

# Age Related Cognitive Disorders (ARC)

## About Age Related Cognitive Disorders (ARC)

Dementia is brain condition that causes problems with thinking and memory. It's important to understand the different types so someone can get the right kind of treatment.

Although most types of dementia get worse over time, there are drugs that might help with some of your loved one's behavior changes and other symptoms.

### Types of ARC

Alzheimer's disease, this is the most common type of dementia, and it affects about 5 million Americans. The symptoms are mild at first but get worse over a number of years

Symptoms Include:

- Be confused about where he is or what day or year it is
- Have problems speaking or writing
- Lose things and be unable to backtrack to find them
- Show poor judgment
- Have mood and personality changes

Vascular Dementia usually due to a major stroke or even a "silent" small series of strokes. The type of dementia depends on the part of the brain the stroke occurs in. Most often seen has poor judgement or trouble planning, organizing, or making decisions

Other symptoms may include:

- Memory problems that disrupt daily life
- Trouble speaking or understanding speech
- Problems recognizing sights and sounds that used to be familiar
- Being confused or agitated
- Changes in personality and mood
- Problems walking and having frequent falls

Dementia with Lewy Bodies (DLB) Lewy bodies are microscopic deposits of a protein that form in some people's brains. They're named after the scientist who discovered them. The associated dementia is because of these deposits having formed in the part of the brain called the cortex.

Symptoms include:

- Seeing things that aren't there, known as visual hallucinations

- Unusual sleepiness during the day
- Periods of "blinking out" or staring
- Problems with movement, including trembling, slowness, and trouble walking
- Dreams where you act out physically, including, talking, walking, and kicking

Parkinson's Disease Dementia this type of dementia eventually develops in about 50% to 80% of people with Parkinson's disease, it is very similar to Lewy Bodies, symptoms typically develop over 10 years after a person is first diagnosed with Parkinson's

Mixed Dementia this is a combination of two types of dementia. The most common combination is Alzheimer's disease and vascular dementia. Both symptoms and treatment depend on the parts of the brain involved and the types of dementia present.

Frontotemporal Dementia (FTD) cell damage in areas of the brain that control planning and judgment, emotions, speech, and some types of movement. The symptoms might include:

- Personality and behavior changes
- Sudden lack of inhibitions in personal and social situations
- Problems coming up with the right words for things when speaking
- Movement problems, such as shakiness, balance problems, and muscle spasms

Huntington's Disease this is a brain disorder caused by a genetic defect that's passed through family members symptoms will usually not start to show up until between ages 30 and 50. People with Huntington's get some of the same symptoms seen in other forms of dementia, including problems with:

- Thinking and reasoning
- Memory
- Judgment
- Planning and organizing
- Concentration

Wernicke-Korsakoff Syndrome This disorder is caused by a severe shortage of thiamine (vitamin B-1) in the body. It most commonly happens in people who are long-term heavy drinkers. The dementia symptom that's most common with this condition is a problem with memory. Usually a person's problem-solving and thinking skills aren't affected

Source; <http://www.webmd.com/alzheimers/guide/alzheimers-dementia>

# Age Related Cognitive (ARC) Resources

Alzheimer's Association

[www.alz.org](http://www.alz.org)

National Institute on Aging

<http://www.nih.gov/about/almanac/organization/NIA.htm>

The Alzheimer's Foundation of America (AFA)

[www.alzfdn.org](http://www.alzfdn.org)

Resources for In Home/Out of Home Care:

A Place for Mom

<http://www.aplaceformom.com/senior-care-resources/articles/dementia-care>

Home Instead Senior Care

<https://www.homeinstead.com/our-story/alzheimers-dementia-care>

Safe Return Medical Alert Bracelet

<http://www.medicalert.org/safereturn>

# ARC APPS for Computer and Mobile Devices

## Memory and Focus

It's Done!

Lumosity

Fit Brains Trainer

## Wandering/Tracking, GPS

Comfort Zone Chick-in Mobile

GPS Tracker

## Medication management

RXmindme

Pill Reminder

MedCoach Medication

## Caregivers

Balance for Alzheimer's Caregivers

Caretaker

Capzule PHR Your Personal health Record

CareZone

Tyze

## Enjoyment/Relaxation

Calm Meditation and Mindfulness for Relaxation

Binaural Brain Game Relaxation Therapy

Relaxing Sounds of Nature

Yesterday USA Old Time radio

Virtuoso