


HEALTH PROFESSIONAL QUICK REFERENCE GUIDE - IMPROVING THE CARE FOR PEOPLE WITH DEMENTIA

WHAT IS DEMENTIA?	EARLY DIAGNOSIS	ASSESSMENT OF DEMENTIA	LIVING WITH DEMENTIA	TREATMENTS
<p>Symptoms include:</p> <ul style="list-style-type: none"> ➤ Memory loss ➤ Difficulty thinking, understanding and concentrating ➤ Impairment of perception ➤ Changed behaviours such as agitation and depression ➤ Communication difficulties affecting reading, writing and speech ➤ Reduced ability to perform activities of daily living.  <p>COGNITIVE DECLINE PARTNERSHIP CENTRE</p>	<ul style="list-style-type: none"> ➤ Early diagnosis allows the ability to plan ahead and seek appropriate care. ➤ Encourage the person to talk to their doctor if they are concerned about memory or thinking or changed behaviours. 	<p>Encourage the person to visit a doctor to arrange a variety of tests to make the diagnosis of dementia, which may include:</p> <ul style="list-style-type: none"> ➤ Cognitive Assessment ➤ CT or MRI (Neuroimaging of brain) ➤ Blood tests ➤ Review of other health conditions. 	<p>There are legal considerations to consider such as:</p> <ul style="list-style-type: none"> ➤ Advanced Care Directive ➤ Enduring Power of Attorney <p>Encourage the person to access information about local services to support them to remain in their preferred place and to be active and independent as long possible.</p> <p>Health care services should be trained in dementia care and treat people with dignity and have respect for the persons individuality, cultural background and preferences.</p> <p>Carers need support too, encourage them to access information about carer support groups and respite services.</p>	<p>There are many different treatments for dementia:</p> <ul style="list-style-type: none"> ➤ Healthy life style including: ➤ Good nutrition ➤ Regular exercise ➤ Maintaining independence ➤ Maintaining social engagement and connection ➤ Massage and Relaxation. ➤ Medications to manage cognitive decline symptoms and changed behaviours.
WANT MORE INFORMATION?				
<p>READ GUIDELINES http://sydney.edu.au/medicine/cdpc/resources/dementia-guidelines.php</p>	<p>DISCUSS WITH CLINICIAN</p>	<p>ALZHEIMER'S AUSTRALIA 1800 100 500 www.fightdementia.org.au</p>	<p>MYAGEDCARE www.myagedcare.gov.au</p>	