

# Dementia Sensitivity Training

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*Miami Jewish Health,  
Dementia Care & Cure Initiative Task Force*

Provided by the Florida Department of Elder Affairs in partnership with  
*Miami Jewish Health Memory & Research Center and Alliance for Aging*



# Learning Objectives

- To gain a better understanding of Alzheimer's disease and related dementias;
- To increase awareness of common behavioral symptoms associated with dementia;
- To equip individuals to communicate effectively with persons with dementia; and
- To present local resources available to assist those with dementia, their families, and caregivers.



# DEMENTIA CARE & CURE INITIATIVE

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FLORIDA DEPARTMENT OF ELDER AFFAIRS

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**Developing Dementia-Caring Communities Across Florida**



# The Dementia Care and Cure Initiative (DCCI)

## Goals:

- Increase awareness of dementia and of services and supports for those with dementia, their families, and caregivers.
- Provide assistance to dementia-caring communities.
- Continue advocacy for care and cure programs.

# Participating DCCI Communities



# Your Dementia-Caring Community



# Alzheimer's Statistics

- Alzheimer's disease is the 6<sup>th</sup> leading cause of death across all ages in the United States.
- Florida has the second highest incidence rate of Alzheimer's Disease in the nation – only behind California.
- There are approximately 580,000 individuals currently living with Alzheimer's Disease in Florida
- By 2025, it is estimated 720,000 individuals will be living with Alzheimer's disease in Florida.
- There are approximately 1,151,000 unpaid caregivers in Florida that care for loved ones with Alzheimer's disease or a related dementia.
- 70% of individuals with dementia live in their homes.
- 14% of individuals Alzheimer's disease live alone.
- **63,572 individuals 65+ are living with Alzheimer's disease in Miami-Dade.**



# Dementia: An Umbrella Term

## 3 FRONTOTEMPORAL DEMENTIA

The frontal lobes of the brain that control behavior, personality, insight, judgment, and mood are affected first. Over time, memory, language, and other abilities may also be affected. FTD can include several dementias like Pick's disease, Semantic dementia, and Primary Progressive Aphasia.

## 2 ALZHEIMER'S DISEASE

Consistent and progressive decline in short-term memory. Interferes with daily activities and executive skills (problem solving, judgment, and insight). Alzheimer's disease is the most common form of dementia.

## 1 PARKINSON'S DISEASE

Initially characterized by difficulty in movement, rigidity (stiffness), lack of facial expression, and tremors. In late PD, substantial memory loss may occur.

## 4 VASCULAR DEMENTIA

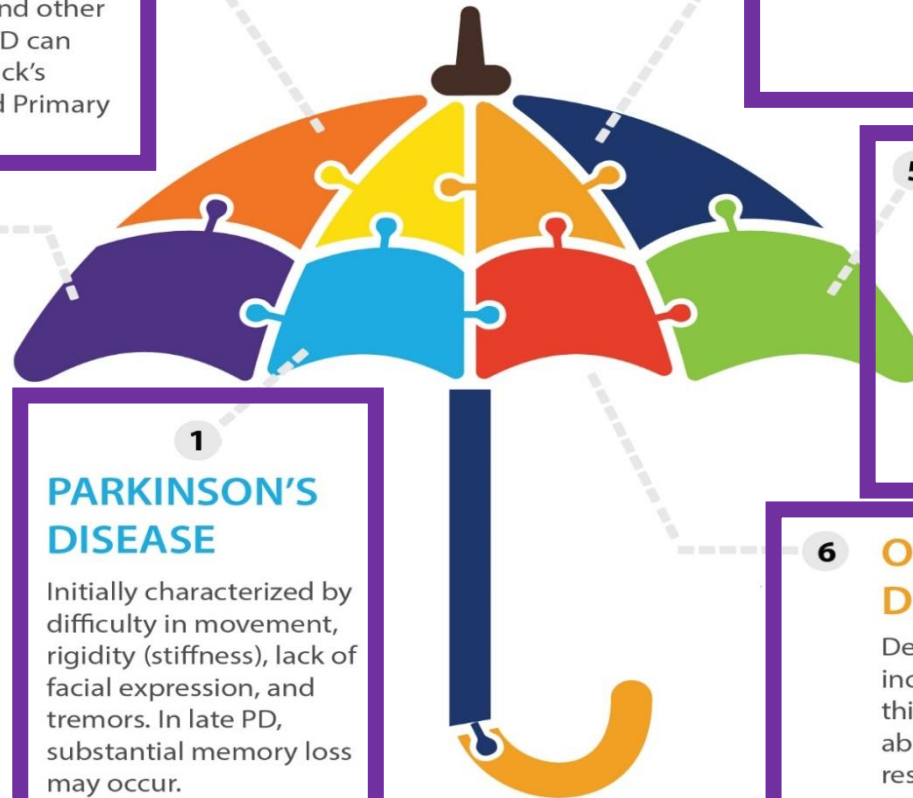
A decline in global cognitive ability due to a reduced blood supply to the brain, often caused by a stroke. Depending on the stroke activity, there may also be physical changes. This is the second most common form of dementia.

## 5 DEMENTIA WITH LEWY BODIES

Initially characterized by symptoms that mirror Parkinson's disease such as difficulty moving, rigidity, and tremors. Other primary symptoms may also include sleep disturbances, hallucinations, and fluctuations and difficulty with visual spatial skills.

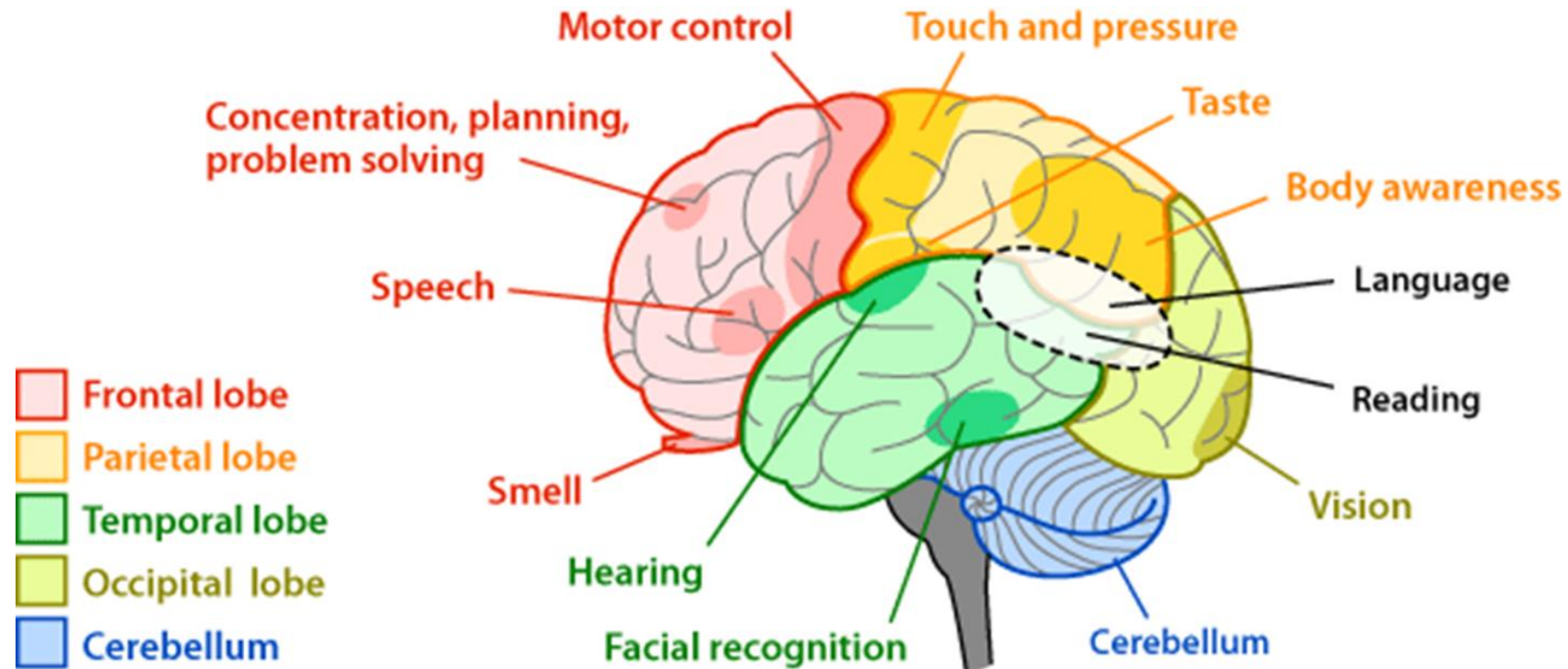
## 6 OTHER DEMENTIAS

Dementia describes a cascade of symptoms including progressive decline in memory and thinking, as well as marked changes in physical abilities like language and communication, resulting in changes in roles, responsibilities, and personality. While most dementias are irreversible, there are pseudodementias which can be reversed.





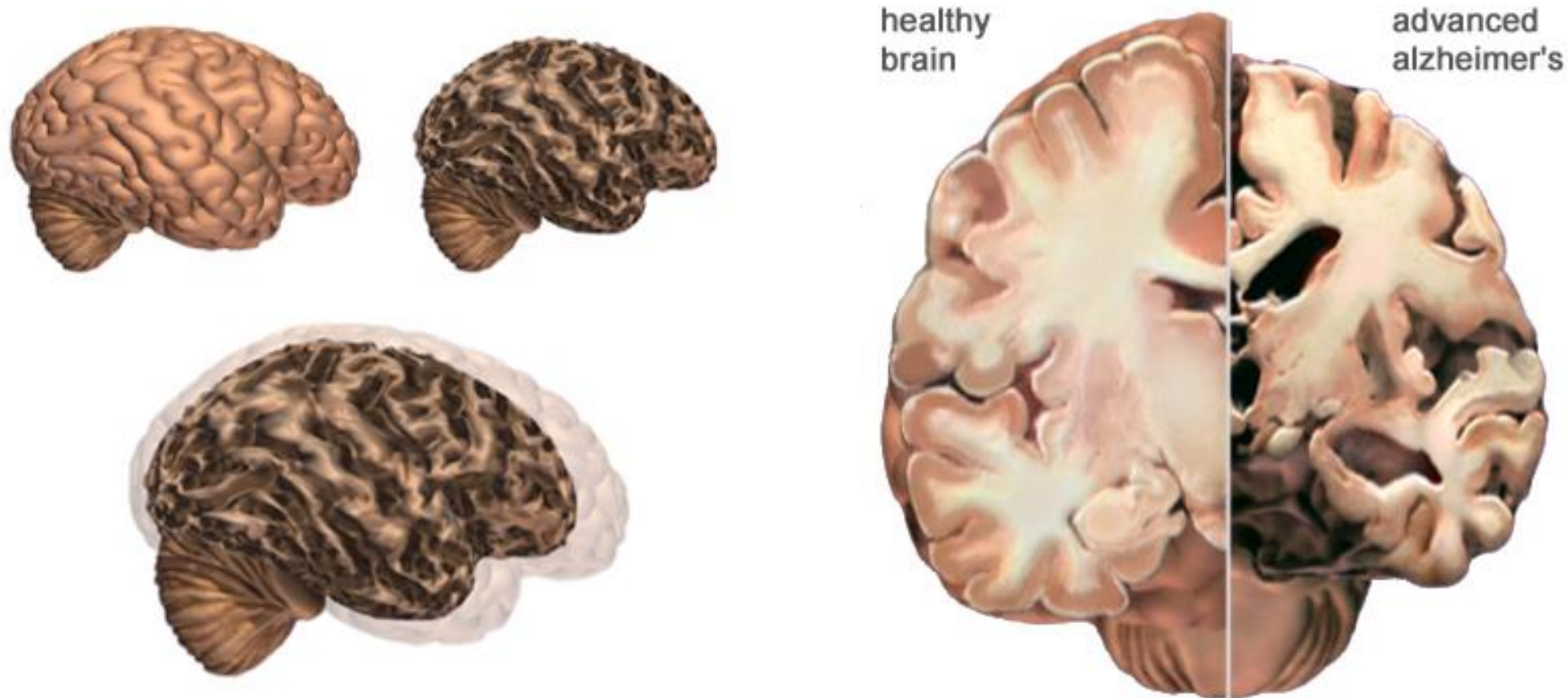
# Brain Function



Source: NIH, Alzheimer's Disease Education and Referral Center

# The Brain with Alzheimer's Disease

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Source: Alzheimer's Association, 2016

# 10 Early Signs and Symptoms of Dementia

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1. Memory loss that disrupts daily life
2. Changes in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things or losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood and personality

Source: Alzheimer's Association, 2016

# Changes in Communication Due to Dementia

- Difficulty finding the right words
- Using familiar words repeatedly
- Easily losing train of thought
- Difficulty organizing words logically
- Reverts to speaking native language
- Speaks less often
- Relies on gestures more than speaking

Source: Communication: Tips for successful communication at all stages of Alzheimer's disease, Alzheimer's Association, 2016

# Response to Behavior

## TALK Tactics

Take it slow

Ask simple questions

Limit reality checks

Keep eye contact

Source: Quick Tips for First Responders, Alzheimer's Association, 2014

# Best Ways to Communicate

- Identify yourself
- Call the person by name
- Use short, simple words and sentences
- Speak slowly and distinctively
- Patiently wait for a response
- Give visual clues
- Write things down
- Convey an easygoing manner

Source: <http://www.alz.org/care/dementia-communication-tips.asp#best>, Alzheimer's Association, 2016



# Wandering

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- 6 in 10 people with dementia will wander at some point – whether by foot, car, or public transportation.

## **What should you do?**

- Personally identify yourself
- Stay calm, move and talk slowly, reassure safety.
- Try to get identifying information. Check to see if the person has a personal identification on them or a medical bracelet/necklace
- Call 911

# Wandering



Florida Silver Alert



Medical ID Jewelry



## Scent Preservation Kit®

Each Scent Kit Includes:

- Specialized Jar
- Sterile Gauze Pad
- Label
- Tamper Proof Tape
- Detailed Instructions

Scent Preservation Kit®

# MEMORY DISORDER CLINIC LOCATIONS

## 1 West Florida Hospital

2120 E. Johnson Ave., Ste. 101  
Pensacola, FL 32514  
(850) 494-6490

## 2 Tallahassee Memorial

1401 Centerville Rd., Ste. 504  
Tallahassee, FL 32308  
(850) 431-5037

## 3 Mayo Clinic Jacksonville

4500 San Pablo Rd.  
Jacksonville, FL 32224  
(904) 953-2677

## 4 University of Florida

3009 SW Williston Rd.  
Gainesville, FL 32608  
(352) 294-5400

## 5 Orlando Health Center for Aging

32 West Gore Street  
Orlando, FL 32806  
(321) 841-9700

## 5 AdventHealth Orlando

601 E Rollins Street  
Orlando, FL 32803  
(407) 392-9237

## 6 Health First

3661 S Babcock St.  
Melbourne, FL 32901  
(321) 434-7612

## 7 Morton Plant

430 Morton Plant St., Ste. 401  
Clearwater, FL 33756  
(727) 298-6025

## 8 University of South Florida

3515 E Fletcher Ave.  
Tampa, FL 33613  
(813) 974-3100

## 9 St. Mary's Medical Center

901 Village Blvd., Ste. 702  
West Palm Beach, FL 33409  
(561) 990-2135  
8756 Boynton Beach Blvd., Ste. 2500  
Boynton Beach, FL 33472  
(561) 990-2135

## 9 Florida Atlantic University

777 Glades Rd., Bldg. AZ-79  
Boca Raton, FL 33431  
(561) 297-0502

## 10 Sarasota Memorial

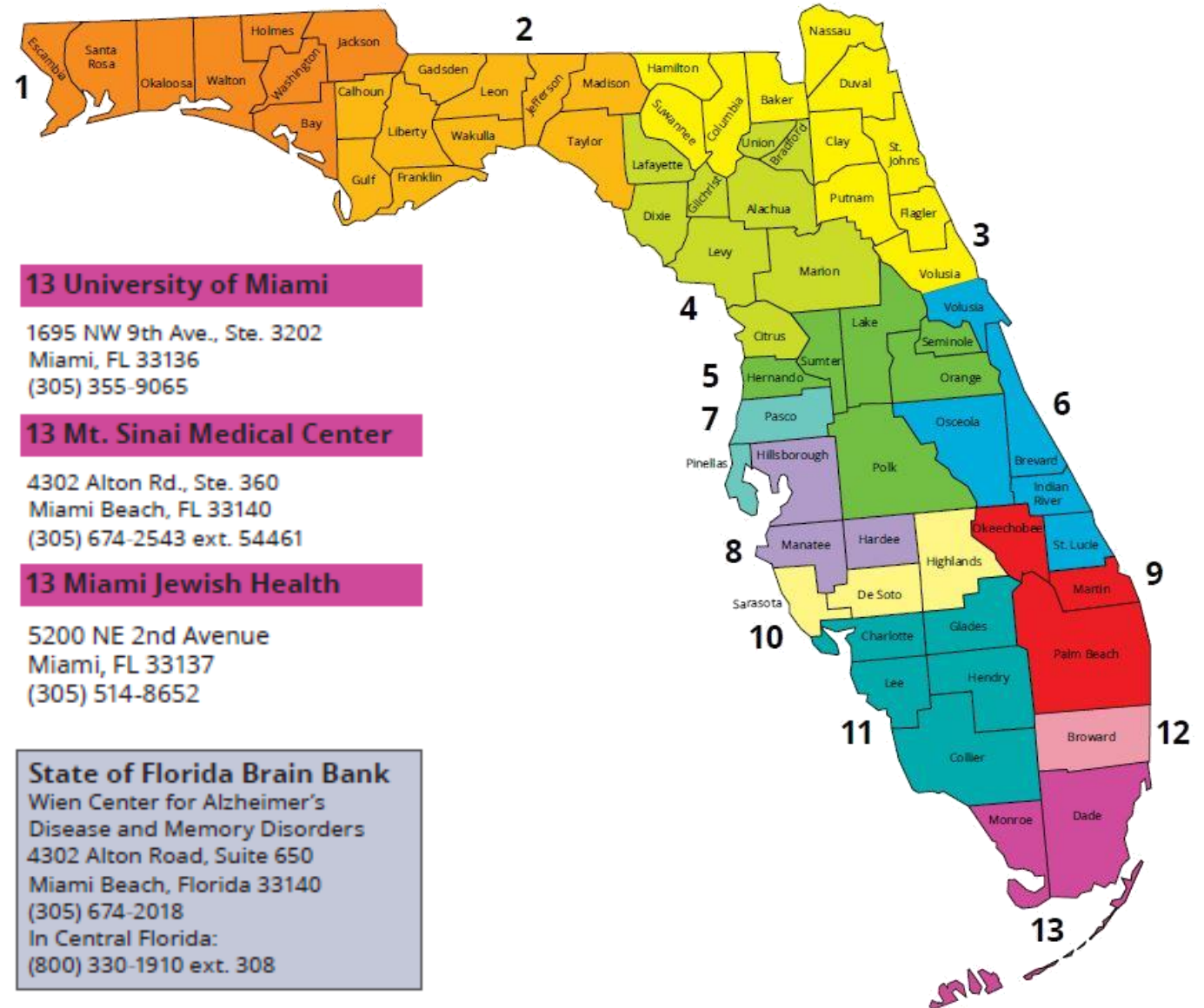
1515 S Osprey Ave., Ste. A-1  
Sarasota, FL 34239  
(941) 917-7197

## 11 Lee Memorial

12600 Creekside Ln., Ste. 7  
Fort Myers, FL 33919  
(239) 343-9220

## 12 Broward Health North

201 E Sample Rd.  
Deerfield Beach, FL 33064  
(954) 786-7392



## 13 University of Miami

1695 NW 9th Ave., Ste. 3202  
Miami, FL 33136  
(305) 355-9065

## 13 Mt. Sinai Medical Center

4302 Alton Rd., Ste. 360  
Miami Beach, FL 33140  
(305) 674-2543 ext. 54461

## 13 Miami Jewish Health

5200 NE 2nd Avenue  
Miami, FL 33137  
(305) 514-8652

## State of Florida Brain Bank

Wien Center for Alzheimer's  
Disease and Memory Disorders  
4302 Alton Road, Suite 650  
Miami Beach, Florida 33140  
(305) 674-2018  
In Central Florida:  
(800) 330-1910 ext. 308

# AREA AGENCIES ON AGING

PSA - Planning and Service Area

## 1 PSA 1

Northwest Florida Area  
Agency on Aging, Inc.  
5090 Commerce Park Cir.  
Pensacola, FL 32505  
(850) 494-7101  
[www.nwflaaa.org](http://www.nwflaaa.org)

## 2 PSA 2

Advantage Aging Solutions  
2414 Mahan Dr.  
Tallahassee, FL 32308  
(850) 488-0055  
[www.aanf.org](http://www.aanf.org)

## 3 PSA 3

Elder Options  
100 S.W. 75th St., Ste. 301  
Gainesville, FL 32607  
(352) 378-6649  
[www.agingresources.org](http://www.agingresources.org)

## 4 PSA 4

ElderSource, The Area Agency  
on Aging of Northeast Florida  
10688 Old St. Augustine Rd.  
Jacksonville, FL 32257  
(904) 391-6600  
[www.myeldersource.org](http://www.myeldersource.org)

## 5 PSA 5

Area Agency on Aging of  
Pasco-Pinellas, Inc.  
9549 Koger Blvd.  
Gadsden Bldg., Ste. 100  
St. Petersburg, FL 33702  
(727) 570-9696  
[www.agingcarefl.org](http://www.agingcarefl.org)

## 6 PSA 6

Senior Connection Center, Inc.  
8928 Brittany Way  
Tampa, FL 33619  
(813) 740-3888  
[www.seniorconnectioncenter.org](http://www.seniorconnectioncenter.org)

## 7 PSA 7

Senior Resource Alliance  
3319 Maguire Blvd., Ste. 100  
Orlando, FL 32803  
(407) 514-1800  
[www.seniorresourcealliance.org](http://www.seniorresourcealliance.org)

## 8 PSA 8

Area Agency on Aging for  
Southwest Florida, Inc.  
15201 N. Cleveland Ave., Ste. 1100  
North Fort Myers, FL 33903  
(239) 652-6900  
[www.aaswfl.org](http://www.aaswfl.org)

## 9 PSA 9

Area Agency on Aging of Palm  
Beach/Treasure Coast, Inc.  
4400 N. Congress Ave.  
West Palm Beach, FL 33407  
(561) 684-5885  
[www.youragingresourcecenter.org](http://www.youragingresourcecenter.org)

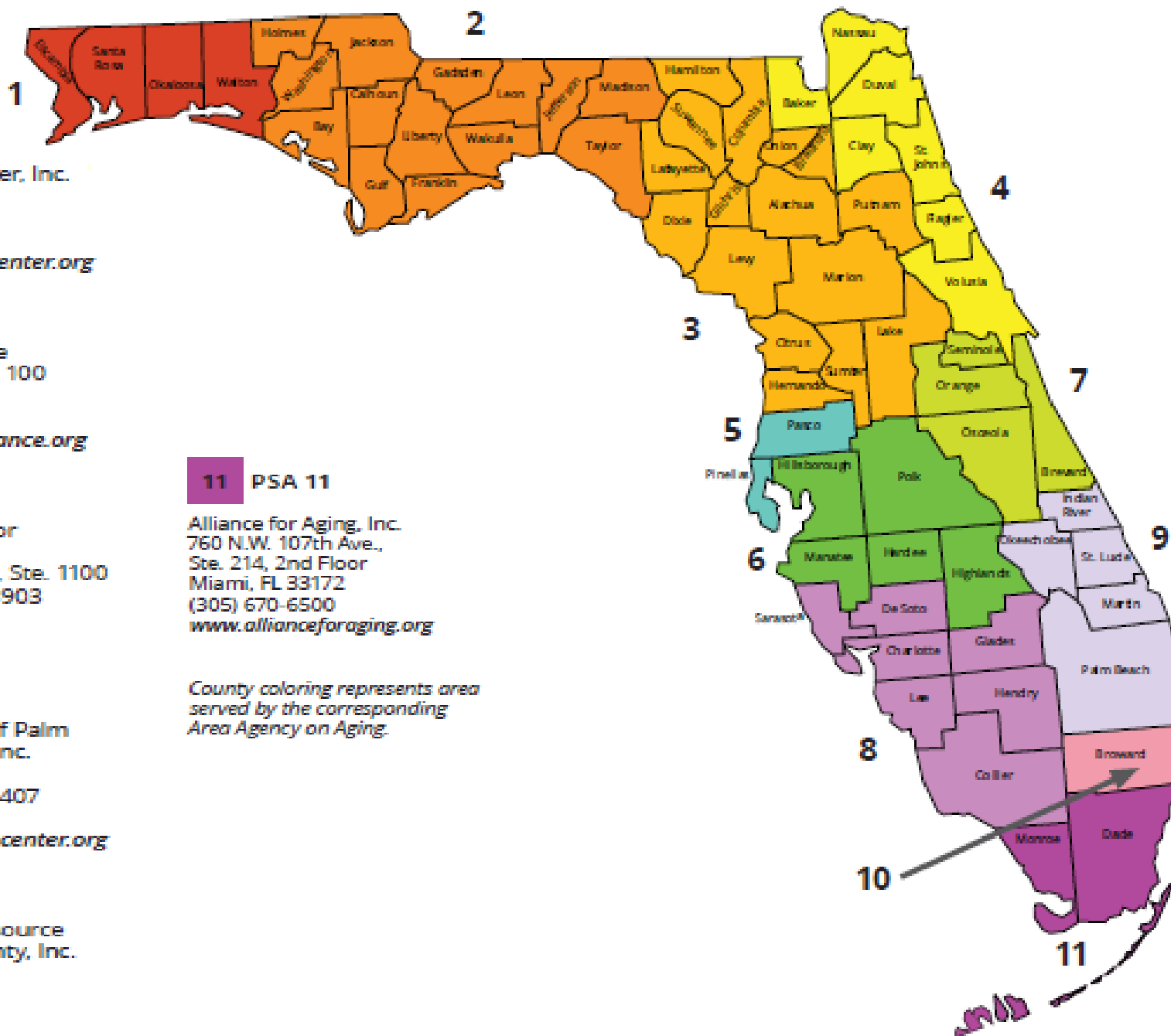
## 10 PSA 10

Aging and Disability Resource  
Center of Broward County, Inc.  
5300 Hiatus Rd.  
Sunrise, FL 33351  
(954) 745-9567  
[www.adrcbroward.org](http://www.adrcbroward.org)

## 11 PSA 11

Alliance for Aging, Inc.  
760 N.W. 107th Ave.,  
Ste. 214, 2nd Floor  
Miami, FL 33172  
(305) 670-6500  
[www.allianceforaging.org](http://www.allianceforaging.org)

*County coloring represents area  
served by the corresponding  
Area Agency on Aging.*



# Resources for Referral

## Alliance for Aging

The Area Agency on Aging for Miami-Dade and Monroe counties

**1-800-96-ELDER**

- Resources and Referrals
- Long-Term Care Options
- Free, unbiased Medicare and health insurance Counseling

## Alzheimer's Association 24/7 Helpline

1-800-272-3900

Available any time day or night

# Resources for Referral

**University of Miami Memory  
Disorder Clinic**

1695 NW 9<sup>th</sup> Ave. Ste. 3202

Miami, FL 33136

(305) 355-9065

**Mount Sinai Wien Center for  
Alzheimer's Disease & Memory  
Disorders**

4300 Alton Rd.

Miami Beach, FL 33140

(305) 674-2037



# Resources for Referral

**Miami Jewish Health**  
**Memory and Clinical Research**  
**Center**

5200 NE 2<sup>nd</sup> Avenue

Miami, FL 33137

(305) 514-8710

# Preventing Elder Abuse, Neglect, and Exploitation

- Persons with dementia are often targeted as victims of elder abuse, neglect, and exploitation.
- To report a case of elder abuse, you may call the Adult Protective Services (APS) Abuse Hotline at **1-800-96-ABUSE**.
- **Everyone** is a mandated reporter.
- Making a good report requires:
  - An understanding of abuse hotline terms and reporting requirements (who is the perpetrator and who is the victim)
  - Clear communication
  - Detailed information

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If you are a part of an organization, business,  
or agency and would like Dementia Sensitivity  
Training or more information, please contact:

[DCCI@elderaffairs.org](mailto:DCCI@elderaffairs.org)

