



Nevada Interprofessional Healthy Aging Network

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Mental Health In Older Adults:
Dementia Focus

Natali N. Edmonds, PsyD ABPP

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SEMINAR INSTRUCTOR



Natali Edmonds

Board certified geropsychologist

Dementia care + Caregiver support

Founder of Dementia Careblazers



Mental Health In Older Adults: Dementia Focus

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GOALS AND OBJECTIVES



#1

Increase dementia awareness specifically about early signs and symptoms of dementia, detection of dementia, and best management and care practices.

#2

#3

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Promote Dementia-Friendly environments by adopting practices that support the inclusion and well-being of individuals with dementia

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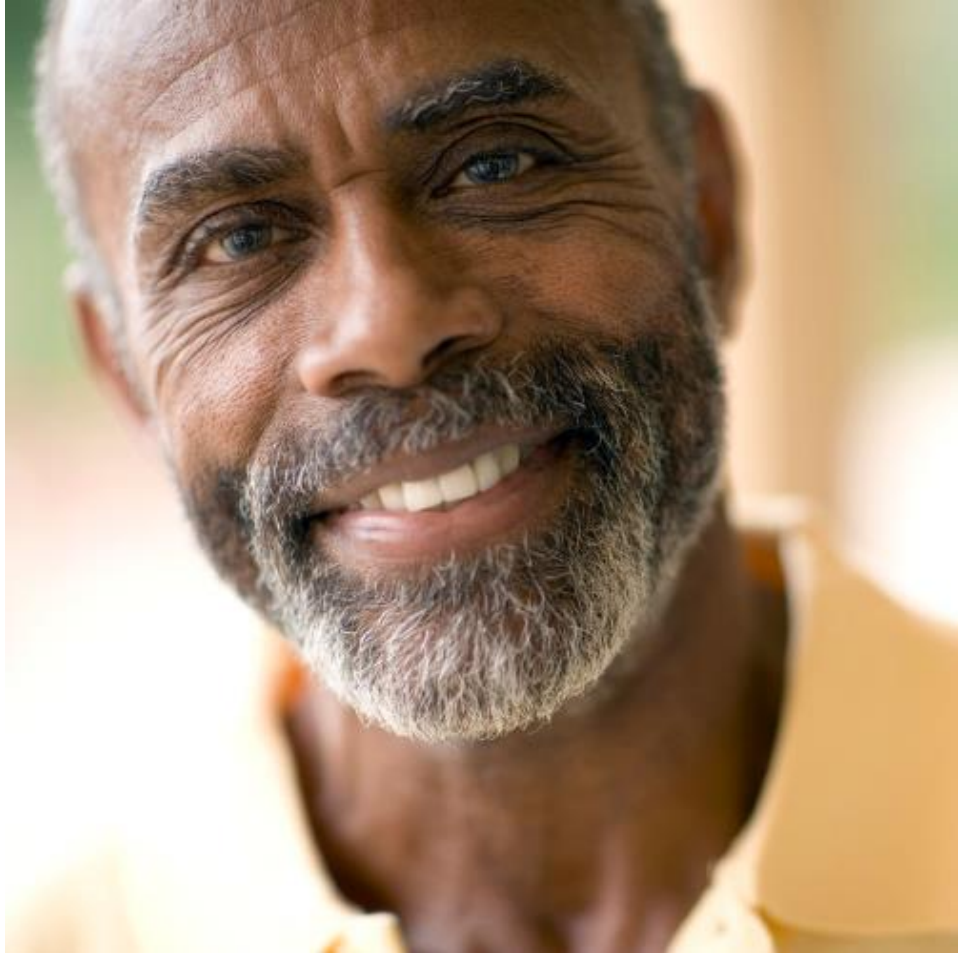
#2

Promote Dementia-Friendly environments by adopting practices that support the inclusion and well-being of individuals with dementia

#3

Foster Brain Health by providing practical tips and strategies for maintaining healthy brain habits.

TWO STORIES



Not All People With Dementia Look and Act The Same

Not All People With Dementia Have Memory Problems

Not All People With Dementia Are Old

Dementia Is NOT A Normal Part of Aging

WHAT IS DEMENTIA?

- Condition that impacts a person's thinking and functioning
- There are many different types of dementia
- Dementia can “look” different in different people
- The condition gets worse over time
- Dementia isn't actually a “diagnosis.”

CANCER

- Someone is sick
- Many different types
- Breast
- Lung
- Skin
- Colon
- ...

DEMENTIA

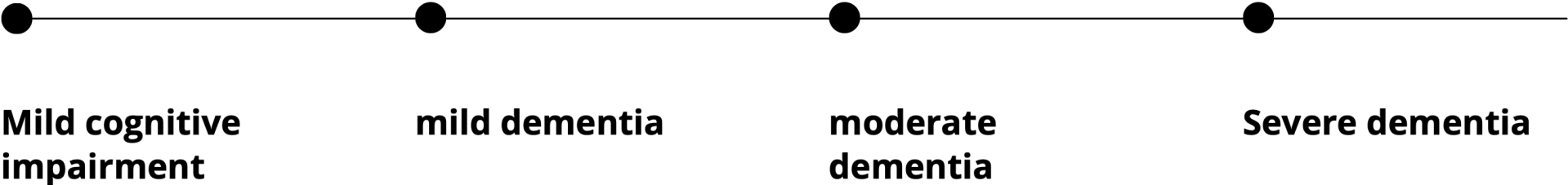
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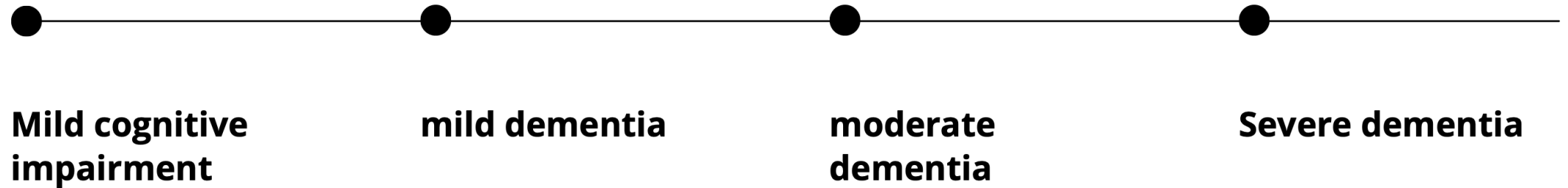
DEMENTIA

- **Someone is sick**
- **Many different types**
- **Alzheimer's**
- **Lewy body**
- **Frontotemporal**
- **Vascular**
- ...

Dementia Progression



Dementia Progression



As the disease progresses the more help the person needs

+

The more people with dementia start to become more similar

MORE THAN A MEMORY PROBLEM

- **ATTENTION**
- **LEARNING/MEMORY**
- **EXECUTIVE FUNCTIONING**
- **LANGUAGE**
- **PERCEPTUAL-MOTOR**
- **SOCIAL COGNITION**

MORE THAN A MEMORY PROBLEM

- **Attention**
- **Learning/Memory**
- **Executive Functioning**
- **Language**
- **Perceptual-Motor**
- **Social Cognition**
- **Significant Decline**
- **Interfere's with I/ADL's**
- **Not during a delirium**
- **Not due to anything else**

Dementia Look-A-Likes

- **Depression**
- **Poor vision**
- **Poor hearing**
- **Vitamin deficiencies**
- **Infection**
- **Dehydration**
- **Medication side effects**
- **Poor sleep**
- **Delirium**

“Normal” Thinking Problems

- Forgetting names of acquaintances and people you recently met
- Forgetting why you walked into a room
- Forgetting where you put things
- Word finding difficulty
- Not sure if you told somebody something
- Losing train of thought
- Forgetting your “hiding” spots
- Slowed processing speed

Assessment



Challenges in Assessment

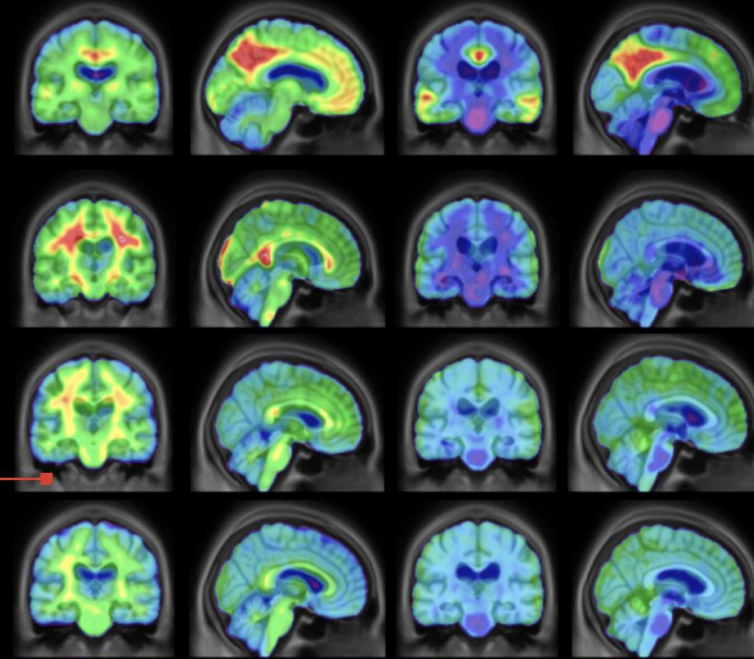
82% of PCPs say they are on the front lines of providing dementia care, but not all are confident in their care for patients with Alzheimer's and other dementias.

- Nearly 2 in 5 (39%) report they are “never” or only “sometimes comfortable” making a diagnosis of Alzheimer's or other dementias.
- Nearly one-third (27%) report they are “never” or only “sometimes comfortable” answering patient questions about Alzheimer's or other dementias.
- 22% of all PCPs had no residency training in dementia diagnosis and care. Of the 78% who did undergo training, 65% reported that the amount was “very little.”

Source: Alzheimer's Association


Over 41 million cases of dementia go undiagnosed across the globe – World Alzheimer Report reveals

This is the press release for the World Alzheimer Report 2021 'Journey through the diagnosis of dementia'

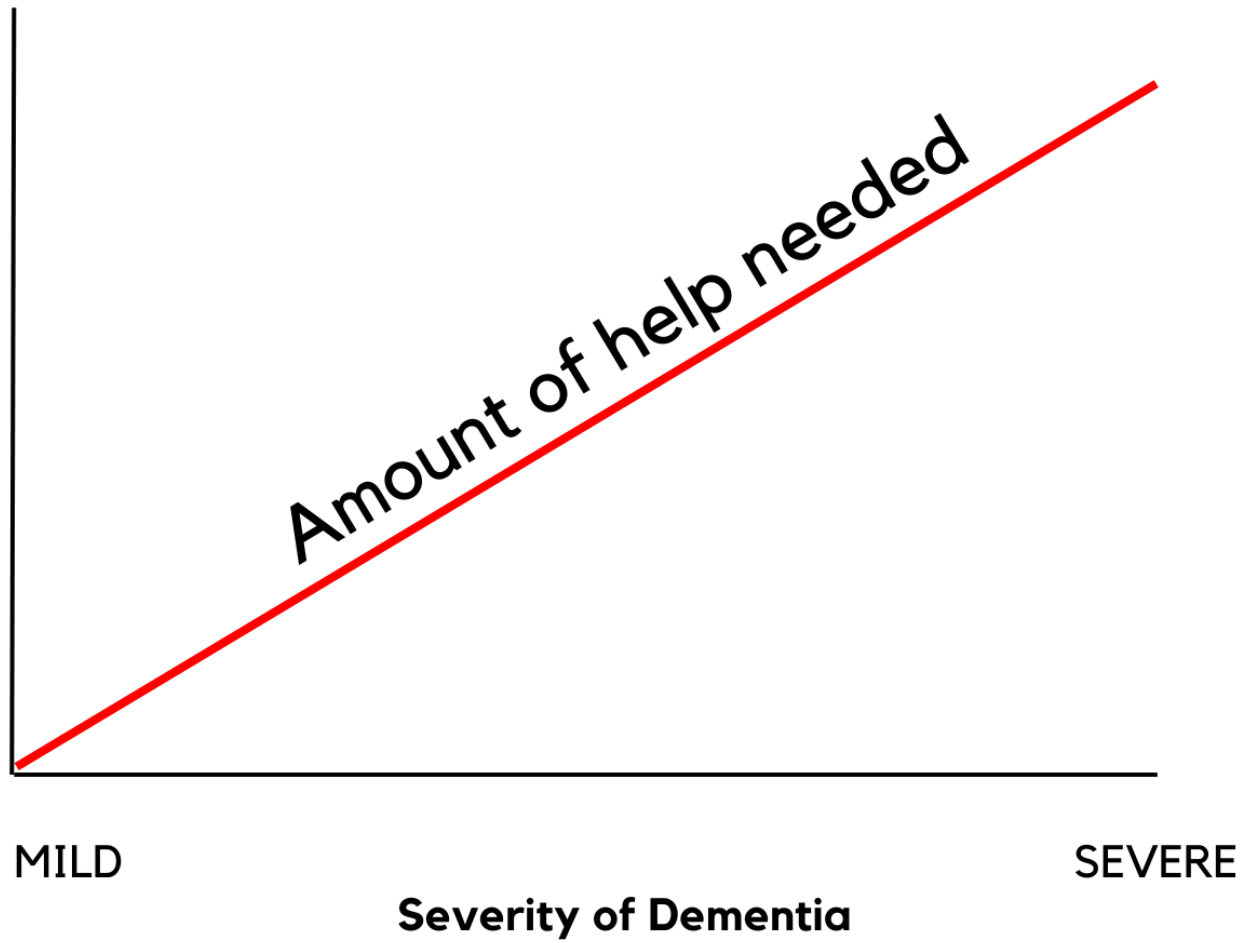


- **75 percent of all dementia cases go undiagnosed across the globe, up to 90 percent in low-middle-income-countries**
- **'Clinician stigma still a major barrier to diagnosis, with 1 in 3 believing nothing can be done**

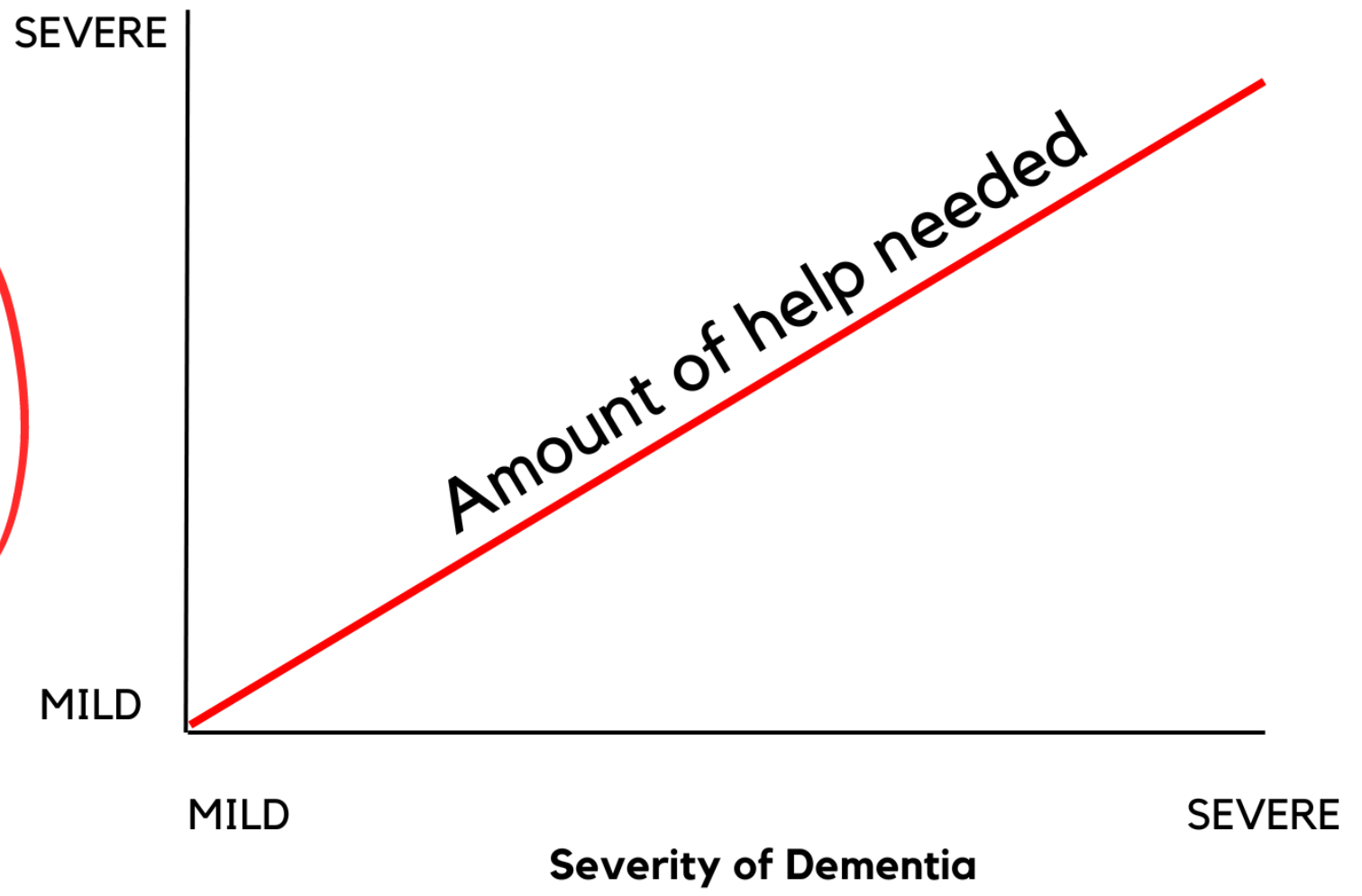
 **Published Date:** 21st
September 2021

 **Author:** Alzheimer's Disease
International, Mana
Communications





Anosognosia



Common Symptoms of People With Dementia

- 60% of people with dementia will wander, many of them repeatedly
- 45% have sleep disturbances
- >80% have anosognosia
- 90% have BPSD
 - Hallucinations
 - Delusions
 - Anxiety
 - Depression
 - Agitation



Don't Correct



Don't Argue



Don't Reason



Don't “Test”

AVOID "CART"

- **CORRECTING**
- **ARGUING**
- **REASONING**
- **TESTING**



**What's good for the
relationship is good
for Behavior**



Dementia Runs In My Family...Does This Mean I will Get It?



GENETICS

LIFESTYLE

- Amyloid Precursor Protein (APP)
- Presenilin 1 (PSEN1)
- Presenilin 2 (PSEN2)

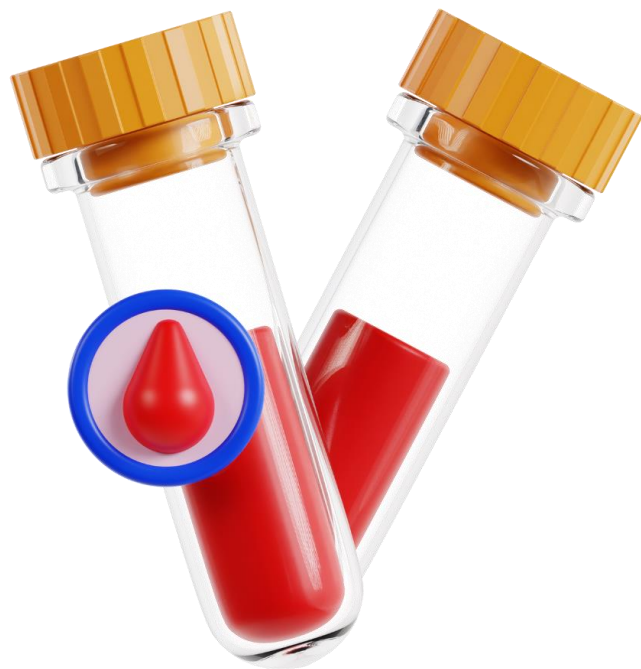
1-2%

GENETICS + LIFESTYLE

50% Heritability

New Attention In Dementia

Blood Test For Alzheimer's



Pharmacogenomic Testing (PGx)



HEALTH

DNA test can reveal how your body will react to meds



By **Alexandra Limon** and **KIRO 7 Eyewitness News**

September 12, 2012 at 3:26 pm PDT



Lifestyle Factors

Research

JAMA Neurology | **Original Investigation**

Healthy Lifestyle and Cognition in Older Adults With Common Neuropathologies of Dementia

Klodian Dhana, MD, PhD; Puja Agarwal, PhD; Bryan D. James, PhD; Sue E. Leurgans, PhD; Kumar B. Rajan, PhD;
Neelum T. Aggarwal, MD; Lisa L. Barnes, PhD; David A. Bennett, MD; Julie A. Schneider, MD, MS

JAMA Neurol. doi:10.1001/jamaneurol.2023.5491 Published online February 5, 2024.

Healthy Brain Habits

- **Exercise (150 moderate to vigorous exercise/week)**

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- **Mediterranean-DASH Diet Intervention for Neurodegenerative Delay (MIND)**

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- **Engaging in cognitively stimulating activity**
- **No Smoking**

Healthy Brain Habits

- **Exercise (150 moderate to vigorous exercise/week)**
- **Mediterranean-DASH Diet Intervention for Neurodegenerative Delay (MIND)**
- **Engaging in cognitively stimulating activity**
- **No Smoking**
- **Limited Alcohol Intake**

Your actions
today are
impacting
your brain
right now.



RESOURCES

- **ALZHEIMER'S ASSOCIATION**

www.alz.org

- **Local Area Agency on Aging**

https://adsd.nv.gov/Contact/Contact_AgingDisability

- **Careblazers**

www.careblazers.com

Aging & Disability Services Offices

Carson City

Regional Office

[Map and Driving Directions to Carson City Regional Center](#)

3208 Goni Road, Building I, Suite 181

Carson City, NV 89706

(775) 687-4210

(775) 687-0574 Fax

Elko

Regional Office

[Map and Driving Directions to Elko Regional Center](#)

1010 Ruby Vista Drive, Suite 104

Elko, NV 89801

(775) 738-1966

(775) 753-8543 Fax

Las Vegas

Regional Office

[Map and Driving Directions to Las Vegas Regional Office](#)

7150 Pollock Drive

Las Vegas, NV 89119

(702) 486-3545

(702) 486-3572 Fax

Reno

Regional Office

[Map and Driving Directions to Reno Regional Office](#)

9670 Gateway Drive, Suite 100

Reno, NV 89521

(775) 687-0800

(775) 688-2969 Fax

References

- Cognitive Health and Older Adults: <https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults>
- Healthy Lifestyle and Cognition in Older Adults With Common Neuropathologies of Dementia
JAMA Neurol. doi:10.1001/jamaneurol.2023.5491 Published online February 5, 2024.
- Story of how Pax Testing helped a lady who thought she was developing Alzheimer's:
<https://www.kiro7.com/news/health/dna-test-can-reveal-how-your-body-will-react-meds/246837845/>
- Pharmacogenomics Holds Promise for Personalized Dementia Therapies: <https://www.news-medical.net/news/20231108/Pharmacogenomics-holds-promise-for-personalized-dementia-therapies.aspx>
- Physicians on the Front Line of Dementia Care: <https://www.alz.org/news/2020/primary-care-physicians-on-the-front-lines-of-diag>
- Adoption of Pharmacogenomic Testing: A Marketing Perspective:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8484788/>



Creating an Age-Friendly Health System & Dementia-Friendly Community in Nevada

KIRK KERKORIAN
SCHOOL OF MEDICINE



SCHOOL OF
DENTAL
MEDICINE


SCHOOL OF
PUBLIC
HEALTH


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ENGINEERING


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 WILLIAM BEE
RIRIE
CRITICAL ACCESS HOSPITAL
AND RURAL HEALTH CLINIC

 Mission Pines
Nursing & Rehabilitation Center

 St. Joseph Transitional
Rehabilitation Center

 Cleveland Clinic



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Southern Nevada
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SENIOR LAW PROGRAM



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CONTACT NIHAN
nihan@unlv.edu | (702) 272-0826 | <http://www.nihan.care>

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