Aging and Dementia/Delirium

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Hudson Bay
MANITOBA
ONTARIO
QUEBEC
U.S.A.
Thompson
Fort Severn
Peawanuk
Bearskin Lake
Big Trout Lake
Sandy Lake
Island Lake
Cobham
Gods Lake
Wunnummin Lake
North Caribou Lake
Winisk
Winisk Lake
Attawapiskat
Ekwan
Severn
Nelson
Hayes
Gods
Stull
Echoing
Belcher Islands
Long Island
James Bay
Akimiski Island
N. Twin Island
S. Twin Island
Charlton Island
La Grande
Grande Riv. de la Baleine
Lac Burton
Kanaaupscow
Lac Sakami
Eastmain
Riviere de Rupert
Lac Mistassini
Lac Albanel
Lac Evans
Lac Minto
Lac a l' Eau Claire
Lac Bienville
Nungesser Lake
Trout Lake
Red Lake
Lac Seul
Pickle Lake
Otoskwin
Albany
Ogoki
Mississa Lake
Ogoki
Moosonee
Missinaibi
Mattagami
Harricana
Kesagami Lake
Chibougamau
Matagami
Bell
Reservoir Gouin
Saint-Felicien
Kenora
Dryden
Lake Nipigon
Long Lake
Kapuskasing
Cochrane
Lake Abitibi
Iroquois Falls
Timmins
Rouyn-Noranda
Val-d'or
Kirkland Lake
Englehart
Cobalt
La Tuque
Reservoir Cabonga
Lac Kipawa
Temiscaming
Mont-Laurier
Maniwaki
Joliette
Lake of the Woods
Fort Frances
Thunder Bay
Bemidji
Hibbing
MINNESOTA
Duluth
Houghton
Lake Superior
Isle Royale
Michipicoten Island
Missinaibi Lake
Marquette
Sault Ste. Marie
Elliot Lake
Sudbury
North Bay
Ottawa
Gatineau
Laval
Montreal
St. Cloud
WISCONSIN
Escanaba
Manitoulin Island
Georgian Bay
South River
Huntsville
Perth
Plattsburgh
Brockville
Marinette
Alpena
Lake Huron
Midland
Orillia
Owen Sound
Kingston
Green Bay
Traverse City
Barrie
NEW YORK
Cadillac
Oshkosh
Orangeville
Clarington
Oshawa
Fond Du Lac
MICHIGAN
Brampton
Toronto
Lake Ontario
Glens Falls
Utica
Kitchener
Rochester
Lake Michigan
Saginaw
Hamilton
St. Catharines
Syracuse
Albany
Madison
Milwaukee
Racine
Grand Rapids
Port Huron
London
Buffalo
Lansing
L. St. Clair
Binghamton
Kalamazoo
Detroit
Chatham
Elmira
Rockford
Ann Arbor
Windsor
Erie
Lake Erie
Warren
Chicago
Joliet
Gary
South Bend
INDIANA
Toledo
Cleveland
Akron
PENNSYLVANIA
Scranton
Wilkes-Barre
Newark
IOWA
ILLINOIS
OHIO
Ontario
International Boundary
Province Boundary
Road
Minor Road
River
National Capital
Province Capital
City or Town
0 100 200 KM
0 100 200 Miles
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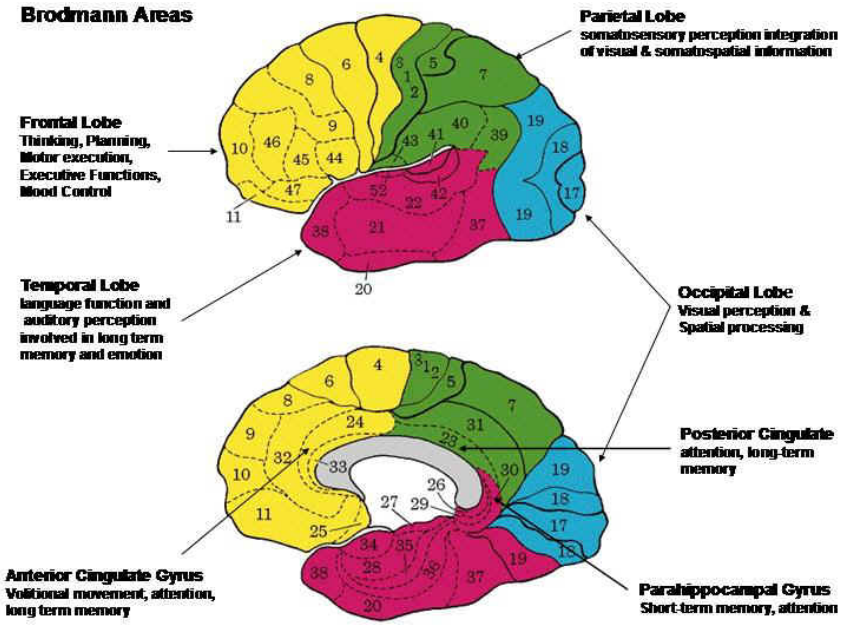
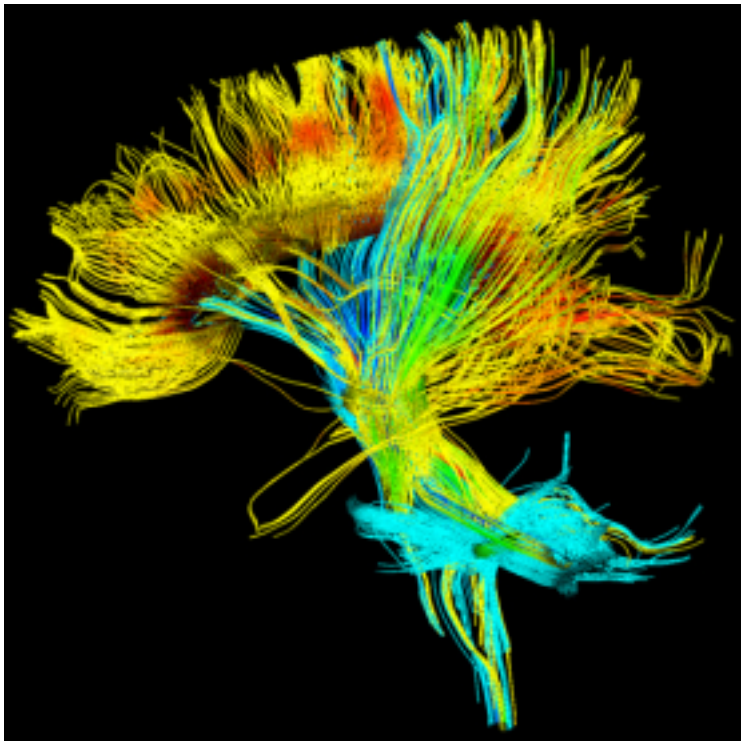
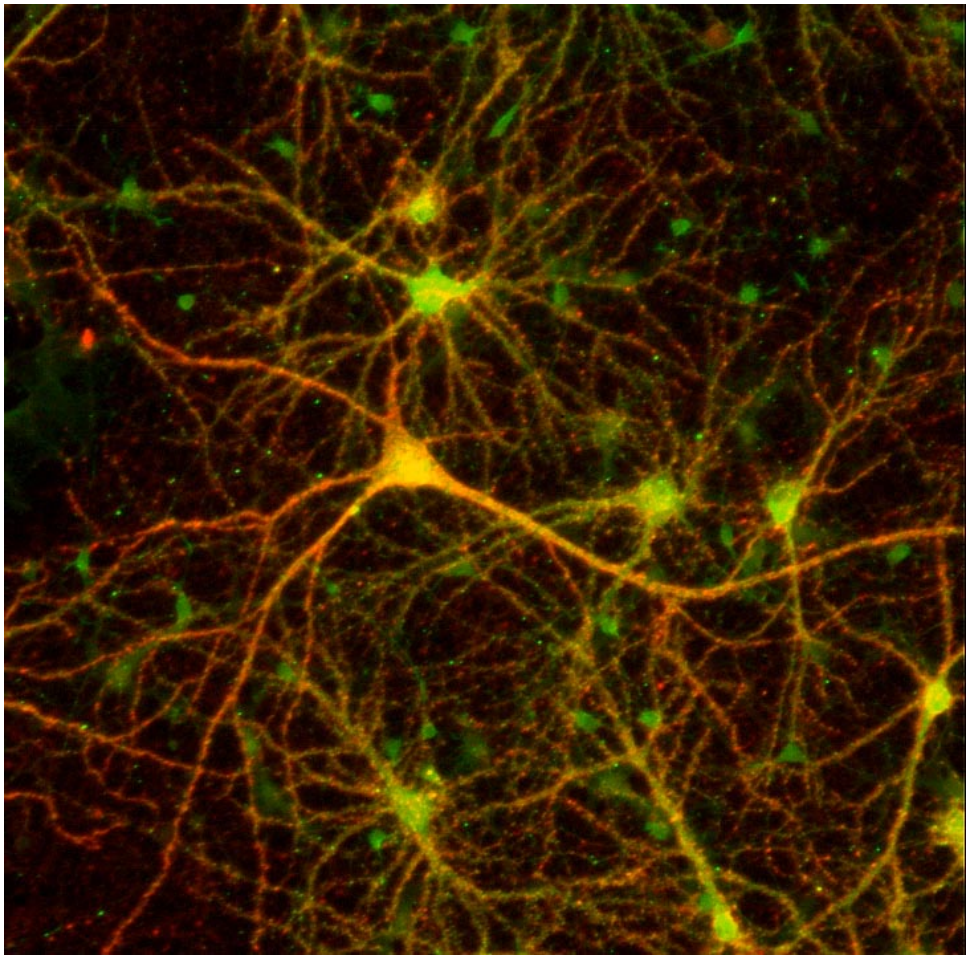
structure

connectivity





connectivity



Back to Fort Albany

- Concern re: memory raised by nursing staff
- No concern by patient or family
- Social preservation
- Community stable
- Aging context
- What is valued ?
- What is seen ?

So what ?

- What categories the brain ?
- How prioritize ?
- What, exactly, are we mapping where, and does this even make sense ?
- How does all this help us support and understand suffering ?

DSM V

Major Neurocognitive Disorder

introduces idea of cognitive domains

complex attention, executive function, learning and memory, language, perception, motor, social cognition

DSM V

Major Neurocognitive Disorder

a. significant decline in one or more cognitive domains

b. interfere with ADLs

c. not delirium

d. Not something else

DSM V

Specifies types:

AD, FTD, Lewy Body, Vascular, TBI, substance/medication induced, HIV, Prion, Parkinson's, Huntington, due to another condition, due to multiple etiologies

With or without behavioral disturbance

DSM V

Major neurocognitive disorder:

Mild: difficulty with instrumental ADL

Moderate: difficulty with basic ADL

Severe: fully dependent

(ADL: activities of daily living)

Dementia

65- 74:	2.4%
75- 84:	11.1%
85+:	35%

(overall about 8% of > 65)

Behavioural and Psychological Symptoms of Dementia (BPSD)

90%

Expected

Variable

NOT connected to “severity”

?screen/testing MMSE/MOCA/RUDAS

Rowland Universal Dementia Assessment

Originally developed in Australia, only cognitive assessment tool specifically developed for use in complex cross cultural context, accounting for variability in education/literacy

Treatment (in AD)

Well……

MMSE 1.5 point change for some

Behaviours

Safety

(pessismistic, except for alcohol related dementia – more later….)

Prevention

- Treat illness
- “motherhood issues”
- Exercise
- A note on alcohol

Delirium

COMMON Key concept

Sudden onset of confusion

Impaired attention, fluctuating level of consciousness

Underlying medical problem

One year mortality – around 25 %

Inter-relatedness

- Vulnerable brain
- Life time of insults

- Cognitive reserve

Cognitive reserve

holistic model of change over life span

discussion

Elder place within family

General vs specific

Variability

Isolation

Learning emotion/self/other

“we age the way we live”

	Positive self concept	**Negative self concept**
Positive other concept	Secure	Pre-occupied
Negative other concept	Dismissive	Fearful/avoidant

Alcohol and Aging

- Alcohol abuse/dependence 65+ : 2-4 %,

- But really depends on local populations and how counted:
  - In primary care 8-15%
  - In LTC 8-50%

Uh oh

1 drink at age 20 ======= 3 drinks at age 80

Changes with aging

- Increase fat
- Decrease muscle
- Decrease renal function
- Decrease liver function
- Increased brain vulnerability
- Fall risk

At risk drinking

- In greater than 65,

- More than 7 drinks a week, or more than 3 drinks at one sitting

CAGE

- Cut down
- Annoyed when questioned
- Guilt
- Eye opener

- Positive if 1/4

MOCA

13/30 to 26/30

after 18 mo

- Alcohol related:

- Delirium tremens
- Intoxication
- dementia