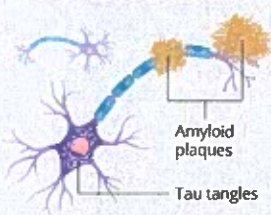
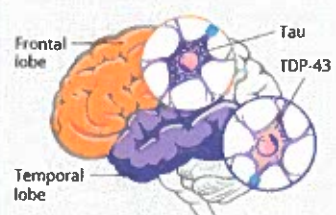

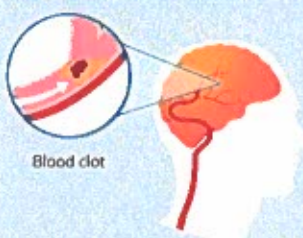


Understanding Different Types of Dementia

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four different types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What Is Happening in the Brain?*			
<p>Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain.</p> 	<p>Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes.</p> 	<p>Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers.</p> 	<p>Conditions, such as blood clots, disrupt blood flow in the brain.</p> 

*These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.

Symptoms

Mild

- Wandering and getting lost
- Repeating questions

Moderate

- Problems recognizing friends and family
- Impulsive behavior

Severe

- Cannot communicate

Behavioral and Emotional

- Difficulty planning and organizing
- Impulsive behaviors
- Emotional flatness or excessive emotions

Movement Problems

- Shaky hands
- Problems with balance and walking

Language Problems

- Difficulty making or understanding speech

There are several types of frontotemporal disorders, and symptoms can vary by type.

Cognitive Decline

- Inability to concentrate, pay attention, or stay alert
- Disorganized or illogical ideas

Movement Problems

- Muscle rigidity
- Loss of coordination
- Reduced facial expression

Sleep Disorders

- Insomnia
- Excessive daytime sleepiness

Visual Hallucinations

- Forgetting current or past events
- Misplacing items
- Trouble following instructions or learning new information
- Hallucinations or delusions
- Poor judgment

Typical Age of Diagnosis

Mid 60s and above, with some cases in mid-30s to 60s

Between 45 and 64

50 or older

Over 65

Diagnosis

Symptoms can be similar among different types of dementia, and some people have more than one form of dementia, which can make an accurate diagnosis difficult. Symptoms can also vary from person to person. Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.

Treatment

There is currently no cure for these types of dementia, but some treatments are available. Speak with your doctor to find out what might work best for you.

Living with dementia can be challenging, but there are ways to manage it. To learn more about these types of dementia and other conditions that can cause dementia, visit www.nia.nih.gov/health/what-is-dementia.

Now What?

Next Steps After an Alzheimer's Diagnosis

A diagnosis of Alzheimer's disease can be difficult, but getting accurate information and support can help you know what to expect and what to do next. Use this checklist to help you get started.



Learn about Alzheimer's disease

Being informed will help you know what to expect as the disease progresses. Here are some resources:

- ✓ Alzheimer's and related Dementias Education and Referral (ADEAR) Center
www.alzheimers.gov | 800-438-4380
- ✓ Alzheimer's Association
www.alz.org | 800-272-3900
- ✓ Alzheimer's Foundation of America
<https://alzfdn.org> | 866-232-8484
- ✓ Local hospitals and community centers may have educational programs about Alzheimer's disease and related dementias.

Get regular medical care

- ✓ Make regular appointments with your primary care doctor or specialist (neurologist, neuropsychiatrist, geriatric psychiatrist).
www.nia.nih.gov/health/doctor-patient-communication/talking-with-your-doctor
- ✓ Consider going to a memory disorders clinic. Ask your doctor for a referral if desired.

Find local services and support

- ✓ Find local services by contacting Eldercare Locator
<https://eldercare.acl.gov> | 800-677-1116
- ✓ Contact your local Alzheimer's Disease Research Center
www.nia.nih.gov/health/alzheimers-disease-research-centers
- ✓ Find local chapters, organizations, and support groups:
 - Alzheimer's Association
www.alz.org | 800-272-3900
 - Alzheimer's Foundation of America
<https://alzfdn.org> | 866-232-8484

Do some legal, financial, and long-term care planning

- ✓ Get information to help you plan.
www.nia.nih.gov/health/legal-and-financial-planning-people-alzheimers
- ✓ Prepare or update your will, living will, health care power of attorney, and financial power of attorney. To find a lawyer, contact your local bar association or the National Academy of Elder Law Attorneys.
www.naela.org
- ✓ Learn about care you may need in the future and how to pay for it.
<https://longtermcare.acl.gov>
- ✓ Explore getting help to pay for medicines, housing, transportation, and more.
www.benefitscheckup.org

Get help as needed with day-to-day tasks

- ✓ Use simple memory aids like a notepad or sticky notes to jot down reminders, a pillbox to keep medications organized, and a calendar to record appointments.
- ✓ Ask family members or friends or find local services to help with routine tasks, such as cooking, paying bills, transportation, or shopping.
- ✓ Consider using technology solutions for medication management, safety (e.g., emergency response, door alarms), and other care.
- ✓ See tips about coping daily, changes in relationships, and more.
www.nia.nih.gov/health/alzheimers/caregiving

Be safe at home

- ✓ Get home-safety tips.
www.nia.nih.gov/health/home-safety-checklist-alzheimers-disease
- ✓ Ask your doctor to order a home-safety evaluation and recommend a home health care agency to conduct it. Medicare may cover the cost.
- ✓ Consider wearing a medical ID bracelet or necklace in case you get lost or need help, or joining the MedicAlert and Alzheimer's Association's Wandering Support program.
www.medicalert.org/alz

Stay safe on the road

- ✓ Talk with your doctor if you become confused, get lost, or need lots of help with directions, or if others worry about your driving.
- ✓ Get a driving evaluation. Ask your doctor for names of driving evaluators, or visit the American Occupational Therapy Association.
https://myaota.aota.org/driver_search
- ✓ Learn about driving safety.
www.nia.nih.gov/health/driving-safety-and-alzheimers-disease

Consider participating in a clinical trial

- ✓ Ask your doctor about trials or studies.
- ✓ Contact an Alzheimer's Disease Research Center for assessment and potential research opportunities.
- ✓ Search for a clinical trial or study near you or that you could participate in remotely:
 - NIA Clinical Trials Finder
www.nia.nih.gov/alzheimers/clinical-trials
- ✓ Learn more about clinical trials:
 - NIA Clinical Trials Information
www.nia.nih.gov/health/clinical-trials
 - National Institutes of Health
www.nih.gov/health-information/nih-clinical-research-trials-you

Stay healthy

- ✓ Be active! Getting exercise helps people with Alzheimer's feel better and helps keep their muscles, joints, and heart in good shape.
www.nia.nih.gov/health/exercise-physical-activity
- ✓ Eat a well-balanced diet that includes fruits, vegetables, and whole grains.
www.nia.nih.gov/health/healthy-eating
- ✓ Continue to enjoy visits with family and friends, hobbies, and outings.

If you live alone

- ✓ Identify someone who can visit you regularly and be an emergency contact.
- ✓ If you are at risk of falling, order an emergency response system. A special pendant or bracelet lets you summon help if you fall and can't reach the phone.
- ✓ Consider working with an occupational therapist. This person can teach you ways to stay independent. Ask your doctor for more information.
- ✓ Stick with familiar places, people, and routines. Simplify your life.
- ✓ Get tips about self-care, safety, staying connected, and more.
www.nia.nih.gov/health/tips-living-alone-early-stage-dementia

If you are working

- ✓ If you have problems performing your job, consider reducing your hours or switching to a less demanding position.
- ✓ Consider consulting your employer's HR department or employee assistance program about family leave, disability benefits, and other employee benefits.
- ✓ Find out if you qualify for Social Security disability benefits through "compassionate allowances."
www.ssa.gov/compassionateallowances
800-772-1213