia. Symptoms vary from one case to another.

What are the early warning signs and symptoms of dementia?

Early Warning Signs

It is important to remember that the early warning signs of dementia can differ from person to person. As well, one must factor in the different types of dementia as the symptoms in each vary. However, there are several, general symptoms that one may display in the early stages. They can include:

- Difficulty concentrating
- Difficulty in carrying out simple day-to-day tasks
- Memory loss
- Changes in mood, ranging from minor to severe
- Inability to follow or participate in a conversation
- Confusion about the day, time, place, etc.
- Withdrawal from social situations

Symptoms

Each different type of dementia has its own range of symptoms. Regardless of the specific type, most patients with dementia display the following common symptoms:

- General memory loss
- Inability to follow a conversation
- Confusion regarding dates, time, and daily tasks.
- Changes in mood and behaviour
- Inability to concentrate
- Sleep disturbances
- Hallucinations
- Difficulty swallowing
- Comprehension issues
- Balance issues
- Noticeable delay in thought process
- Moderate to severe anxiety
- Easily disoriented
- Severe mood swings
- Problems with speech and language
- Easily distracted
- Changes in personality
- Problems with decision making
- Issues with visual perception

What is the difference between Alzheimer's disease and dementia?

These terms are often used interchangeably, but it is important to note that they each have different meanings. Alzheimer's refers to a specific type of disease, whereas dementia is a general term for the decline of mental ability. Alzheimer's is the most common type of dementia.

Alzheimer's

Alzheimer's is caused by damage to the brain's cells - it gets progressively worse over time. Symptoms include changes in behaviour, confusion, and disorientation. There is no cure for this disease. It typically affects those over the age of 65.

Dementia

Dementia is caused by damage to those cells in the brain associated with cognition and communication. There are many types of dementia which each entail a noticeable decline in the ability to reason, memory and other cognitive skills. Alzheimer's is a type of dementia, as is Lewy body dementia and Parkinson's disease.



2. What questions should you ask your doctor about Dementia?

If you are diagnosed with dementia, it is vital to establish and maintain consistent communication with your doctors and caregivers. This will help in your understanding of your condition and will help physicians identify the best-suited treatment plan for you. Here are some of the questions you should ask your physician:

Key Questions to Ask Your Doctor

- What are the best treatment plans for my case?
- Which of my prescribed medications target which specific symptoms?
- How will you measure the effectiveness of each phase of my treatment plan?
- How long will it take before you are able to assess the effectiveness of each method of treatment?
- What steps will you be taking to monitor/help with the possible side effects of my medications?
- How will these different treatments affect/interact with each other?
- At what point will you determine it is appropriate to stop taking certain medications?
- Are there any concerns that should be brought to my attention about stopping one particular medication and/or beginning another?
- Are there any clinical trials in which I may be able to participate?
- How will I know when I am no longer able to care for myself at home?



3. How can dementia impact an individual?

In addition to memory and cognitive function, dementia can affect other aspects of life, especially mentally and emotionally. The following are some of the ways dementia can affect one's self-esteem and emotional well-being:

Self-Esteem

Dementia can lead to feelings of insecurity and an overall loss of self-esteem and self-confidence. Those with dementia feel as though they no longer have control over their thoughts or actions. Additionally, one's financial situation, career and interpersonal relationships may change drastically as a result of dementia - these changes can also contribute to a decline in self-esteem.

Emotional Well-Being

Those with dementia may experience drastic shifts in their emotional health, including the loss of emotional regulation. In addition, those with dementia are prone to rapid and drastic mood changes. Some may have difficulty expressing their emotions, especially as their dementia continues to progress.



What are the ways in which one can cope with living with dementia?

If you are indeed diagnosed with one of the forms of dementia, you don't need to panic. With the correct support and care, you can still maintain your quality of life. The following are a few helpful tips for managing dementia:

1. Be upfront with people

- Don't be secretive about your diagnosis
- Try to communicate with clarity - let people know the exact ways in which they can support you

2. Take care of your physical health

- Maintain a healthy diet
- Participate in regular physical activities
- Listen to your body - if you feel tired or sore, make time to stretch and rest

3. Stay as active as possible

- Keep in close contact with friends and loved ones
- Try your best to participate in social activities and engagements

4. Organization is crucial

- Stick to a daily, weekly, and or monthly schedule (a printed timetable works best)
- Keep a record of your medications (when you take them, how much, etc.)

5. Stay on top of critical legal documents

- Ensure you review important legal documents early on - this includes advance directives such as your will and health/financial power of attorney

6. Road Safety

- If you get confused or lost often during drives, request a checkup with your doctor
- Get a driving assessment done in order to ensure the safety on the road

4. Caregiving and dementia

Caring for someone with dementia can be quite a challenge. Every day can be completely different as dementia is often unpredictable. Here are some expert tips on how to provide day-to-day care for someone with dementia:

1. Dress them in comfortable, easy-to-wear clothes.

Provide clothes with elastic waistbands. Try to avoid outfits with buttons, zippers, and hooks. Layers are always a good idea as their body temperature may fluctuate throughout the day.

2. Adjust their activities to a day's mood and abilities

Flexibility is the key. What worked yesterday may not work today. Gauge their mood and skill level each day and adjust the day's activities if needed.



3. Keep a record of their toileting activities

Those with dementia often cannot tell when their bladder or bowels are full. Encourage them to use the bathroom every few hours and keep a record for medical purposes.

4. Stick with a strict bathing routine

Someone with Dementia may develop a fear of water. Create a calm, but structured bath time routine and stick with it. Do not push the loved one to shower if they do not feel comfortable doing so.



5. Keep mealtimes simple and calm

Make sure the loved one is getting proper nutrition. You may need to cut their food into smaller portions. Provide them with simple utensils such as plastic knives and curved plates. Maintain a calm and quiet environment during mealtimes.

6. Communicate clearly

Communication is the best way to maintain a sense of ease with a dementia patient. Speak calmly, using short sentences and simple phrases. Give them time to respond and do not interrupt them when they are speaking.



How can ConsidraCare help?

Chronic diseases can be a challenge, especially for seniors, but with proper care, it may be possible to maintain a healthy and happy lifestyle.

Our care experts can help you assess your needs and match you or your loved one with a screened, professional and dedicated live-in caregiver experienced in providing care for common chronic conditions. We also provide you, your family and your caregiver with tools and support to deliver an affordable and superior alternative to long-term care facilities.

Why is ConsidraCare's live-in home care a better alternative ?



Consistent, 1-on-1 personal care

Carefully screened and vetted caregivers matched with your loved one's care needs. Primary caregivers stay with the loved one at least 75% of the time.



Families stay in control

We recommend but the families choose who to hire, get a trial period and engage directly with caregivers through our smart platform.



Cost-effective, high-quality care

More affordable than hourly agencies and assisted living facilities, with faster caregiver placement and higher quality of care.



We have your back

We assist with hiring, planning of care and daily tasks, payroll, taxes, WSIB, backup care and more, and are always on hand to help.

Call us now for a free consultation from our dementia care experts

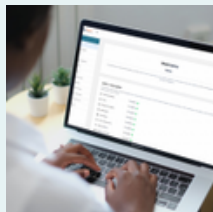
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How does ConsidraCare work?

ConsidraCare places dedicated live-in care professionals within the homes of seniors , and provides their families and caregivers with a state-of-the art- platform to improve collaboration, increase visibility and improve the delivery of care.



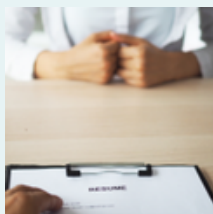
1. Needs assessment

We first work with families to identify their care needs and build a detailed care plan for the loved ones.



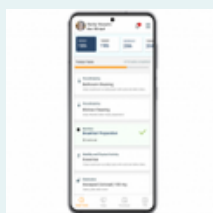
2. Caregiver matching

We match live-in caregivers from our pool of pre-screened caregivers with the loved ones' specific needs and personality, and arrange the interviews with the caregivers short-listed by families.



3. Hiring and trial period

We assist with the logistics of hiring and orienting the caregiver and setting up accounts for CRA, WSIB and payroll processing. The first week is a trial period to allow the families and caregivers to get comfortable with each other.



4. Ongoing care management

Families and caregivers use the ConsidraCare platform to coordinate care planning, daily tasks and timesheets. We take care of payroll, updating care plans, monitoring care delivery and assisting the caregivers and families with addressing any issues.



5. Backup and respite for the caregiver

Every few weeks, we arrange for a back-up caregiver to give the primary caregiver a respite break. Backup caregivers can also be provided to cover the primary caregivers when they take vacation.

Call us and we would be happy to help with your care needs

1-855-410-7971

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