

## Alzheimer's Disease Ads

- ▶ [Elderly Dementia](#)
- ▶ [Dementia Assisted Living](#)
- ▶ [Elderly Dementia Care](#)
- ▶ [Vascular Dementia Stages](#)
- ▶ [Alzheimers Disease](#)

## Alzheimer's Disease

- ▶ [All Answers](#)

## Answers by Expert:

- ▶ [Mary Gordon](#)
- ▶ [Paula Damgaard](#)
- ▶ [Michalene Peticca](#)
- ▶ [Cindy Keith, RN, BS, Certified Dementia Practitioner](#)
- ▶ [Alanna Shaikh](#)

- ▶ [Ask Experts](#)
- ▶ [Volunteer](#)

## Cindy Keith, RN, BS, Certified Dementia Practitioner

## Expertise

As a nurse and dementia consultant, I can answer most questions on all types of dementia. If I cannot answer your question, I will attempt to find someone who can. My passion is to help caregivers of people with dementia, which in turn helps all those wonderful elders with dementia live better lives. When caregivers are better educated, they are able to better care for themselves and their loved ones, so education is key to decreased stress levels and healthier, happier families.

## Experience

I have worked as a nurse in various disciplines of nursing for over 20 years, most of which was with the elderly. I was a health care coordinator in a dementia dedicated assisted living facility for 4 years before I started my

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You are here: [Home](#) > [People/Relationships](#) > [Senior Health](#) > [Alzheimer's Disease](#) > Multi-infarct Dementia

## Alzheimer's Disease / Multi-infarct Dementia

Expert: [Cindy Keith, RN, BS, Certified Dementia Practitioner](#) - 4/19/2012

## Question

My mother, 97, has multi-infarct dementia for last 1.5 years. She also has Diabetes which is managed with one tablet of Diamicon MR everyday.

Initially, she was administered Piracetam (800mg thrice daily) with Donamem 10mg for 6 monmths, Subsequently, Piracetam and Donamem were discontinued and replaced by Donep-10. Recently, she had to be hospitalized due to Hypoglycemia. On discharge, Donep-10 too has been discontinued.

Physically, she is frail, does not move by herself. We make her sit in a chair during day and eat food with her own hand. She cannot recognize us, does not even remember anything she does 5 minutes earlier. However, she can make out our instructions for eating food and washing hands.

Apart from above medicines, she is being given Neurobian Forte, Macalvit, Becadexamin and Ecosprin-75 regularly. She has been given Albumin and Hermin once recently. 3 Injections of Decadurabolin 25 have also been given over last 6 months.

After her recent discharge from hospital, she has become less responsive to our instructions. It needs a lot of talking (we get irritated often) to make her eat food. A number of times we feed her with a spoon and she spits. When we give water to drink, she goes blank halfway and cannot swallow it.

Please advise if we should start the discontinued medicines again? Or, is there another way to manage her strange behaviour?

Get the answer below

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## Answer

Hello Surya: I'm sorry to hear about your mother's increasing dementia. I cannot adequately address the issues with all of the medications since I am not a physician, so please pursue answers to those questions from a physician.

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own business (M.I.N.D. in Memory Care) as a dementia consultant six years ago. As a dementia consultant, I help families nationwide through phone conference calls as they struggle to care for their loved ones with dementia.

#### Organizations

Alzheimer's Foundation of America  
Geriatric Interest Network  
Sigma Theta Tau International

#### Publications

Published "Love, Laughter, & Mayhem - Caregiver Survival Manual For Living With A Person With Dementia" which is a collection of stories about people with dementia I have known, loved and worked with. Every story has a lesson to teach and this book gently teaches family caregivers lessons about how to better care for their loved one, as well as themselves during their caregiving journey.  
Published "Love, Laughter, & Mayhem In Eldercare Facilities: The Master Key For Dementia Training" Created "Bringing Nurturing To Memory Care" staff dementia training video  
Created Ebook: "Hair Stylist's Helpful Tips For Working With People With Alzheimer's & Other Dementias"

#### Education/Credentials

Registered Nurse with Bachelor's degree in Nursing; Certified Dementia Practitioner; Author of 2 books and an ebook

#### Awards and Honors

Sigma Theta Tau National Honor Society of Nursing

I would, however, like to address the issues you are having with how she is reacting when you feed her. Please realize that her brain has been damaged and cannot recover. This damage is progressive so it will worsen with time and with every new stroke. She does not recognize you because that area of her brain is one of those now damaged. She cannot take care of herself for that same reason. When you become irritated with her, there is no way she can understand why this person is upset and trying to force her to do something she doesn't really want to do--and so she reacts in the only way she can which is to spit the food out. Feeding her favorite foods, probably mashed or pureed is now called for. Realize that she will mirror your moods. If you're upset, angry or irritated, she will read your body language and recognize that and since she will have no idea why you're that way (nor can you explain it to her), she will become upset as well. Think about how you would go about feeding an infant. They too, will spit out foods they dislike, and they too, will become upset if you are upset.

I urge you and your family to try to interact with her in a loving, gentle way with a smile on your faces every time. See if that helps her decide to eat and drink. Also, know that as the damage progresses, her brain may forget how to swallow, or that next stroke will affect those swallowing muscles.

Your mother is near the end of her journey through dementia and is in need of gentle, loving care much like an infant. I hope you and your family will make her remaining time safe and comfortable. Playing her favorite music, gentle massage of her hands or feet, exposing her to things she used to love such as pets, children or flowers will all help her remain calm and more cooperative.

I wish you much luck Surya as you continue to care for your dear mother. Cindy

#### Questioner's Rating

Rating(1-10)	Knowledgeability = 10	Clarity of Response = 10	Politeness = 10
Comment	No Comment		

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# AllExperts

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