

Virginia Dementia Road Map: A Guide for People Impacted by Dementia

Dementia is not a part of normal aging. If you think that these problems are affecting your daily life, or the life of someone you know, you should talk to your doctor or seek out more information from your national Alzheimer or dementia association.



Early-Stage Dementia:

What should you expect in this stage?

Your loved one has difficulty accomplishing some activities.

They may:

- Have trouble with time or sequence of events.
- Forget names of familiar people and things.
- Have decreased performance in work or social situations.

Early Stage Action Steps:

- Obtain a medical assessment to find out what may be causing the problems.



Mid-Stage Dementia:

What should you expect in this stage?

Confusion becomes more obvious. Your loved one will have increasing needs for care and supervision.

They may:

- Have more trouble recalling their own address or personal history.
- Forget how to initiate routine tasks or how to complete them, including health and hygiene care.

- Lack judgment and develop the following behaviors:
 - Trouble sleeping
 - Irritability, aggressive talk
 - Clinging
 - Repetitive questions
 - Wandering

Mid-Stage Action Steps

- Encourage family and close friends to learn communication tips and techniques. Refer them to the [HealthyBrainVA.com](https://www.healthybrainva.com) website.



Last-Stage Dementia:

What should you expect in this stage?

In the late stage, your loved one is completely dependent for personal care activities.

They may:

- Not recognize you or others by name. This does not mean they don't know (or feel) who you are.
- Have increasing difficulty communicating—may use “word salad” (mixed up words), or be speechless. Nonverbal communication may work best.

- Experience changes in physical abilities including ability to walk, sit and eventually swallow.

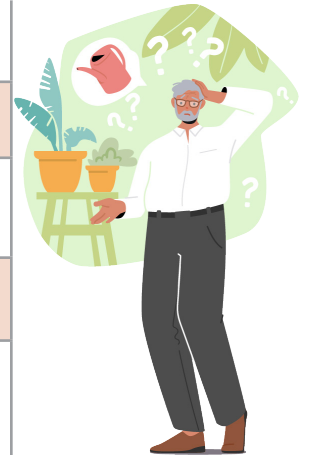
Last-Stage Action Steps:

- Maintain simple routines with a mix of rest and activity. Get outdoors for fresh air—go for walks, sit on porches.
- Recall important life events or achievements—use photos or videos.

What Dementia Is and Is Not



Warning Signs of Alzheimer's /Dementia	Typical Age-related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

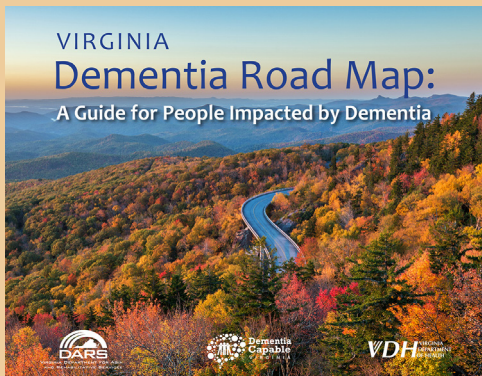


- Dementia is a general term referring to a loss of cognitive function—remembering, thinking, and reasoning—severe enough to interfere with everyday life.
- Dementia is not a specific disease, but an overall term describing a wide range of symptoms. It is not normal aging. Dementia is caused by damage to the brain from disease or trauma.
- Alzheimer's disease is the most common cause of dementia. Other causes include vascular dementia, Lewy body dementia, and frontotemporal dementia.

Resources:

Alzheimer's Association
24/7 Helpline 800-272-3900

- Visit [HealthyBrainVA.com website](https://www.healthybrainva.com)
- **DARS Dementia Services 804-662-9154**



The information was adapted from the
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Scan the QR Code:
 To find out more about what you can do to help someone who may be experiencing symptoms or who may be diagnosed with a form of dementia, visit: [HealthyBrainVA.com](https://www.healthybrainva.com).



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