




Welcome and thank you for joining us!! We hope you find this speaker series beneficial to your education and planning. In noticing community needs, CLF has identified various speaker series and delivered the information through various channels and programming. They came to realize that a discussion around memory care and all of its various facets was needed for the local community. We are excited to begin this series and bring relevant information to you.

We would like to thank our sponsors, forum health fund, forum at rancho san antonio, ray dolby brain health center, Cupertino library foundation, and the city of Cupertino for their support of this series.

Memory Care  
Speaker Series

- Alzheimer's Association
  - July 25, 2pm via Zoom
- Panelist Series
  - August 8
- Financial Planning
  - Event Details TBD



Today we will have two talks

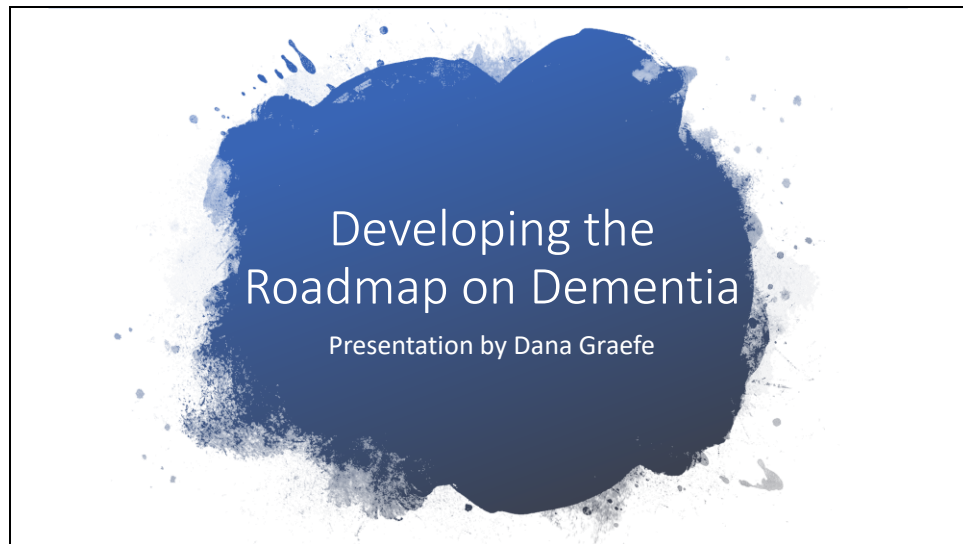
First, I will present, then following me, Dr. Moughamian will give his talk.

Alzheimer's Association:

- 10 warning signs of dementia

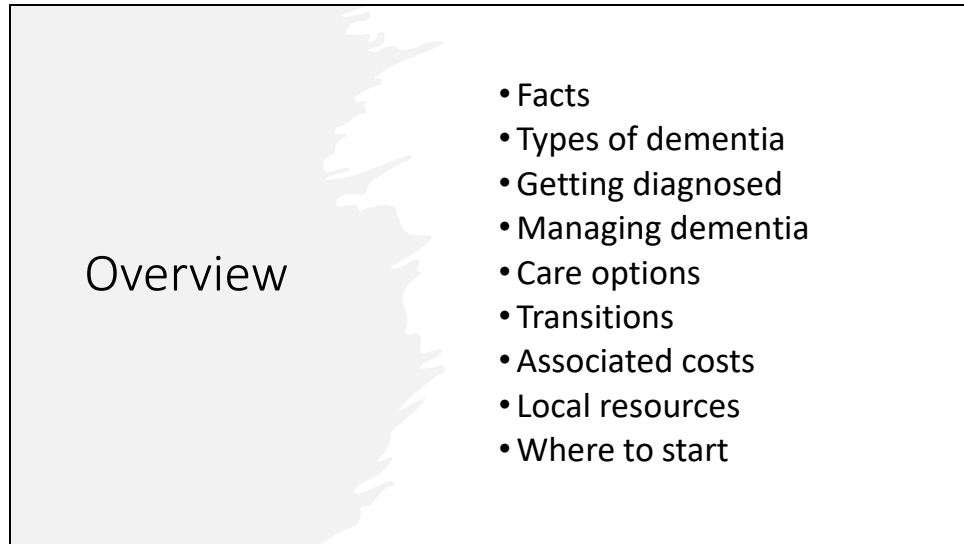
Panel series:

- Discussion of person's connection to dementia/memory care
- Experience with the disease and how it affected family and friends
- How did the person manage?



Hi! Good afternoon everyone! I'm Dana Graefe. I am the Director of Resident Services/RCFE Administrator at The Forum at Rancho San Antonio. I moved here last year just before the pandemic began. I am originally from the east coast, having grown up in Virginia and Connecticut. While studying for my undergraduate degree at the university of connecticut, I had a job at the physical therapy clinic on campus. One of my roles there was to assist with the Parkinson's class held every Friday. I also enrolled in a critical issues in aging class. It was during this time, that I realized my passion for serving seniors. I then studied gerontology at the University of North Carolina at Greensboro for my Master's, concentrating in aging and business. My work in my master's program led me to my career with life care services, and thus my role at the forum.

I'm happy to start off the Memory Care Speaker Series with my presentation on developing the roadmap on dementia



Overview

- Facts
- Types of dementia
- Getting diagnosed
- Managing dementia
- Care options
- Transitions
- Associated costs
- Local resources
- Where to start

The purpose of my talk is to give a brief overview to many of the topics that we are covering in the series

## Dementia Facts and Impact

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By 2050, 88M Americans will be over 65. currently we have 58M 65+ aged Americans in 2021

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An estimated 6.2M Americans over 65 are living with Alzheimer's dementia in 2021

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Alzheimer's is most common form of dementia, contributing to potentially 60-70% of cases

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By 2060, we expect to see 13.8M people over 65 years old with Alzheimer's dementia

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In 2020, California had the highest projected number of citizens with Alzheimer's of all states at 690,000 and is projected to have the highest number of individuals with Alzheimer's of any state at an estimated 840,000 by 2025

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Dementia care is not covered by Medicare

A dementia diagnosis impacts not only the individual, but everyone around them

<https://www.who.int/news-room/fact-sheets/detail/dementia>

<https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf>

## Dementia

- Change in memory beyond "normal"
  - Decline of at least two brain functions: memory, thinking abilities, judgement, social skills, behavior
  - Loss of ability to perform everyday activities
- Normal versus abnormal changes
  - Normal: I misplaced my keys and I can't recall where I put them
  - Abnormal: I was on my way to the grocery store I visit every week and forgot how to get there
- Many types
  - Alzheimer's
  - Lewy Body
  - Frontotemporal
  - Vascular
  - Others

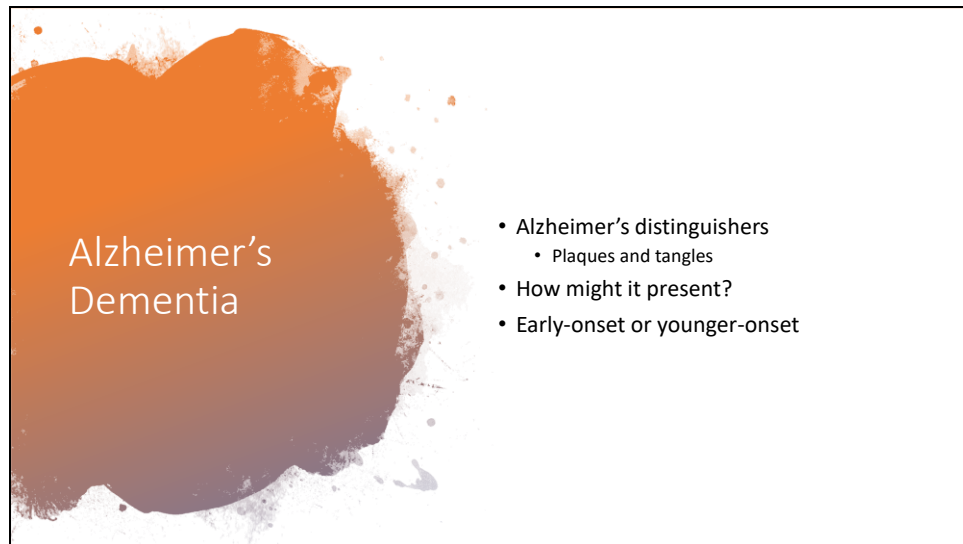
- Caused by damage to or loss of nerve cells and their connections in our brains
- Dementia is distinguished by symptoms that affect intellectual and social abilities severely enough to interfere with daily function.
- The area of brain that is damaged can make a difference in how dementia presents and cause varying symptoms
- Normal aging: people's knowledge and experience, memories, and language stay intact
- Dementia/abnormal aging: forgetting names of close family/friends, forgetting old and/or significant memories, getting lost in a familiar neighborhood
- Now we are going to talk about the different types of dementia

<https://www.cdc.gov/aging/dementia/index.html>

<https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf>

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>

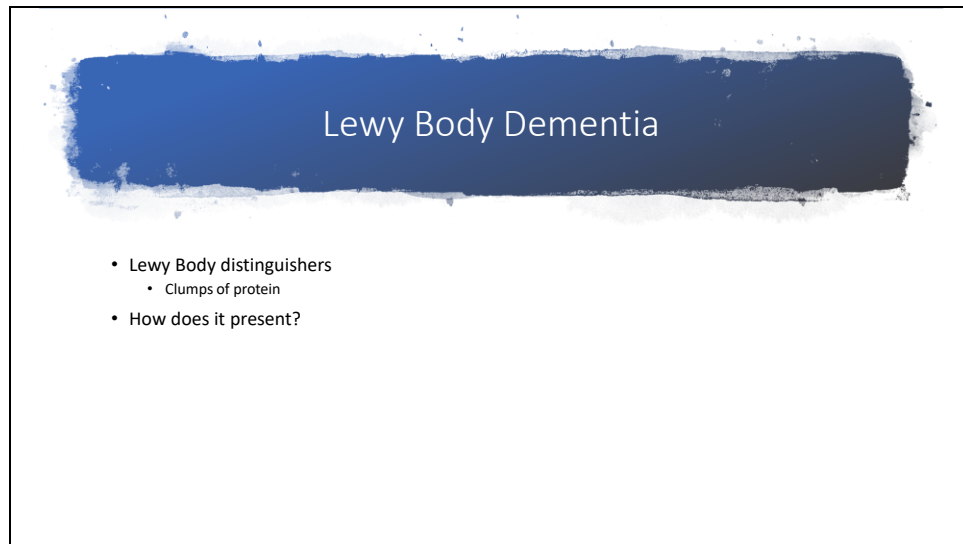
<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzheimers-stages/art-20048448>



- Most common cause of dementia
- Plaques are clumps of a protein – beta-amyloid
- Tangles are fibrous and made of tau protein
- The current understanding is that these clumps damage healthy neurons and the fibers connecting them
- What it looks like:
  - Serious memory loss
  - Confusion
  - Mood/behavior changes
  - Unfounded suspicions of those around them
- Early onset: impacts someone before they reach 65, and what stage of Alzheimer's that a person has can vary

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>

<https://www.alz.org/alzheimers-dementia/what-is-alzheimers>



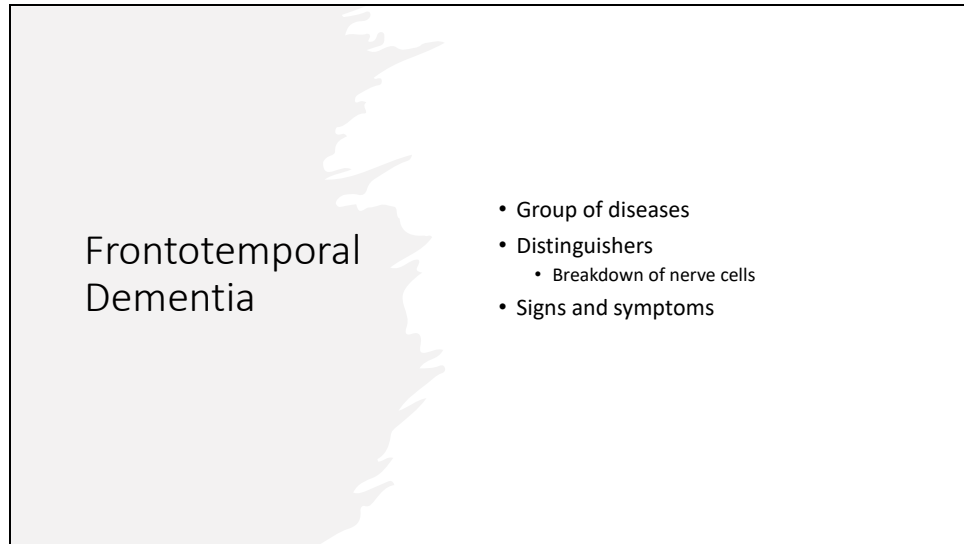
## Lewy Body Dementia

- Lewy Body distinguishers
  - Clumps of protein
- How does it present?

- Abnormal balloonlike clumps of protein, found in Lewy Body, Alzheimer's, and Parkinson's
- One of the more common types of progressive dementia
- Common signs and symptoms: acting out one's dreams in sleep, having visual hallucinations, and problems with focus and attention, uncoordinated or slow movement, tremors, rigidity (parkinsonism)

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>



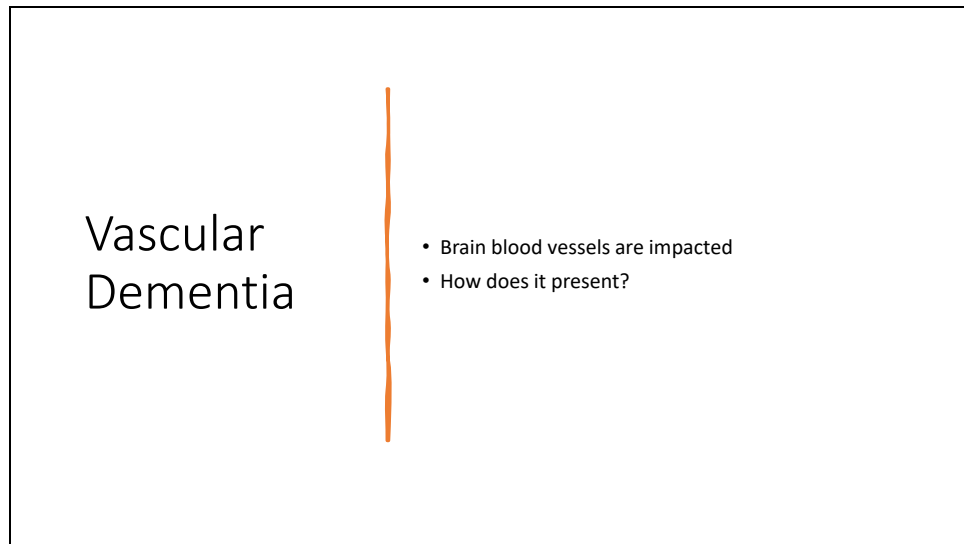


Frontotemporal  
Dementia

- Group of diseases
- Distinguishers
  - Breakdown of nerve cells
- Signs and symptoms

- This group of diseases is characterized by the breakdown of nerve cells and the connections in frontal and temporal lobes of the brain
- These regions of the brain are associated with personality, behavior, and language, so common symptoms include changes to these aspects of a person

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>



Vascular  
Dementia

- Brain blood vessels are impacted
- How does it present?

- Caused by damage to the vessels that supply blood to your brain
- Blood vessel issues can cause strokes. It can also damage the fibers in the white matter of the brain.
- Most common signs: difficulties with problem solving, slowed thinking, loss of focus and organization. These symptoms become more noticeable as memory loss progresses

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>

Other  
dementia  
and  
disorders

- Mixed dementia
- Parkinson's disease
- Huntington's disease
- Traumatic brain injury
- Creutzfeldt-Jakob disease

Mixed:

- Autopsy studies of brains of people over 80 who had dementia showed that individuals had a combination of dementias
- More studies are needed to understand mixed dementia

Parkinsons:

- Tremors, Gait Issues, eventual Dementia results

Huntington's disease:

- Linked to dementia
- Caused by genetic mutation – certain nerve cells in a person's brain and spinal cord waste away

TBI:

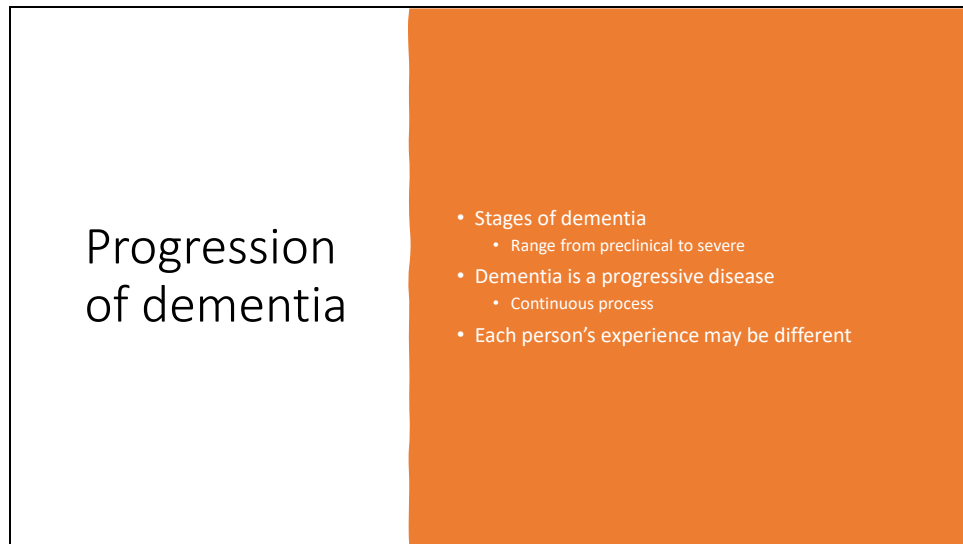
- Caused by repetitive head trauma
- Depending on the part of the brain effected by the traumas, different dementia signs and symptoms can present
- Can also cause parkinsonism
- May not be noticed until years after the trauma

Creutzfeldt-Jakob disease:

- Linked to dementia
- Rare brain disorder

- Might be due to infectious proteins called prions

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>



Progression of dementia

- Stages of dementia
  - Range from preclinical to severe
- Dementia is a progressive disease
  - Continuous process
- Each person's experience may be different

- There are five stages associated with dementia:
  - preclinical
  - mild cognitive impairment
  - mild dementia
  - moderate dementia
  - severe dementia
- In preclinical stages, you may not notice anything different in your loved one, but the brain changes are beginning to occur, like development of plaques or blood vessel damage like I mentioned before. It's not until mild dementia stage that it becomes noticeable to loved ones or the doctor
- People with dementia can function independently to a point, and then may be able to continue to stay home with support of loved ones or a caregiver, but once the disease progress to moderate and severe, more help is likely needed to care for them
- It's important to remember that while we may be able to roughly distinguish stages of dementia, the disease is a continuous process. Each person has a different experience with dementia depending on multiple factors, such as how quickly it progresses, which parts of the brain are impacted/which dementia they have, etc

<https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/alzheimers-stages/art-20048448>

Reversible conditions with dementia-like symptoms	Infections
	Immune disorders
	Metabolic problems
	Nutritional deficiencies
	Medication side effects
	Subdural hematoma
	Tumors
	Hydrocephalus

I'd like to take an opportunity to acknowledge that during the aging process, there are conditions that can present symptoms similar to those of dementia but are not dementia

#### Infections

- Sometimes fever and your body's attempt to fight off infection can present dementia-like symptoms

#### Metabolic problems:

- Thyroid issues, low blood sugar, too high or low sodium/calcium, b-12 malabsorption can present dementia-like symptoms

#### Nutritional deficiencies:

- dehydration, not enough b-1, b-6, b-12

#### Medication side effects:

- Some medications, reactions to medications, and interactions of medications can cause dementia-like symptoms

#### Hematoma:

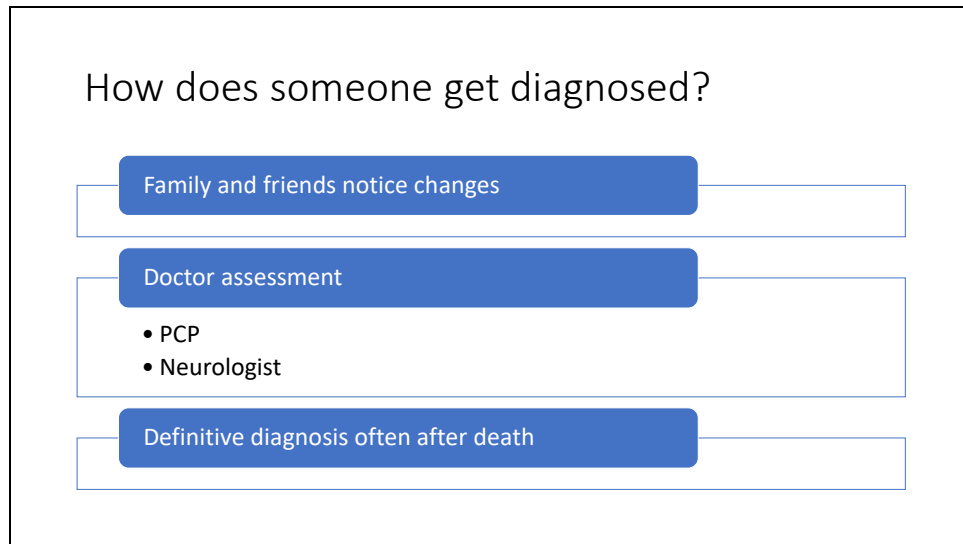
- Bleeding between the surface of the brain and covering to brain

#### Hydrocephalus:

- Enlarged ventricles in the brain

Work closely with your doctor if you are concerned about changes that are occurring in your loved one.

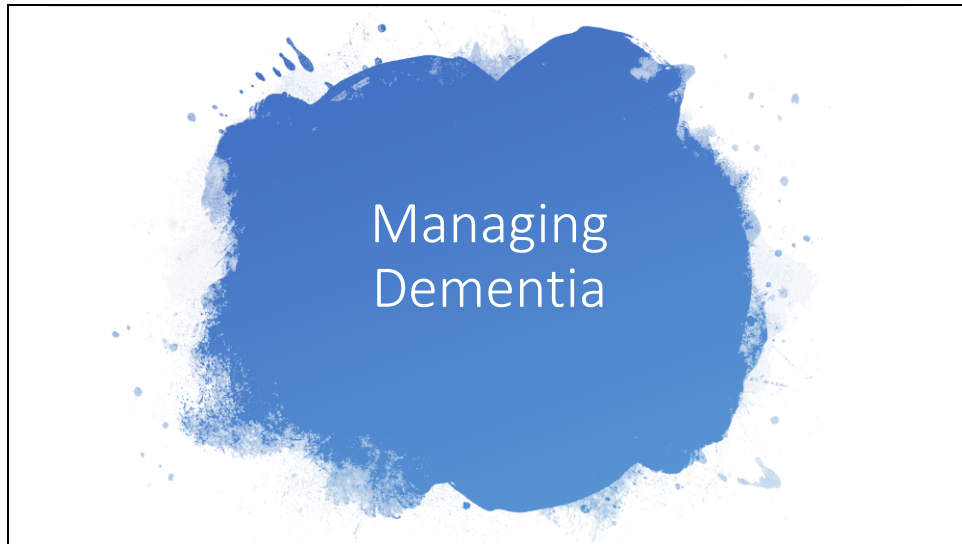
<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-20352013>



- Now that we've covered the varying types of dementia and the progression, we can talk about how someone can get diagnosed
- \*\* discussions with your doctor are imperative
- The individual would undergo a doctor assessment to recognize pattern of loss of skills and function
- The doctor can engage Neuropsychological tests that test thinking skills – orientation, reasoning, judgement, attention, etc.
- They can also engage a Neurological eval – evaluate memory, language, problem-solving, attention, etc.
- Brain scans such as a CT scan, MRI, or PET scan can show evidence of bleeding, tumor, or the proteins of alzheimers disease

<https://www.mayoclinic.org/diseases-conditions/dementia/diagnosis-treatment/drc-20352019>





A lot of you are probably wondering after what we've discussed so far, how do I manage caring for my loved one? We will cover this in the next section

My loved  
one has a  
diagnosis.  
Now what?

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What treatment is available?

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Multiple avenues to seek care

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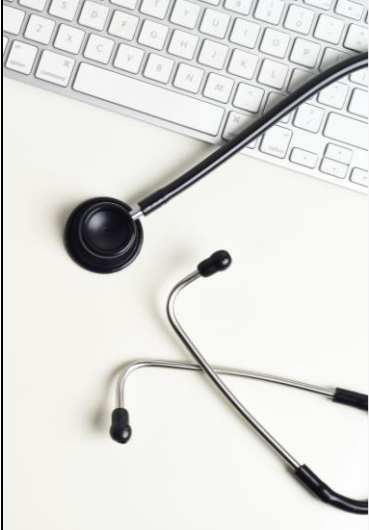
Is the care manageable in home?

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When is it too much to handle?

- So my loved one has a diagnosis, what is available?
- There are multiple avenues to seek care. You can engage help at home, there are medical treatments that may help manage symptoms, and there are other care options which we will discuss

<https://www.mayoclinic.org/diseases-conditions/dementia/diagnosis-treatment/drc-20352019>



## Treatments

- Medication
- Lifestyle changes
- Various therapies

- There are medications that can be helpful to someone with dementia. They work to improve levels of enzymes within your brain that are involved in memory, learning and judgement functions
- In addition to medication, there are environmental changes a person can make. Remove clutter, remove potentially dangerous items, reduce the number of items providing noise/limit use can help both the caregiver and the individual with dementia
- Exercise and activities can be helpful as well
- Changing the way you communicate can be helpful as well so that your loved one can understand the conversation
- Routines can make a big difference too in your loved ones life
- Reminiscent therapy, art therapy, pet therapy, music therapy, and many others have made a lot of progress in helping someone with dementia

<https://www.mayoclinic.org/diseases-conditions/dementia/diagnosis-treatment/drc-20352019>

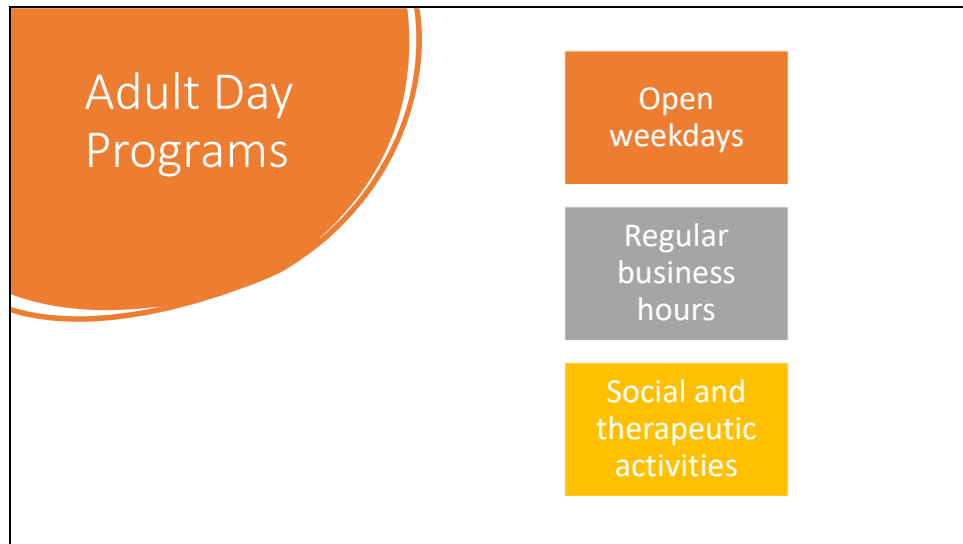
## Caregiving

Family cares for adult

Paid companionship and care in the home

- Early on, as a family caregiver, your loved one may still be independent, so your role looks more like supporting them and providing companionship.
- As a new role, this can be difficult to adapt to. Find the balance that works for you and your loved one. Consider safety and stress first when planning, and maximize a person's independence
- If you are unable to support your loved one in the home, there are agencies that provide caregivers that can support your loved one in the home

<https://www.alz.org/help-support/caregiving/stages-behaviors/early-stage>



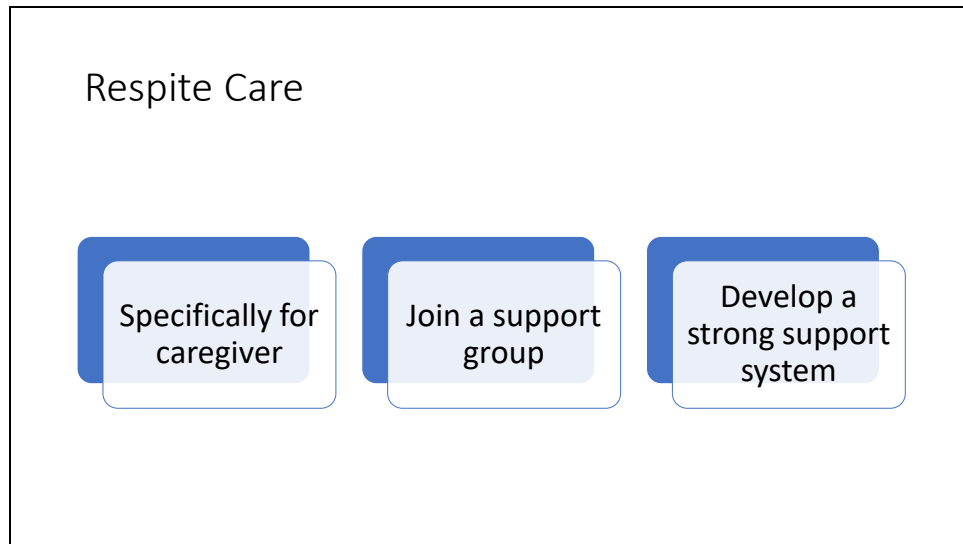
- Day programs or adult day services are professionally delivered, home and community based, therapeutic, social, and health-related services that enable an individual to sustain living in their greater community
- These programs really allow a person/family caregiver to go about their daily activities while their loved one is being engaged in the program, social activities, therapeutic activities like exercise or mental stimulation are provided, along with some form of lunch/snack is often included. Some day programs offer transportation as well.
- Great option for family caregivers and their loved one still living at home/in greater community

<https://www.nadsa.org/learn-more/about-adult-day-services/>



- Life plan communities or memory care centers where one lives permanently. Typically, will have a higher staffing model than an adult day program
- Safe, structured environment for those with dementia
- Loved ones are cared for in an environment where their days are filled with activities, meals, and medical care to meet them at their stage of dementia
- Staff are specifically trained not only in the personal and activity care that is provided, but they are specifically trained in handling the unique issues that dementia presents
- The Forum is opening a new memory care building that will utilize staff, technology, and Life Care Services' signature programming to provide stimulation and engagement for each resident with an individualized care plan.

<https://www.aarp.org/caregiving/basics/info-2019/memory-care-alzheimers-dementia.html>



- It's important to recognize the need for respite care when talking about care options. If you are caring for your loved one with dementia, you cannot forget to care for yourself
- Respite care provides short-term relief for primary caregivers
  - Can be based in the home, an adult day can provide the respite relief someone is looking for, or someone could engage a care facility like an assisted living
- Support groups can be really helpful to know you're not alone in your journey
- Support systems whether through friends, family, faith, etc.
- It's imperative you care for yourself. The more you are feeling overwhelmed, stressed, the more difficult it is for you to care for your loved one
- Delegate help

<https://www.nia.nih.gov/health/what-respite-care>

These options are great, but how much do they cost?

Adult Day Program	Aids in the home	Memory Care Community	Respite care
<ul style="list-style-type: none"><li>• Average cost is \$70/day</li><li>• Can range from as little as \$25 to over \$100</li></ul>	<ul style="list-style-type: none"><li>• Hourly rate</li><li>• Median cost in US in 2020 was \$24/hour</li><li>• CA median cost was \$29/hour</li><li>• Monthly median cost was \$4,481</li><li>• 24/7 coverage can get up to \$17,280 (median)</li></ul>	<ul style="list-style-type: none"><li>• Ranges depending on level of care</li><li>• Anywhere from \$5,000-\$15,000 a month</li></ul>	<ul style="list-style-type: none"><li>• Facility based respite costs anywhere from \$100-\$250 per day depending on level of care</li></ul>

Engaging various resources or a combination of resources over the course of a person's life to manage their diagnosis depends on many factors that you need to evaluate within your means.


<https://www.aarp.org/caregiving/home-care/info-2017/adult-day-care.html>

<https://www.aplaceformom.com/caregiver-resources/articles/in-home-care-costs>

<https://www.aarp.org/caregiving/basics/info-2019/memory-care-alzheimers-dementia.html>

<https://www.visitingangels.com/newton/articles/benefits-and-costs-of-respite-care/14597>





Transitions

- Preparing loved one with dementia diagnosis
- Preparing spouse
- Preparing family and friends
- What does a successful transition look like?

- Have conversations with family and friends, EARLY
- Make a plan – if you/your loved one develops dementia, what are their wishes?
- It can be very difficult, but it is important to remember that as a loved one starts experiencing dementia, their reality is changing and it can be very scary for them, and difficult for those around them to help as their memory is slipping away. If they start repeating questions, or have alternate perceptions, it can be really tricky to engage with them. Enter their reality – don't tell them "you've already asked me that question" or "no, what you're seeing isn't there". It can be very agitating to the individual. If things they are saying are hurtful to other friends/family members, try not to engage and change the subject.

Where do I begin?

- Depends on diagnosis, severity/progression of dementia, financials, personal values and more

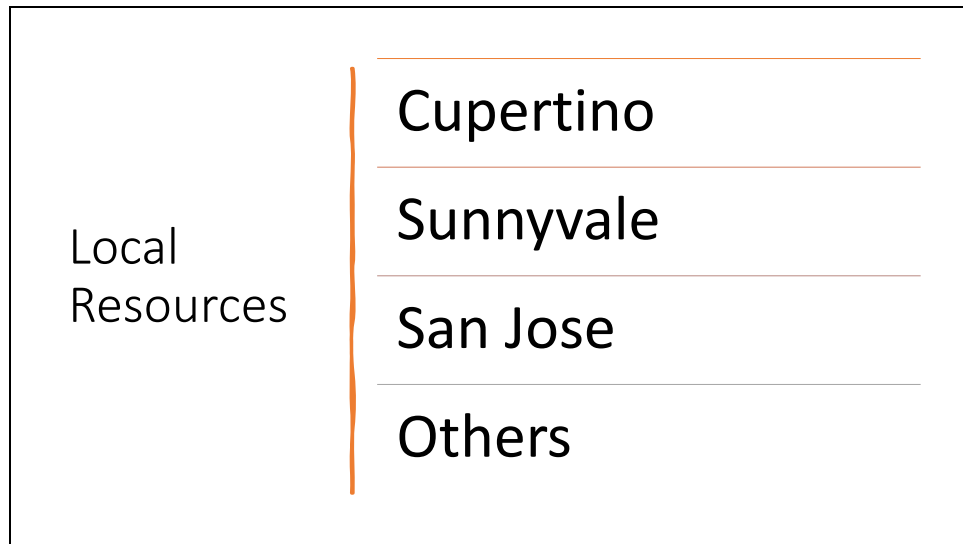
Talk with your doctor

If you can, discuss your loved ones wishes regarding their care

What other factors do you need to consider, such as personal and family values, culture, etc.

Discuss with your family or support system

Think of the individual's safety and wellbeing, then consider what resources will be most helpful in meeting their current needs, then plan for future needs



The local Alzheimer's association can help families locate a doctor to assess their loved one for a potential dementia diagnosis, among other services

Cupertino:

- The forum at rancho san antonio (650-944-0100 = main line)
- Sunnyview (408-454-5600)
- Live oak adult day (408-973-0905)
- Avenidas (info@avenidas.org or contact their centers directly)

Sunnyvale:

- Atria Sunnyvale (408-738-3410)
- Belmont village (408-785-6994)
- Day break Sunnyvale (408-282-1134 – may be Chinese lang. on this line; people may need to call san jose to inquire about services at both locations)

Santa clara:

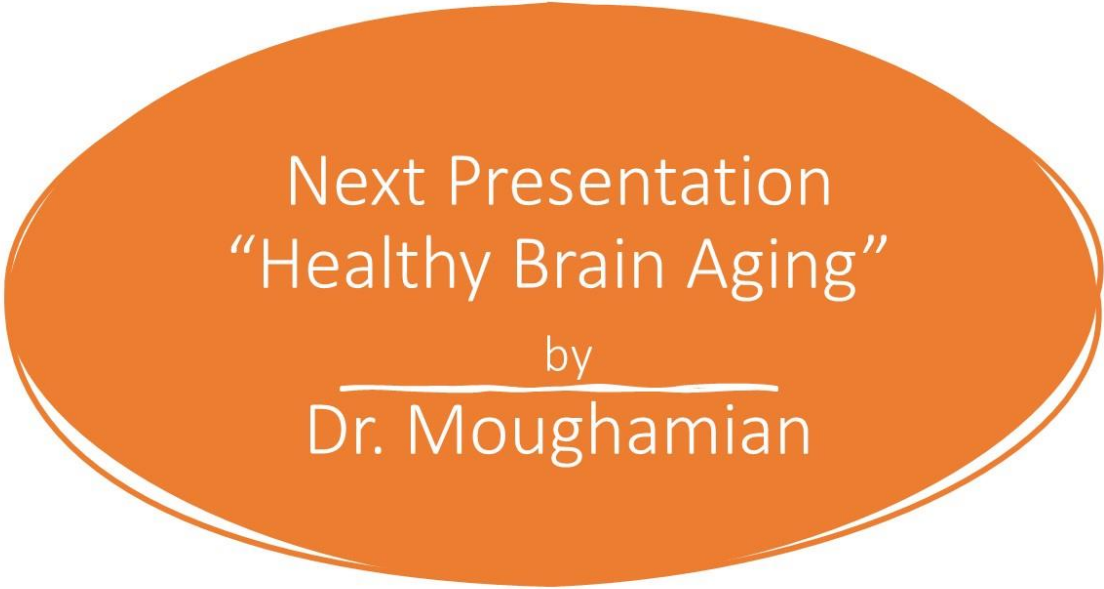
- Atria willow glen (408-266-1660)
- Belmont Village – san jose (408-721-4275)
- Day break san jose (408-270-4900)

There are so many other services and communities than what I have listed. Like I mentioned before, your local alzheimers association can provide a lot of information on local resources and

services. A place for mom also has a wealth of resources on their website and search engines available to search for services.



Please do not leave, we will have this Q&A session quickly, and Dr. Moughamian will be joining us shortly to talk more about Alzheimer's and the new treatment prescription drug approved by the FDA



Next Presentation  
“Healthy Brain Aging”  
by  

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Dr. Moughamian

Dr Armen Moughamian is a native of the Bay Area. He completed his undergraduate degree at the University of California, Berkeley, majoring in molecular and cell biology. He completed his medical training at the University of Pennsylvania, obtaining both an MD and a PhD in neuroscience through the Medical Scientist Training Program. He then returned to the Bay Area for an internship and residency in neurology at the University of California, San Francisco. After residency, he stayed at UCSF where he completed a research fellowship in cognitive neurology and laboratory research.

He joined the Ray Dolby Brain Health Center at the California Pacific Medical Center in San Francisco in January 2020 and currently serves as its medical director. In this role, Dr Moughamian leads a multi-disciplinary team of physicians, social workers and neuropsychologists to evaluate and treat patients with cognitive impairment and neurodegenerative diseases, such as Alzheimer’s disease. The team at the Dolby Center has pioneered a novel care model which integrates a social worker into each visit to support and assist families and care-partners of the patient.

Dr Moughamian is working to create a dementia care system within the Sutter Health network which spans a large portion of northern California and serves more than 3 million patients. He is also an active researcher, working on projects to improve the diagnosis, treatment and management of patients with cognitive impairment.

Today, he will be talking about healthy brain aging, and the recent new medication approved by the FDA to treat Alzheimer’s disease.