



alzheimer
P O R T U G A L

Let's talk about DEMENTIA

Margarida Ferreira – Psychologist

Associação Social e Cultural de Almancil

03.04.2024



What is dementia?

DEMENTIA

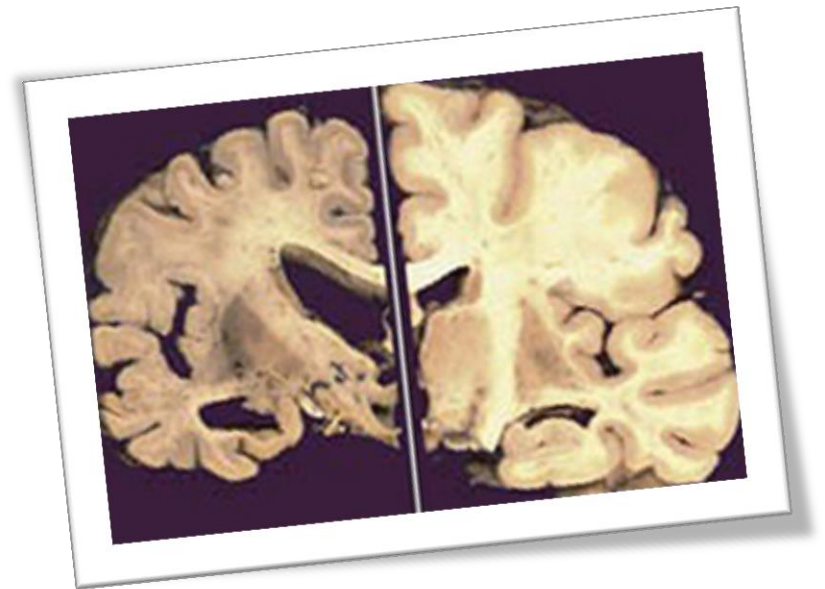
=

BRAIN DISEASE

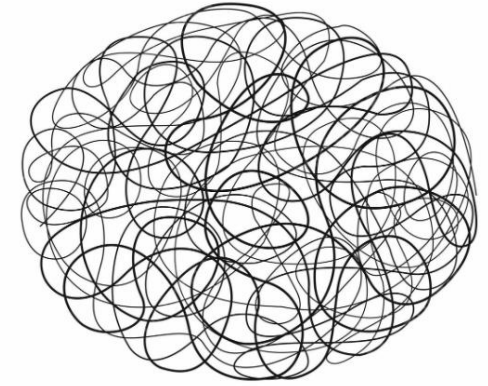
What is dementia?

DEMENTIA is the umbrella term for a number of neurological conditions (diseases), of which the major symptom is the **progressive decline in** brain function due to physical changes in the brain.

speech memory reasoning
 problem solving planning
language facial recognition



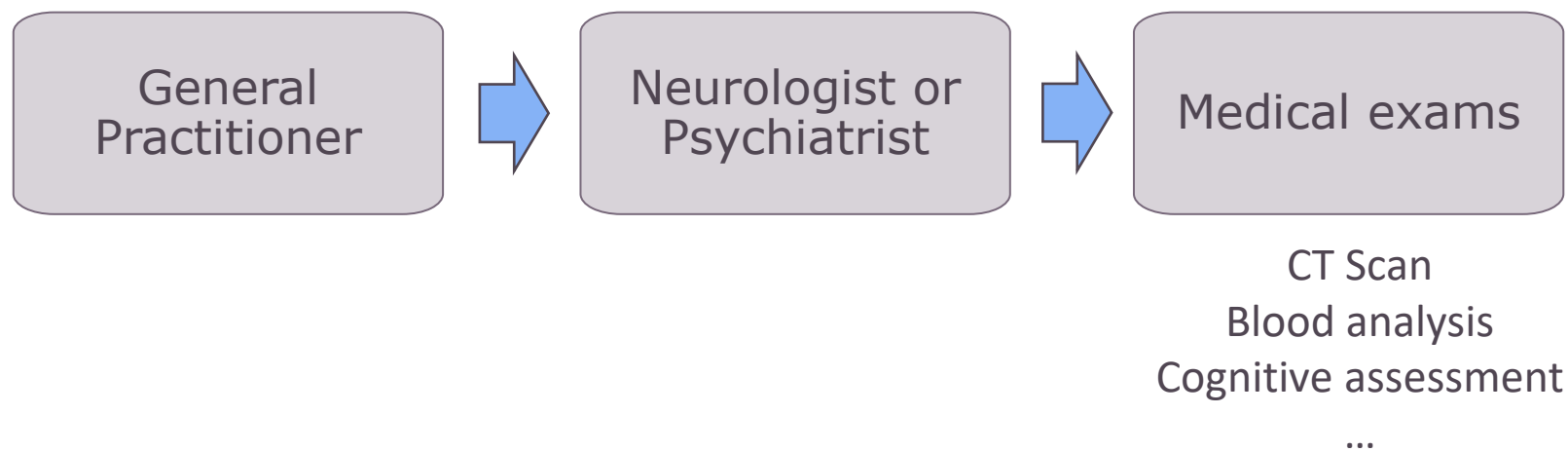
Warning signs



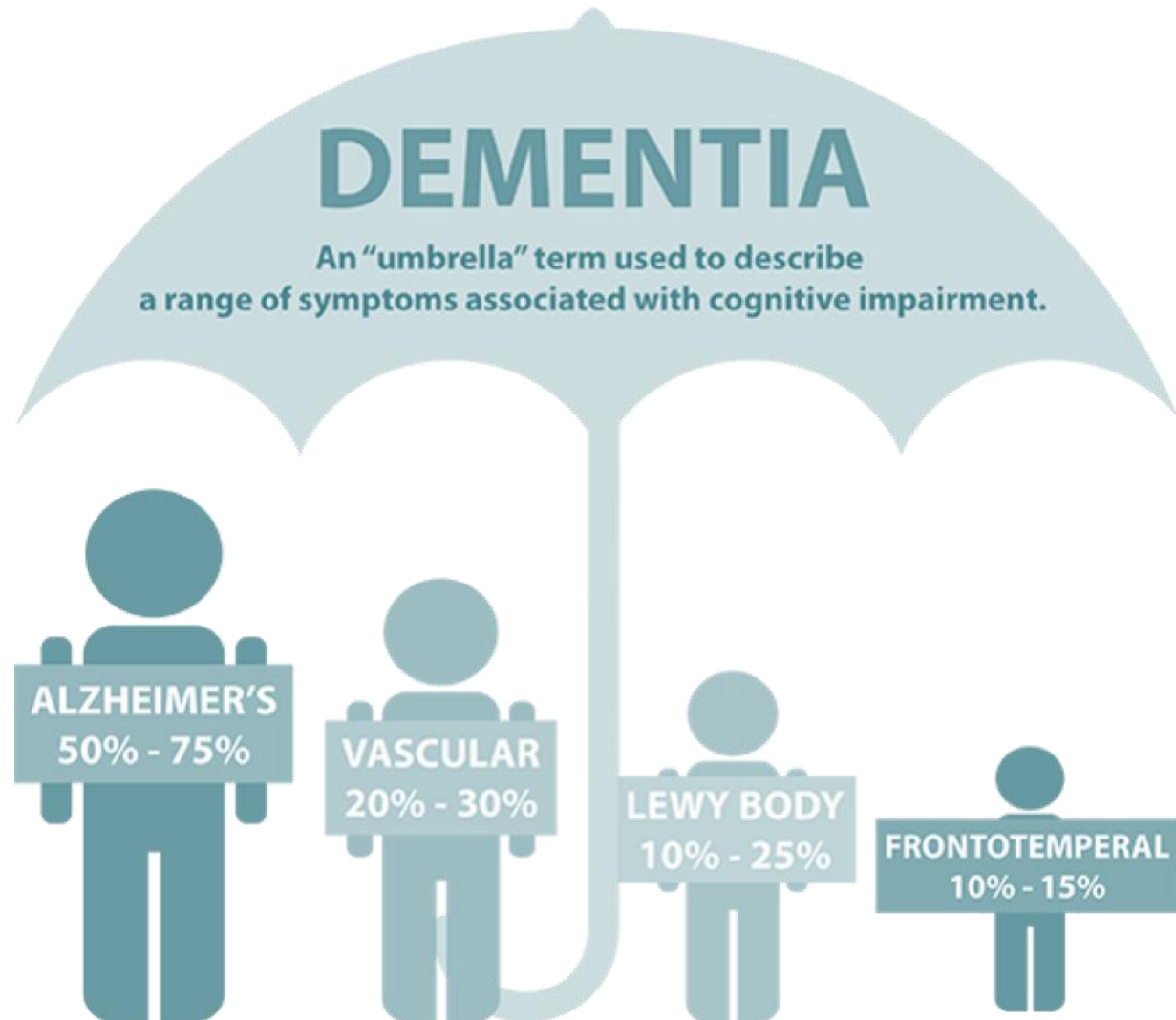
- **Noticeable** disruptive memory loss
- **Inability** to be focused
- Difficulty with familiar, **daily tasks**
- Losing **significant track** of time and place
- Difficulty understanding spatial relations and images
- Difficulty **following conversations**
- Decreased or **poor judgment**
- Withdraw from appreciated social activities
- **Personality and mood changes**
- **Constantly misplacing** things and blaming others

Diagnose

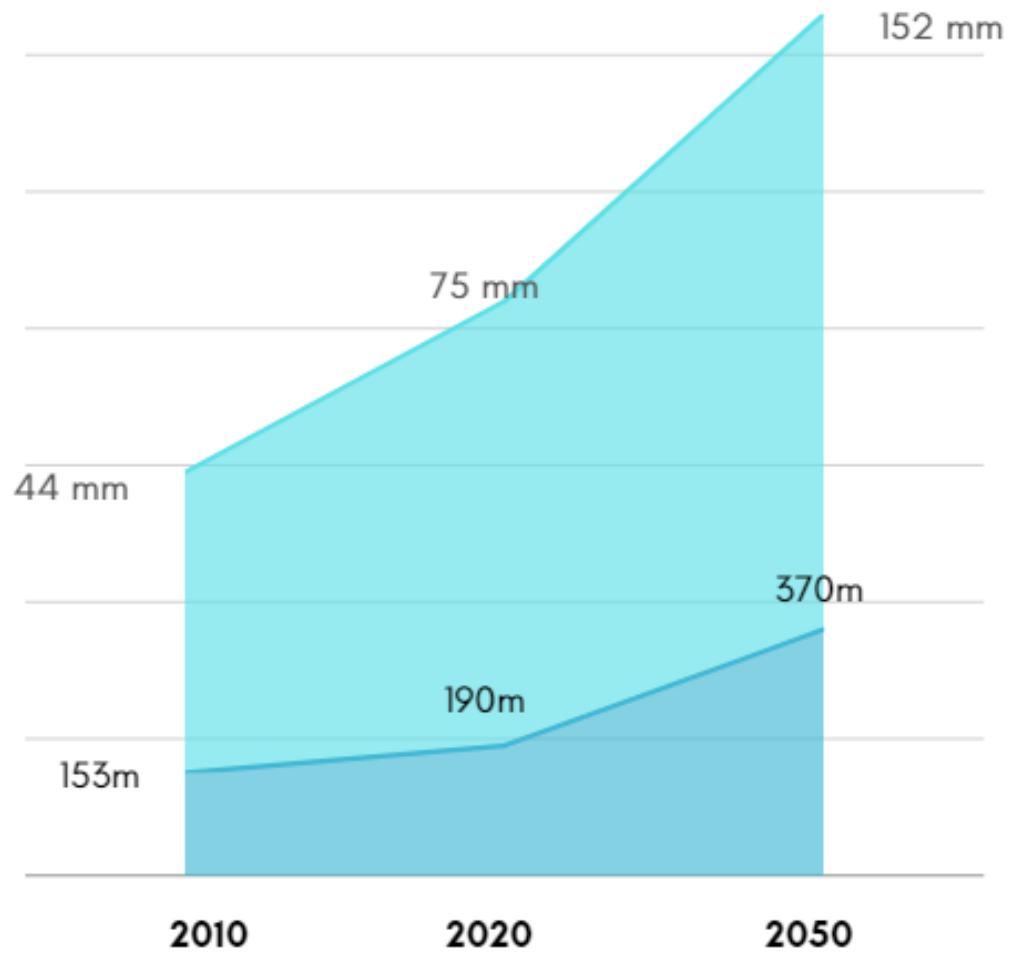
Several tests are used to diagnose dementia. A GP can prescribe you some medical exams, but the **diagnose must be done by a specialist.**



Types of Dementia



Prevalence



■ Portugal ■ Worldwide



AGEING AND DEMENTIA

Is dementia part of the normal ageing process?



No.

In a 'normal' ageing process, dementia is not expected to occur.

Risk factors

Main non modifiable risk factors for dementia:

Genetics (APOE4)

Age (65+)

Family History (parent / brother...)

Prevention

Modifying risk factors might **prevent or delay up to 40%** of dementias.



TREAT HEART PROBLEMS



PROTECT YOUR HEAD



**CONTROL BLOOD PRESSURE
& BLOOD SUGAR LEVELS**



TEST YOUR HEARING



STAY CURIOUS & WILLING TO LEARN NEW THINGS



BE SOCIALLY ENGAGED

Treatment

There's nothing to do 

Although **there is still no cure**, there are ways to help **stabilise and minimise** some symptoms



Pharmacological and non-pharmacological intervention

Intervening in changes
in **behaviour and
mood**

**Stimulate
cognitive
abilities**

**Promoting
autonomy**

Improving
life quality

Early diagnose

1. **Planning for the future** (healthcare, assets, etc.)
2. **Timely information, counselling and support** for people with dementia, their families and carers
3. **Access to existing therapies**
4. **Participation in clinical studies** - research



(ADI, World Alzheimer Report, 2011)

If you know someone with dementia...



Avoid asking “Do you remember?”

If the person has memory problems, they probably won't remember.

Instead of posing a question, try leading with '*I remember when...*'

That way, the person can search their memory calmly without feeling embarrassed.



***Juntos por uma sociedade que integre as Pessoas com
Demência e reconheça os seus Direitos***

Together towards a society that integrates People with
dementia and recognizes their rights

Margarida Ferreira

margarida.ferreira@alzheimerportugal.org

**www.alzheimerportugal.org | www.amigosnademencia.org
facebook.com/alzheimerportugal.org**