

ARDSICON VIRTUAL CONFERENCE

PAPER PRESENTATION

“Dementia Care in Family & Community : Building Resilience and Hope”

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INTRODUCTION

▶ **What is Dementia ?**

- ▶ Dementia is a broad word describing a loss of capacity to recall, think, or make judgments that makes it difficult to carry out daily tasks. The most frequent type of dementia is Alzheimer's disease. Dementia is not a normal aspect of ageing, even though it predominantly affects seniors. Dementia is a common public health problem. Worldwide, approximately 47 million people have dementia and this number is expected to increase to 131 million by 2050.

▶ **Symptoms**

- ▶ Difficulty with everyday tasks
- ▶ Repetition
- ▶ Communication problems
- ▶ Getting lost
- ▶ Personality changes
- ▶ Confusion about time and place
- ▶ Troubling behavior

▶ **Causes of Dementia**

- ▶ Damage to brain cells causes dementia. The ability of brain cells to communicate with one another is harmed as a result of this damage. When brain cells can't interact properly, it might impact one's thinking, behaviour, and feelings.

▶ **Types of Dementia and Stages**

- ▶ Alzheimer's disease. This is the most common cause of dementia. ...
- ▶ Vascular dementia. This type of dementia is caused by damage to the vessels that supply blood to your brain
- ▶ Lewy body dementia
- ▶ Frontotemporal dementia
- ▶ Mixed dementia

- ▶ **Three stages** – Early, Middle and Late

Understanding Dementia at the Medical Concept

▶ **DIAGNOSIS**

▶ **Cognitive and Neuropsychological tests**

- ▶ Mental capacity will be assessed by doctors. Memory, orientation, logic, and judgement, as well as language skills and attention, are all assessed using a variety of tests.

▶ **Neurological Evaluation**

- ▶ Memory, language, visual perception, attention, problem-solving, movement, senses, balance, reflexes, and other areas are all assessed by doctors.

▶ **Brain scans**

- ▶ MRI or CT scan. These scans can detect signs of a stroke, a haemorrhage, a tumour, or hydrocephalus. PET scans are a type of x-ray that is used. These can reveal patterns of brain activity as well as whether amyloid or tau protein, both of which are markers of Alzheimer's disease, has accumulated in the brain.

▶ **Laboratory Tests**

Physical disorders that can impact brain function, such as vitamin B-12 insufficiency or an underactive thyroid gland, can be detected with simple blood tests. Infection, inflammation, and signs of various degenerative disorders are sometimes looked for in the spinal fluid.

Psychiatric Evaluation

A mental health expert can assess whether your symptoms are caused by depression or another mental health problem.

Understanding Dementia at the Medical Concept (Contd.)

▶ **TREATMENT**

▶ **Medications**

- ▶ 1) Cholinesterase inhibitors
- ▶ 2) Memantine
- ▶ 3) Other medications

▶ **THERAPIES**

- ▶ 1) Occupational therapy
- ▶ 2) Modifying the environment
- ▶ 3) Simplifying tasks

▶ Lifestyle and Home Remedies

▶ Alternative medicine (Art, Music, Aroma, Massage Therapy)

▶ Coping and Support (Care and Support by family or Individual)

Caring Dementia in Family & Community

▶ **Role of Family:-**

The impact of family carers of people living with dementia on caregivers' health and well-being, Family caregiving is more intensive, complex, and long-term than it has been in the past, and carers are rarely well prepared for their roles.

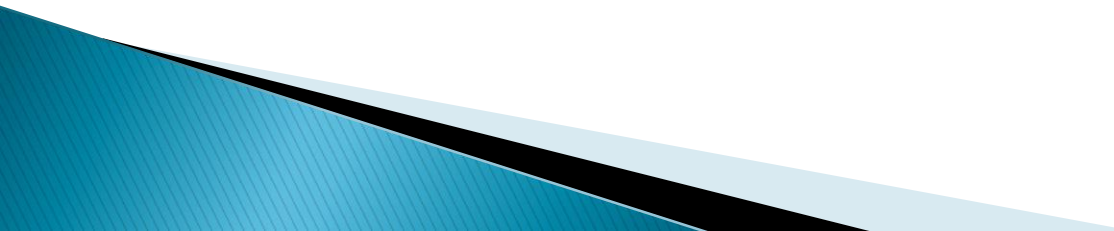
▶ **Role of Community:-**

The delicate balance between cost-efficiency and user preferences, as well as safety and independence, is the emphasis of community care. The wishes of older individuals with dementia to receive care in their own homes should be prioritised in care planning and reflected in all policies. The preferences of informal carers, most of whom are women, are also essential; their support requirements and wellbeing play a large role in the indirect costs of community care. In fact, caring for people with early to moderate dementia at home is less expensive than institutional care, however this may change as the disease develops. Care at home may be necessary at some point during the disease's progression.

Fostering Resilience in Dementia

The ability to adapt well in the face of severe causes of stress, such as Alzheimer's disease pathology, other neurodegenerative disorders, or biological ageing, is known as brain resilience. The ability to adapt well in the face of severe causes of stress, such as the pathology of Alzheimer's disease, other neurodegenerative disorders, or biological ageing, is known as brain resilience. The "Resilience in Dementia" thematic series consists of nine articles that cover a wide range of topics, including concepts related to resilience (e.g. brain reserve, cognitive reserve, and brain maintenance), underlying mechanisms (e.g. left frontal cortex functional connectivity), and disease trajectories (e.g. rates of progression to dementia).

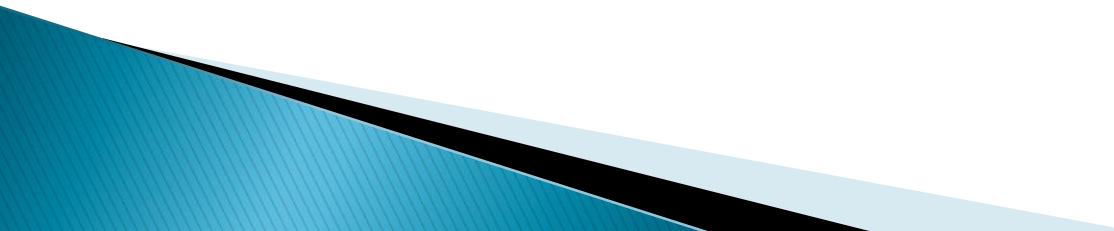
Fostering Hope in Dementia

- ▶ When trying to retain a sense of normalcy and establishing cognitive, social, and behavioural methods to increase confidence in early-stage dementia, hope is essential. Maintaining hope, assisting others, and being part of a supportive social network can all help with daily adaptability and self-concept preservation. The literature was studied using Walker and Avant's concept analysis method to investigate hope in early-stage dementia and to uncover the dynamics and components of the hope experience.
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Objectives of the study

- This study came up with a definition for Resilience and Hope, as well as to figure out what elements contribute to people's resilience and how resilience influences their relationships and well-being.
- These studies will look into the notion of resilience and hope in dementia for both the care recipient and the caregiver, as well as the dynamics and components of their hope experiences.
- This article intended to provide a theory and knowledge of resilience and hope between individuals with dementia living in family and community by reviewing resilience among family members and friends supporting and caring for a person living with dementia as how tenacious family caregivers and friends may be when it comes to supporting and caring for someone with dementia.
- It's a comprehensive literature review on resilience in dementia patients and caregivers, with the goal of better understanding the factors that promote resilience and hope, as well as the extent to which the viewpoint is maintained.

Conclusion

- ▶ The study suggests that people with dementia and their caregivers use resources to maintain their resilience and hope; however, this perspective has been overlooked in previous studies. Positive relationships between social support and resilience, as well as community integration and resource utilisation, were discovered and investigated considering the greater body of literature, as well as their implications for future research. The existing evidence on the influence of resilience and hope on family caregivers of people living with dementia is compiled in this comprehensive study.
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▶ THANK YOU VERY MUCH YOU ALL

