



CARE DAILY

Winter/Spring 2011

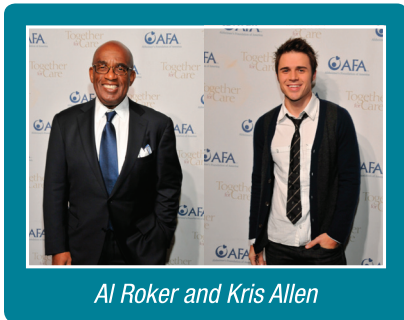
Official Newsletter of Dementia Care Professionals of America
A branch of the Alzheimer's Foundation of America

AFA's "Together for Care" Telethon Raises Awareness And Highlights Community Service Providers

The Alzheimer's Foundation of America (AFA) on December 4 presented its inaugural "Together for Care" telethon to raise unprecedented awareness of Alzheimer's disease and to highlight information and resources available to individuals with Alzheimer's disease and related illnesses, and their caregivers.

Leading media personalities and celebrities rallied around the cause in this historic TV event, which aired on local NBC stations in major markets and was telecast online.

"With this telethon, the Alzheimer's Foundation of



Al Roker and Kris Allen

America has successfully begun to change the face of Alzheimer's disease," said Eric J. Hall, AFA's president and CEO. "Our message that it is time to lift the veil off Alzheimer's disease has struck a chord with people

across the country. They've been reaching out to AFA for help and donating to support the cause—and they have been infused with a new sense of hope."

Al Roker of the "Today" show served as host, and actor Hector Elizondo, AFA's honorary celebrity chairman, helped to educate the public about the disease that took his mother's life. The event included musical performances by Kris Allen, winner of American Idol's eighth season;

Fast Fact

DCPA now has more than **5,500** members in the United States and several foreign countries!

Tune In

Friday, March 25 1:00 p.m. (Eastern)

DCPA's LIVE AUDIO WEBCAST
"Communication Skills and Activity Planning for Individuals with Dementia"

Sylvia Nissenboim, LCSW, an author, national speaker and consultant, will explore how healthcare professionals can enhance their skills and improve interactions with individuals with dementia.



To register for the live session or to hear an archived session afterward, visit www.careprofessionals.org.

country music artist Brett Eldridge who performed his single about Alzheimer's disease; Shontelle, who sang her Billboard hit, "Impossible"; and the legendary ladies of Wilson Phillips.

Intended to educate the public about all aspects of Alzheimer's disease and put a face to the disorder, the telethon included emotion-filled segments that profiled families living with loved ones with late onset Alzheimer's disease as well as the rarer young onset Alzheimer's disease.

Besides featuring family caregivers, the telethon also highlighted the role of professional caregivers in a taped segment that showcased several organizations that offer day programs or assisted living.

In the segment, one family member whose loved one attends Caring Days in Tuscaloosa, AL noted: "I know that she is given care and love during the daytime and that helps me more than I can tell you."

In addition, among the AFA programs highlighted by celebrity presenters during the telethon were AFA's training program for dementia care professionals and grants to community organizations.

To watch the AFA "Together for Care" Telethon online, visit www.alzfdn.org.



DCPA Names 2010 'Dementia Care Professional of the Year'



Left to right: Barbara Auten, Julie Brewer and Dana Territo

Julie Brewer, program coordinator at the Alzheimer's Services of the Capital Area of Baton Rouge, LA, was named DCPA's 2010 Dementia Care Professional of the Year.

The award recognizes an outstanding individual each year who demonstrates compassion, professional excellence in care and a dedicated commitment to individuals diagnosed with Alzheimer's disease or a related dementia.

"Julie performs her duties with not only loving dedication but with almost obsessive dedication," said Dana Territo, the director of Alzheimer's Services of the Capital Area and the one who nominated the award recipient.

Among her many accomplishments, Brewer completed DCPA training to become an AFA Qualified Dementia Care Provider, has taught an Alzheimer's disease course called "Sharing the Journey" to family caregivers, continues to oversee and manage about 10 support groups, and manages the agency's Education Committee and Emergency Preparedness Committee. Further, she collaborated with Louisiana State University to create an "Emergency Preparedness Manual for Dementia Care."

With all of these responsibilities, of most notable mention is that Brewer herself is a caregiver-- caring for her father, who is diagnosed with a form of dementia.

Alzheimer's Services honored Brewer at a celebratory gathering, at which Barbara Auten, the agency's executive director, presented her with the award from DCPA.

DCPA Developments

Care Connection Teleconference Earns DCPA Renewal Credit

To meet the growing needs of the dementia community, AFA recently updated its free, educational teleconference service to encourage professionals caring for individuals with Alzheimer's disease or a related illness to take advantage of its expert presentations and support network.

The educational teleconference, called Care Connection, now includes presentations about dementia that will interest both family and professional caregivers. Under the new format, Care Connection will occur on the second Thursday of each month at 1 p.m. Eastern Time and can link up to 150 caregivers from anywhere in the country for a one-hour session.

Professional caregivers can participate in Care Connection and keep up to date with the latest interventions to help care for clients. For those professionals qualified by DCPA, each session will count as one hour of training toward credits required to renew their DCPA status.

To participate in the teleconference, caregivers can call in toll-free at 877-232-2992 and enter guest identification number 271004#. To receive continuing education credit, DCPA members can e-mail info@careprofessionals.org with the name of the teleconference they attended.

For a calendar of upcoming Care Connection topics and to listen to archived sessions, visit www.alzfdn.org.

DCPA Trains and Welcomes Nursing Students

In a first for DCPA, the organization brought its training program into a nursing school to educate an entire class about dementia care.

On February 10, DCPA provided the training program to 160 undergraduate and graduate nursing students at The City University of New York's Hunter-Bellevue School of Nursing. Led by Christine Valentin, director of DCPA, the workshop utilized the DVD-based program and included class discussion.

It was available at no cost as part of a grant awarded to AFA by the New York State Department of Health, Division of Chronic Disease Prevention and Adult Health. All 160 students passed the exam and earned the status of AFA Qualified Dementia Care Providers.

"The students loved it and learned a lot," said Catherine D'Amico, Ph.D., director of undergraduate nursing programs at Hunter-Bellevue. "I hope [AFA] will get a continuation grant to do it again next year."



DCPA Qualification Renewal

In order to retain your status as an AFA Qualified Dementia Care Provider or AFA Qualified Dementia Care Specialist, you must renew your qualification every two years. Renewal requires a total of four hours of continuing education every two years. *Successful completion of each Care Daily quiz offers one credit hour, unless otherwise stated.* Additionally a 30-minute period of relevant coursework, training, in-service education or seminar is worth 0.5 credit hours. DCPA recommends that you record dates, times and descriptions of programs and quizzes to help complete the renewal process. You can apply for renewal on our Web site. DCPA will mail renewal materials to you three months prior to renewal dates.

The Different Causes of Dementia

Dementia is not a specific disease; it is a term that refers to a collection of symptoms that can be caused by many different disorders and malfunctions of the brain. Dementia is defined as a significant impairment of intellectual functioning, which impacts normal activities. The most common forms of dementia are Alzheimer's disease, vascular dementia and dementia with Lewy bodies. Common symptoms of dementia can include the inability for an individual to problem solve, poor memory, lack of emotional control, personality changes, mood swings, delusions and hallucinations. There also can be a loss of language skills, impaired judgment and faulty reasoning.

Dementia can be caused by many different medical conditions. One common medical condition is Alzheimer's disease. Alzheimer's disease is a progressive, degenerative disorder that attacks the brain's nerve cells, resulting in loss of memory, thinking and language skills, and behavioral changes. Dementia caused by Alzheimer's disease is incurable and accounts for about 60 percent of all dementia cases.

Other medical conditions like vitamin deficiencies or hormonal problems can also cause dementia but are generally treatable. Having an understanding of the different causes of dementia can prove beneficial in enhancing the care provided to and received by individuals with dementia and their families. Below, are a few more medical conditions that are known to cause dementia.

Reaction to certain medications – Particular medications, like pain and sleeping medications, can cause side effects that mimic dementia symptoms in individuals, especially older adults. Such responses can be from just one medication but often are related to multiple drugs interacting. Changes can occur suddenly or may develop over time.

Metabolic problems – Thyroid problems, hypoglycemia and excessive or minimal intake of calcium or sodium can mimic dementia-like symptoms. Thyroid problems, specifically, can lead to apathy, depression or dementia. Hypoglycemia (low blood sugar) can cause confusion or personality changes while high or low calcium/sodium intake can result in depression and irritability.

Nutritional deficiencies – Deficiencies in vitamins B1, B6 and B12 can impair a person's mental abilities, cause a neurological illness and can mimic dementia, respectively. Dehydration

is also known to cause a mental impairment that resembles dementia.

Infections – Infections like meningitis and encephalitis can cause neurological symptoms like confusion, delirium, impaired judgment and/or memory loss.

Subdural hematomas – Dementia-like symptoms can be present in a person who has subdural hematomas (bleeding between the brain and its outer covering). Such bleeding in older individuals generally result from a recent fall and injury to the head.

Poisoning – Exposure to lead, heavy metals and other poisonous substances may result in dementia like symptoms. Some of these conditions, if caught early enough, can be treated. In cases of substance abuse and/or long term alcohol use, symptoms of dementia can occur either during use or long after cessation.

Brain Tumors – Although rare, individuals with brain tumors can develop dementia because of the damage the tumor does to the brain as it grows.

Anoxia – Anoxia or hypoxia (interchangeably used) describes a diminished supply of oxygen to the brain, which can be caused by many differing conditions ranging from high altitude exposure to coma. During the recovery phase, individuals can experience neurological and psychological abnormalities like dementia or psychosis.

Heart and lung disease – In much the same way as described above, a brain that does not have a consistent and adequate supply of oxygen, due to chronic lung disease or cardiac insufficiency, may lead to symptoms of dementia.

Besides advising family caregivers about the conditions mentioned above, sharing this knowledge with other professionals, friends and co-workers can ultimately enhance the care individuals with dementia receive. Knowing that certain dementia-like symptoms are treatable can also cause an individual and his or her family, to become proactive and seek treatment. This can ultimately lead to a better quality of life for everyone involved.

*Adapted from "Dementia: Hope Through Research"
prepared by the National Institute of Neurological Disorders and Strokes.*



The Different Causes of Dementia Test Questions

Circle the best answer for each question.

According to this article:

- Dementia**
 - Can be caused by different medical conditions
 - Causes a significant impairment of intellectual functioning
 - Is a collection of symptoms
 - All of the above
- Common symptoms of dementia include all of the following, except**
 - Personality changes
 - Poor memory
 - Decreased appetite
 - Agitation
- Hypoglycemia, thyroid problems and high/low intake of _____ and _____ can cause dementia-like symptoms.**
 - Carbohydrates and sodium
 - Caffeine and calcium
 - Calcium and sodium
 - Alcohol and nicotine
- Besides vitamin deficiencies, what other nutritional deficiency can result in dementia-like symptoms?**
 - Dehydration
 - Potassium
 - Iron
 - Folic Acid
- Substances like _____ may result in dementia-like symptoms**
 - Heavy metal
 - Alcohol
 - Lead
 - All of the above
- Alzheimer's disease is**
 - A type of dementia
 - A non-degenerative disease
 - Incurable
 - Both A and C

- Dementia-like symptoms can be caused by side effects from**
 - Taking one medication
 - Taking multiple medications
 - Both A and B
 - Medications can not cause dementia-like symptoms
- _____ describes a diminished supply of oxygen that can be caused by conditions like high altitude exposure or coma.**
 - Stroke
 - Anoxia
 - Vascular dementia
 - Apraxia
- Individuals with dementia can also experience**
 - Impaired judgment
 - Loss of language skills
 - Faulty reasoning
 - All of the above
- Infections like _____ and _____ can cause neurological symptoms like confusion, delirium, impaired judgment and/or memory loss.**
 - Tonsillitis and sinusitis
 - Meningitis and encephalitis
 - Lyme disease and strep throat
 - None of the above

Quiz Answer Form: Winter/Spring 2011

NAME _____

ADDRESS _____

E-MAIL _____

For DCPA qualification renewal, mail the completed page to:
Alzheimer's Foundation of America
Attn: DCPA
322 Eighth Avenue, 7th floor
New York, NY 10001



AFA Upcoming Events

For more information, call 866-232-8484

March 14

Free Training for New York Support Group Leaders
9:30 a.m. - 4:30 p.m. ~ Brooklyn, NY

March 23

Free Training for Respite Care Workers
9:00 a.m. - 5:00 p.m. ~ New York, NY

April 14*

Care Connection : "Love, Laughter & Mayhem:
Strategies for Caregiving"
Guest Speaker – Cindy Keith, RN, BS, author and
certified dementia practitioner, M.I.N.D. in Memory
Care, State College, PA 1:00 p.m. (Eastern)

* Remember, Care Connection now counts as
earned DCPA credit for renewal purposes.

Also, for a limited time, receive a
FREE DCPA TOTE BAG when you
renew your DCPA membership.



We want to hear from you!

Have you noticed an improvement in your
job performance as a result of taking the
DCPA training?

Has the DCPA training enhanced your
interaction with individuals who have
Alzheimer's disease or other related
dementias?

If so, please contact us and tell us about
your experience. Call us at 866-232-8484
or e-mail us at info@careprofessionals.org.

Get in on It! Opportunities for Healthcare Pros

Do you want to further your career?

Check out these opportunities:

- Memory Screeners and Screening Sites. Qualified health-care professionals are invited to sign up to administer free memory screenings or host a screening site for AFA's 9th Annual National Memory Screening Day on Tuesday, November 15. AFA provides all the necessary tools—at no cost—to seamlessly and effectively carry out the memory screenings. Call 866-232-8484 or e-mail info@nationalmemoryscreening.org.
- Job Board. DCPA's Web site posts industry-related job positions, and DCPA members can post their resumes at no cost on the job board. Visit www.careprofessionals.org.
- AFA E-Store. AFA has expanded product offerings in its online store that can further your knowledge of dementia care. Products include books, educational DVDs and the Virtual Dementia Tour. Visit www.alzfdn.org.

"We're There for Memory Care" Together We Can Make a Difference



Dementia Care Professionals of America
is a division of the Alzheimer's
Foundation of America, and
offers membership, training,
qualification and other benefits
to healthcare professionals
involved in dementia care.

Check out DCPA on **facebook**

