

ST. CROIX
HOSPICE

Dementia 101:
Alzheimer's Disease
and Other Dementias

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St. Croix Hospice Values

Integrity

Collaboration

Accountability

Respect

Excellence

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Dementia 101: Alzheimer's Disease and Other Dementias

Objectives

- Discuss important facts and figures associated with Alzheimer's disease and other types of dementia.
- Explain the difference between Alzheimer's disease and other types of dementia and illustrate their progression.
- Discuss the difference between palliative care and hospice care for patients with Alzheimer's disease and other types of dementia.
- Understand hospice indicators for patients with Alzheimer's disease.
- Review hospice indicators for patients with other types of dementia.
- Explain the role of hospice in End Stage Dementia.

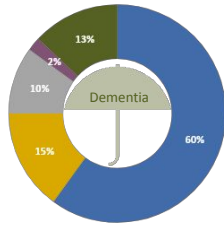
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Dementia 101

- Dementia is an "umbrella term"
- Not a single specific disease but a group of symptoms.
- Common types of Dementia:
 - Alzheimers
 - Vascular
 - Lewy Body
 - Frontotemporal
 - Other



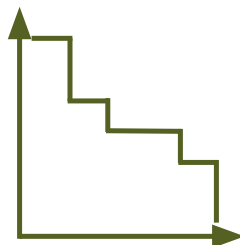
Alzheimer's Disease

- Cause: Plaques and Tau Tangles->nerve cell damage->brain shrinkage
- Symptoms: Memory loss, confusion, changes in behavior
- Progression: Slow and steady, typically over years
- Treatment: No cure, medications may slow progression



Vascular Dementia

- Cause: Reduced blood flow to brain
- Symptoms: Decline in skills, planning, and trouble concentrating
- Progression: Stepwise decline, with sudden drops after vascular events
- Treatment: Managing cardiovascular risk factors



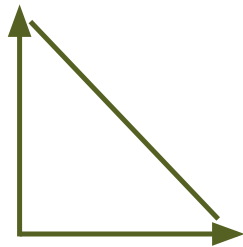
Lewy Body Dementia

- Cause: Abnormal protein deposits
- Symptoms: visual hallucinations, sleep disturbances, altered thinking, movement, and mood
- Progression: More rapid than Alzheimer's, fluctuates
- Treatment: Managing cardiovascular risk factors



Frontotemporal Dementia

- Cause: Damage to the frontal and temporal lobes of the brain.
- Symptoms: Personality and behavioral changes
- Progression: More rapid than Alzheimer's
- Treatment: Managing cardiovascular risk factors



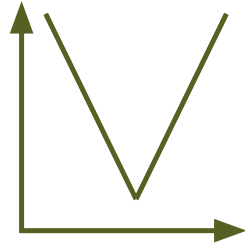
Other Types of Dementia

- Mixed Dementia
- Alcohol Related Dementia
- HIV-associated Dementia
- Wernicke-Korsakoff Syndrome



Delirium

- Reversible "Dementia-Like" Conditions
 - Rapid changes in thinking and attention
- Infections and immune disorders
- Metabolic or endocrine abnormalities
- Nutritional deficiencies
- Reactions to medications
- Anoxia



Stages of Dementia

- Early Stage
 - Mistaken for normal aging.
 - Forgetful, word finding, withdrawal from social activities
 - Still independent
- Middle Stage
 - Longest stage.
 - Memory Loss, disorientation, behavior changes, difficulties with ADLs
 - Supervision with ADLs
- Late Stage
 - Severe memory loss, loss of speech, severe mobility issues, loss of bowel and bladder control, unresponsiveness
 - Around the clock care
 - Consider referral for Hospice or Palliative care

Palliative Care vs Hospice Care

	Palliative Care	Hospice Care
Who qualifies?	Any stage of dementia (typically, early to mid-stages)	Late-stage dementia
Life expectancy	No limit	Less than 6 months (if disease follows expected course)
Goal	Improve quality of life and manage symptoms	Comfort and dignity in final months
Can receive curative treatment?	Yes	No
Where is it provided?	Home, hospital, nursing home, outpatient clinic	Wherever the patient calls home
Who pays for it?	Medicare, Medicaid, private insurance (some out-of-pocket costs)	Fully covered by Medicare, Medicaid, and most private insurances

Understanding Hospice

- Hospice is NOT...
 - Only for people with cancer
 - Only for people with days left to live
 - Just a place where you go to die
- Hospice....
 - Recognizes dying as a part of the normal process of living
 - Focuses on maintaining quality at the end of life
 - Does not hasten death
 - Assist in mental and spiritual preparation for death for the patient and their loved ones.

The Benefits of Hospice

- Medical care
- The freedom to choose
- Preventing hospitalizations/rehospitalizations
- 24/7 availability
- Continued communication and education
- Emotional support
- Spiritual support
- Medications/supplies/medical equipment
- Making the most of life



The Benefits of Hospice



- Patient Centered Care
 - Palliative vs. Curative
 - Symptom Management
 - Respect
 - Autonomy
 - Security

Hospice Interdisciplinary Team



When Is It Time for Hospice?

Hospice Indicators for Alzheimer's and Dementia

- Functional Assessment Staging Tool Score of 7a or beyond
 - Used for Alzheimer's patient only
 - No consistent meaningful verbal communication- typically speaks less than 6 words
- Requires assistance with most Activities of Daily Living (ADLs)
- Experienced at least one of the following within the last 12 months
 - Aspiration pneumonia
 - Pyelonephritis
 - Septicemia
 - Decubitus Ulcers
 - Recurrent Fever, after antibiotics
 - 10% weight loss during the previous six months
 - or serum albumin <2.5gm/dl

Additional Supporting Indicators

- Dysphagia
- Symptoms
 - Dyspnea
 - Nausea/vomiting
 - Diarrhea
 - Pain
- Signs
 - Edema
 - Weakness
 - Change in level of consciousness
- Palliative Performance Scale (PPS) <70
- Increased number of Emergency Room visits, hospital stays or doctor's visits over the last year
- Increased number of hours sleeping in 24hr period
- Frequent Falling
- Recurrent Infections

St. Croix Hospice



1.2M

Visits completed annually



2,215

Active staff



4.9K

Patients served daily



21K

Patients served annually



23.87%

Admits after hours



458

Counties served



76

Active branch locations

St. Croix Hospice Specialty Programs

BridgeCare

North Star*
Dementia Program™

Wound Care
Specialty Program

NAVIGATE
Falls Prevention Program™

Lighthouse
End-of-Life Planning Program™

VOYAGE
Vigil Program™

Summary

- Introduced common types of dementia including Alzheimer's disease, Vascular Dementia, Frontotemporal Dementia and Lewy Body Dementia.
- Reviewed the different stages of dementia and what it looks like for an individual to progress through each stage.
- Explored how behavior is often a form of communication in patients with dementia.
- Shared communication techniques and non-pharmacological interventions to reduce behaviors and improve quality of life.
- Discussed the differences between Palliative care and Hospice Care and how they assist in improving quality of life.
- Examined the unique role of hospice in supporting patients and their families near the end of life
- Explored the different criteria an individual must meet to qualify for hospice with a diagnosis of Alzheimer's or other dementias.
- Reviewed St. Croix Hospice and our unique care methods and programs.

Questions