

## Cognitive Changes of Dementia

Thinking Problem or Cognitive Loss	Examples of Ways the Loss Shows Itself in Behaviour	Strategies to Compensate
<b>Trouble with Memory</b> (Amnesia)	<ul style="list-style-type: none"> <li>- Repeating</li> <li>- Misplacing things</li> <li>- Rummaging / Collecting</li> <li>- Not being oriented to time or place</li> <li>- "Living in the past"</li> <li>- Not remembering names, recent events</li> </ul>	<ul style="list-style-type: none"> <li>- Don't quiz by asking, "Do you remember...?"</li> <li>- Provide cues and gentle reminders</li> <li>- Treat all repetitions as if it were the first time</li> <li>- Reminisce about the distant past</li> </ul>
<b>Trouble Using and Understanding Language</b> (Aphasia)	<ul style="list-style-type: none"> <li>- Word finding difficulty</li> <li>- Not using words appropriately</li> <li>- Repetitive sounds/words</li> <li>- Going back to one's first language</li> <li>- Needing more time to comprehend and/or not responding appropriately</li> </ul>	<ul style="list-style-type: none"> <li>- Speak slowly and clearly</li> <li>- Use visual gestures/cues</li> <li>- Patience! Provide more time for the individual to respond</li> <li>- Use closed-ended questions when possible</li> <li>- Use key words from first language</li> </ul>
<b>Trouble Recognizing - People, Objects, Places</b> (Agnosia)	<ul style="list-style-type: none"> <li>- Misidentifying family members</li> <li>- Not recognizing caregivers</li> <li>- Misusing objects</li> <li>- Eating unusual things and mixing food</li> </ul>	<ul style="list-style-type: none"> <li>- Identify yourself</li> <li>- Identify objects in the moment</li> <li>- Prevent unfortunate mixtures by keeping items apart</li> </ul>
<b>Trouble with Purposeful Movement</b> (Apraxia)	<ul style="list-style-type: none"> <li>- Not able to execute many simple movements to accomplish at task (e.g. combing, wiping, squeezing)</li> <li>- Any ADLs that involve movement become difficult</li> </ul>	<ul style="list-style-type: none"> <li>- Hand over hand assistance</li> </ul>
<b>Lack of Awareness that Someone has Thinking Problems</b> (Anosognosia)	<ul style="list-style-type: none"> <li>- Refusing assistance or aids</li> <li>- Insisting that one "can do it his/herself" or "has already done it"</li> <li>- Lack of insight of risk</li> <li>- NOT DENIAL!</li> </ul>	<ul style="list-style-type: none"> <li>- Step into the individual's reality and recognize strengths; feign capability</li> <li>- Normalize assistance (e.g. "I do this for everybody")</li> <li>- Avoid arguing</li> <li>- Offer help as if it were temporary (e.g. "Just this once")</li> </ul>
<b>Trouble Perceiving the World Accurately</b> (Altered Perception)	<ul style="list-style-type: none"> <li>- Delusions</li> <li>- Illusions / misperceiving things</li> <li>- Hallucinations</li> <li>- Poor depth perception</li> <li>- Suspiciousness / Paranoia</li> </ul>	<ul style="list-style-type: none"> <li>- Avoid arguing</li> <li>- Avoid imposing reality</li> <li>- Step into the person's world; focus on his/her feelings, not facts</li> <li>- Alter environment to minimize misinterpretation</li> </ul>
<b>Lack of motivation / Initiation</b> (Apathy)	<ul style="list-style-type: none"> <li>- Appearing not to care/withdrawn</li> <li>- Failure to initiate activities (e.g. conversation, eating)</li> <li>- Sitting in the same place for long periods of time</li> </ul>	<ul style="list-style-type: none"> <li>- Help person initiate / get something started by doing a first step <i>with</i> him/her</li> <li>- Gently persuade person to join activities he/she formerly enjoyed</li> </ul>
<b>Trouble with Executive Functioning</b>	<ul style="list-style-type: none"> <li>- Not able to do most ADLs (e.g. dressing, grooming) and tasks that involve planning, organizing, sequencing, initiating, ceasing, using good judgment and abstraction</li> </ul>	<ul style="list-style-type: none"> <li>- Simplify the task</li> <li>- Provide step by step instructions</li> <li>- Prepare the environment by setting up a task as needed ahead of time</li> <li>- Be concrete when communicating</li> </ul>