

The Thinking Brain – Cognitive Functions

Memory – Ability to recall past events and experiences

Attention – Ability to focus in, stay on task, notice taken of someone or something

Perception – Ability to link the sensory organs to the brains data base

Organization – Ability to hold multiple concepts simultaneously

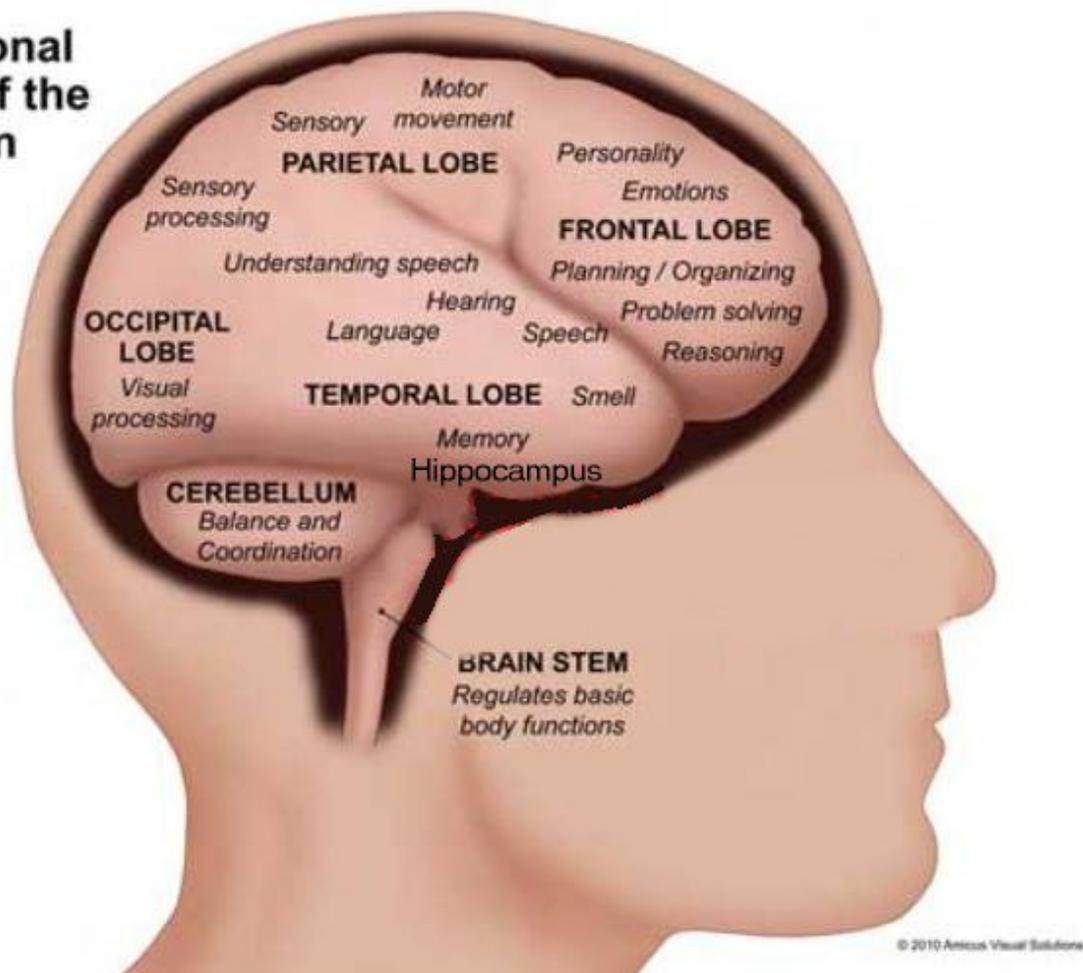
Judgment – Ability to come to a conclusion; come to a conclusion that's reasonable

Reasoning – Ability to think things through; Solve problems; Create Plans

Abstract – Ability to be think about intangibles: Time, Space, Sequence, Relationship

Language – Ability to connect with others – word meaning, word formation

Functional Areas of the Brain



The Ten Absolutes – How to deal with dysfunctional thinking.

Never ARGUE instead AGREE

Never REASON instead DIVERT / REDIRECT

Never SHAME instead DISTRACT

Never say YOU CAN'T

instead say DO WHAT YOU CAN

Never COMMAND or DEMAND

instead ASK or MODEL

Never CONDESCEND

instead ENCOURAGE and PRAISE

Never say REMEMBER instead REMINISCE

Never say I TOLD YOU instead REPEAT

Never LECTURE instead REASSURE

Never FORCE instead REINFORCE

mark croft

352-861-8788

mark@websitea.com

www.markcroft.com

Caregiver Workshops third Tuesday of the month 6 to 7:30pm Freedom Library

Support Group – Third Thursday of the month Master the Possibilities building 10:30 to 12 noon

Savvy-caregiver- (352) 378-6649 <http://www.agingresources.org>

Transitions Program – Support and respite care – Hospice of Marion County 352-854-5200

Teepa Snow - <http://teepasnow.com/> https://www.youtube.com/results?search_query=teepa+snow

Dementia Workshop November 21, 2017

Dementia - persistent disorder of the mental processes caused by brain disease or injury and marked by memory disorders, personality changes, and impaired reasoning.

NO PROBLEMS	MILD	MODERATE	SEVERE
* No cognitive changes are noticeable	* Mild memory problems for new events and information * Increased difficulty thinking of the word you want to use or names * If other people notice cognitive difficulties they consider them minor	* Pronounced memory problems * Anxiety, paranoia or depression * Confusion about date and time * Spatial problems * Difficulty with math * Difficulty planning & organizing * Difficulty multi-tasking * Difficulty recalling details of personal history	* Serious, amnesic memory problems. * Difficulty with most cognitive abilities. * Personality changes * Behavioral problems * Wandering and becoming lost * Trouble naming or recognizing family and loved ones * Problem naming highly familiar items * Difficulty caring for self * Changes in sleep

? What is Dementia - Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Result of brain cells not functioning or dying.

? What Causes Dementia – Deficiencies, Infections, Trauma, Medications, Psychiatric

? Can It Be Fixed – Reversible Type - Yes if you find the cause Irreversible Type - No (so far)

***Reversible** – Deficiencies -B12, Niacin, Folic Acid, Iron, -Infection; Urinary Track, HIV, Nervous System, - Trauma, -Blood flow, - Medications – Psychiatric; depression, stress, sleep deprivation

***Irreversible** - Brain Damage that won't heal or get better. Irreversible Progressive Dementia occurs when the brain cells are unable to function normally, die and result in brain shrinkage.

? What Do People Loose (left) and What do People Retain (right)

- Left Brain type functions Lost - logic | facts | abstractions | word

- Right Brain type functions are Retained - feeling | imagination | intuition |

? How Do We Care For People with Progressive Dementia - Use the Ten Absolutes+

+ Be Patient + Show respect and dignity + Speak slowly and clearly + Use short sentences

+ Keep Questions simple. + Ask one question at a time + Break information into small chunks

? What about the caregivers – Heart and skill produce optimal results

Caregivers must survive – care for your mental, physical, spiritual health so you can do caregiving.

Have clear non-conflicted goal. Frequently count blessings. Lift your spirit. List accomplishments.

Maintain a grateful heart, a clear conscience, teachable mind, and exercised body.

Spend time with people who understand your challenges. Get as much caregiving training as you can.

Prevent burnout and over exposure to caregiving by following your passion. Help other caregivers.

Accept the diagnoses and disengage – their behavior stems from the condition, it's not personal.

You can't fix their life but their condition could wreck your life unless you take appropriate steps.

Get your legal, financial and care plans in order now; It is later than you think.

Develop a plan 'A' 'B' 'C' 'D' 'E'. Failed task is just another lesson not a judgment.

Remain flexible. What worked yesterday may not work today but may work tomorrow.