



A Big Enough Umbrella

My 6 Steps From Hopeless to Empowered
Along My Parents' Dementia Journey

Senior Scholars – Queens



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January 18, 2019

Four Types of People in the World...



...Which One Are You?

- ✓ Those who have been caregivers
- ✓ Those who are caregivers
- ✓ Those who will be caregivers
- ✓ Those who will need care

*- Rosalynn Carter,
Former First Lady,
Founder of the
Caregiver Institute,
Georgia*

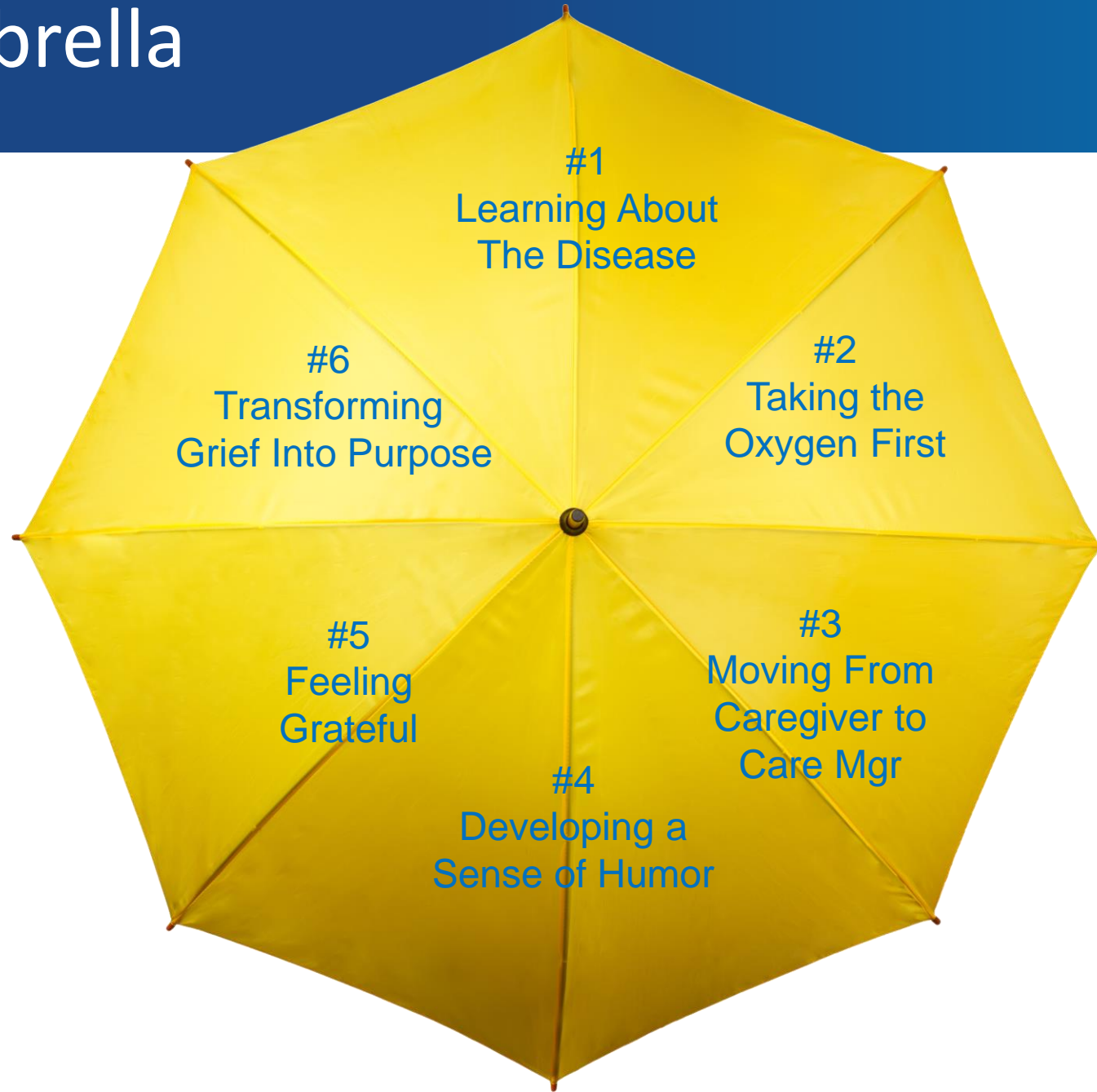


Why Do You Need An Umbrella?

- A. To be shielded from the storm
- B. To understand all the Dementia diseases
- C. Both
- D. None of the above



The Big Umbrella



Hopeless to Empowered: Step #1



Learning About the Disease

Understand the Terms



- ✓ Cognition
- ✓ Mild Cognitive Impairment (MCI)
- ✓ Dementia

Understand the Terms



Cognition

The ability of your brain to think, to process, to store and to retrieve information in order to solve problems...a high level of behavior unique to humans.

Cognitive Decline: Possible Causes

- ✓ Medication side effects
- ✓ Thyroid, kidney, or liver dysfunctions
- ✓ Sleep deprivation
- ✓ Tumors, blood clots, brain infections
- ✓ Emotional issues: stress, anxiety, depression
- ✓ Vitamin B1 or B12 deficiency
- ✓ Chronic alcoholism
- ✓ Smoking
- ✓ Age-related changes
- ✓ Dementia

Understand the Terms



Mild Cognitive Impairment (MCI)

- ✓ A condition involving problems with **cognitive** function
- ✓ May involve difficulties with day-to-day memory, language, thinking and judgment that are greater than normal age-related changes
- ✓ **NOT** significant enough to be defined as **dementia**
- ✓ May not progress to dementia

Dementia

An umbrella term describing a collection of symptoms caused by disorders affecting the brain.

Alzheimer's

40-70% of all dementias

Vascular

15-25% of all dementias

Lewy Body & Frontal Temporal Lobe

2-20% of all dementias

Other Dementias

Associated with CTE, Parkinson's, Huntington's, head trauma, HIV, ALS

Dementia Symptoms



Regular occurrence of difficulty with at least 2 of the following that **interferes with the ability to function independently in everyday life.**

- ✓ Memory loss
- ✓ Speaking and communication problems
- ✓ Completing tasks
- ✓ Poor judgment
- ✓ Getting lost in familiar environments
- ✓ Recognizing familiar items or people
- ✓ Personality changes such as irritability or agitation
- ✓ Performing household chores
- ✓ Paying bills and balancing checkbook
- ✓ Preparing food
- ✓ Forgetting appointments
- ✓ Repeating questions or stories
- ✓ Seeing things which aren't really there

Hopeless to Empowered: Step #2



Taking the Oxygen First

Hopeless to Empowered: Step #3



Moving From Caregiver to Care Manager

Hopeless to Empowered: Step #4



Developing a Sense of Humor

Hopeless to Empowered: Step #5



Feeling Grateful

Hopeless to Empowered: Step #6



Transforming Grief Into Purpose

Fast-Forward To Today...



- Our brain's destiny?
- Drug trial failures
- The cure is Preventative Medicine!
- And here's the really GREAT news...

Resources

Memory Rescue

by Daniel G. Amen, MD

The End of Alzheimer's

by Dale E. Bredeesen, MD

“What You Can Do To Prevent Alzheimer's” - TED Talk w/ Lisa Genova, Neuroscientist & Best-Selling Author of *Still Alice*:

<https://youtu.be/twG4mr6Jov0>





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