

## The Difference Between Alzheimer's and Dementia

We often hear the terms "dementia" and "Alzheimer's" used to describe memory loss in older adults. In fact, the two terms are often – incorrectly – used interchangeably, leading to confusion for caregivers.

"Dementia is defined as cognitive loss so severe that a person can't get through their day independently," says Annette Juba, LCSW, and the Deputy Director for AGE of Central Texas. "Dementia is not the name of a specific disease."

Juba notes that while the act of remembering is the most obvious thing our brain does, cognition encompasses just about every task our brain controls – including the ability to plan and organize our days, the capacity to make sound judgements and decisions, and even how we act in social situations and what our personality looks like.

"Dementia" is the condition that occurs when a person is losing these abilities to remember, think clearly, and navigate social situations successfully and independently. Alzheimer's disease is the most common cause of dementia.

"One way to understand the difference between dementia and Alzheimer's is to think of the word 'dementia' like the word 'fever,'" Juba says. "Fever is a symptom of a disease process. Similarly, dementia is a symptom that can be caused by a number of different diseases, including Alzheimer's disease."

"We hear about Alzheimer's so much because aging is one of its main risk factors," Juba adds. "As we live longer and longer, Alzheimer's is becoming more common."

Juba notes that there are 5 primary types of dementia. In order of prevalence, they include:

- Alzheimer's disease, which accounts for 60% to 80% of cases of dementia, and occurs when brain cells

are damaged by amyloid plaques and neurofibrillary tangles.

- Vascular dementia, which results from blood vessel blockage or damage that leads to small strokes or bleeding in the brain.

- Mixed dementia, which may be the most common cause of dementia in the elderly and is a combination of Alzheimer's-related changes plus vascular disease processes.

- Lewy body dementia, which may be linked to the same underlying abnormalities as are seen in Parkinson's disease.
- Frontotemporal dementia, which initially affects executive functioning – or the ability to reason, plan, and make sound judgements.

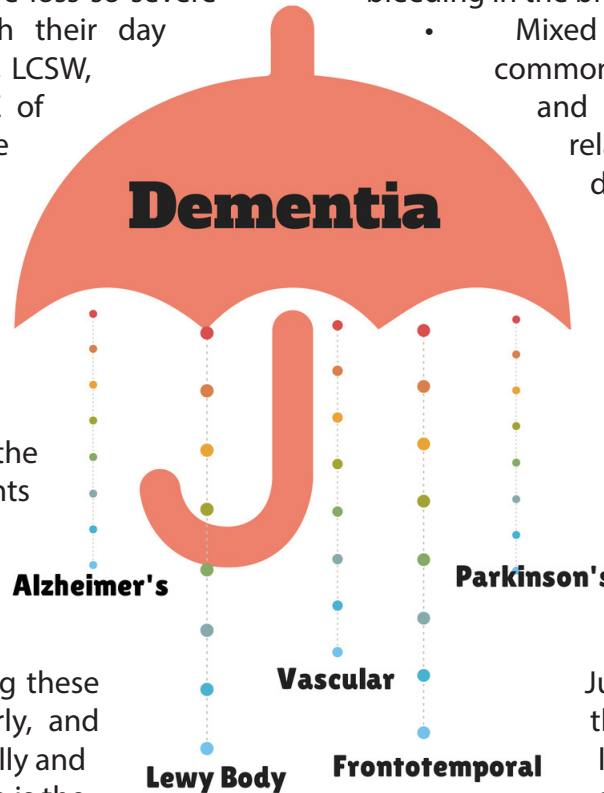
"It is very important, though, to understand that dementia is never a normal part of aging," Juba emphasizes. "It is normal for thinking processes to change a little with age, but you should always be able to navigate through your day. For example, it may not

be alarming to forget where you put your car keys; it is very worrisome to not recognize your own car."

Juba states that any concerns about your memory, or the memory of someone in your family, should be medically diagnosed. You can start with your primary physician, but for a more in-depth diagnosis, you may need to see a neurologist or geriatric psychiatrist.

AGE of Central Texas offers resources and one-on-one guidance for senior adults and family caregivers living with early memory loss and dementia. For more information and assistance, contact AGE of Central Texas at (512) 451-4611 or online at [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org).

(Image courtesy MindStart)



AGE of Central Texas presents a

## Free Caregiver Seminar

### Stages of Dementia and Behavioral Changes

Dr. Cherie Simpson will discuss how dementia progresses in the brain and how those changes can affect the behavior in older adults.

**Tuesday, June 20, 2017**  
**6:00 p.m. to 8:00 p.m.**

AGE of Central Texas will host the free caregiver support seminar on the **Stages of Dementia and Behavioral Changes** from 6:00 p.m. to 8:00 p.m. on Tuesday, June 20th, in Austin. Part of the on-going workshop series to help family members effectively care for an older loved one, the seminar will be held at the AGE Building (3710 Cedar Street, Austin, TX 78705) in the St. David's Foundation Conference Room.

Dr. Sherie Simpson, PhD, APRN, CNS-BC, will discuss how dementia progresses in the brain and how those changes can affect the behavior in older adults. Dr. Simpson is a Clinical Nurse Specialist in Holistic Adult Health and a graduate of the University of Texas School of Nursing.

Participants can register by calling (512) 600-9275 or online at <http://tinyurl.com/AGEJune2017>. A limited amount of free respite care for older family members will also be available during the seminar at AGE's Austin Adult Day Health Center by RSVP only. To RSVP for respite, please request the service with online registration or call Gailyn Trammell at (512) 600-9275 no later than June 14th.

## Get More Caregiver Resources, Delivered to Your In-Box!

Sign up for the AGE of Central Texas  
*Caregiver Communique*

Register with your Smart Device

Or sign-up online at  
[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)



## Honorees Announced for 23rd Annual AGE Awards

AGE of Central Texas will celebrate five outstanding honorees who work to make the Central Texas community a better place for older adults and caregivers at the 23rd annual AGE Awards, which will be held on Tuesday, April 25th, at The Thinkery in Austin. The annual AGE Awards recognize the outstanding achievements by individuals and local organizations whose leadership and contributions have made a significant impact on the quality of life for aging adults and their caregivers in Central Texas.



The 2017 AGE Awards honorees are:

- **Karel Dahmen – Willie Kocurek Vital Aging Award:** Honors an older community member who exemplifies the concept of vital aging and who is accomplished in the area of self-determination, self-sufficiency, civic engagement, and quality of life
- **Dr. Beverly Hamilton, Austin Diaper Bank – Bert Kruger Smith Vision Award:** Honors a person or organization whose vision has enhanced the older adult community and has shown foresight and energy in implementing programs, services, or legislation that serves older adults
- **Georgetown Health Foundation – Philanthropy Award:** Honors a person or organization whose extraordinary generosity has supported work benefiting older adults
- **Kay McHorse – AGE Community Service Award:** Honors a person or organization who has volunteered in support of the older adult community
- **Damien Temperley – Rose Professional Spirit Award:** Honors those whose professional commitment goes above and beyond his or her job description to impact the lives of older adults

For more information on the 2017 AGE Awards and this year's honorees, visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org).

Follow AGE on Social Media for Daily  
Caregiver News, Updates & Resources:



@AGEofCentralTX

## *Pflugerville* *Seniors Conference*

**Thursday, May 11, 2017**  
**Pflugerville Community  
Church Annex Building**

This spring, AGE of Central Texas is partnering with the Pflugerville Community Church to host the free "Pflugerville Seniors Conference" on Thursday, May 11, 2017, from 9:30 a.m. to 2:30 p.m. The first-annual community event will feature area experts discussing aging-related topics that include caregiving, memory loss, healthcare, and legal and financial issues.

Check-in will start at 9:30 a.m. with a light breakfast, courtesy of 101 Mobility. From 10:00 a.m. to noon, participants will rotate between two breakout sessions. Aging expert Lisa Daly will discuss memory loss and how it affects aging, while Faith Unger – Program Director for AGE's CaregiverU program – will discuss caregiving issues and solutions.

At noon, participants will be able to visit the Resource & Information Fair prior to the complimentary lunch. During lunch, lawyer and keynote speaker Virginia Sampson will provide an overview of the legal documents that every senior adult needs to have, along with options to help pay for long-term care.



Attorney Virginia Sampson

The Conference will conclude with a "Managing Medications" workshop from 1:30 p.m. to 2:30 p.m., presented by Lina Supnet-Zapata, aging expert and Executive Director of MIR Senior Care & Care Consultants.

Registration for the Conference is free, but space is limited. Participants can register by calling (512) 600-9275, or online at [www.tinyurl.com/PVilleConf2017](http://www.tinyurl.com/PVilleConf2017).

The Pflugerville Community Church is located at 1214 Pfennig Lane, Pflugerville, TX 78660. For more information on the programs and resources provided by AGE of Central Texas, visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611.

### **Pflugerville Caregiver Conference** **- Program -**

**9:30 a.m. - 10:00 a.m.:**  
**Registration and Breakfast**

Hosted by  


**10:00 a.m. to 12:00 p.m.: Workshops**  
#1: **Dementia and Memory Loss** with Lisa Daly  
#2: **Caregiving 101** with Faith Unger, M.Ed.

**12:00 p.m. to 1:30 p.m.:**  
**Lunch and Resource & Information Fair**

Hosted by  


**Keynote Presentation:**  
**Navigating the Aging Process**  
with attorney Virginia Sampson

**1:30 p.m. to 2:30 p.m.: Workshop**  
**Managing Medications** with Lina Supnet-Zapata

### **FREE Caregiver Education for Family Members Caring for a Loved One**

  
A Program of AGE of Central Texas

Classes are now forming in Travis, Williamson, Hays, and Bastrop Counties; find a free class near you:

**[www.CaregiverUcenTX.org](http://www.CaregiverUcenTX.org)**



**AGE of Central Texas** is a non-profit organization that tackles the challenges of aging with expert solutions, offering programs, resources, and education for both older adults and those who care for them. Drawn from the words of our founders, Bert Kruger Smith and Willie Kocurek, our vision is to make aging a shared journey of strength and compassion. Call (512) 451-4611 or visit online at [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) for more information.

## Adult Day Health Care

- Providing daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas.
- Specialized in caring for individuals with memory loss or dementia.
- Convenient locations in Austin and Round Rock, open Monday - Friday from 7:00 a.m. to 5:30 p.m.
- Full-time nurse at each Center to assist with health monitoring and medication management.
- Activities designed to engage both the mind and body including music, brain boosters, gardening, and more
- All-inclusive: full day of activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, or private pay at \$60 per day.
- Call today for additional information and to schedule a free visit:



**Austin Adult Day Health Center**  
3710 Cedar Street  
(512) 458-6305

**Round Rock Adult Day Health Center**  
475 Round Rock West Drive, #120  
(512) 255-4865

*AGE of Central Texas is an Equal Opportunity Provider*

**AGE of Central Texas**  
[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

Central Office and Austin Adult Day Health Center  
3710 Cedar Street, Austin, TX 78705  
(512) 451-4611

Round Rock Adult Day Health Center  
475 Round Rock West Drive, #120,  
Round Rock, TX 78681  
(512) 255-4865

## Caregiver Education & Resources

- Navigation center offering free personalized assistance and guidance by phone, email, or walk-in.
- Free educational seminars and conferences with free respite services available.
- Free caregiver support group meetings every month in Austin and Round Rock.



## CaregiverU

- Free evidence-based courses for non-professional, family caregivers, offered year-round at locations in Travis, Williamson, Hays, and Bastrop Counties.
- Visit [www.CaregiverUcentx.org](http://www.CaregiverUcentx.org) for current schedules.

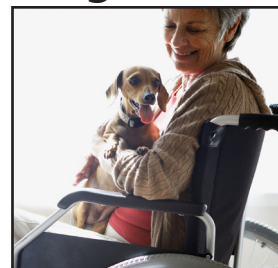
## Memory Connections

- Free evidence-informed, weekly cognitive activities and support for individuals with a diagnosis of early-stage Alzheimer's disease, dementia, or memory loss.
- Five weekly locations around Central Texas with sessions from 9:30 a.m. to 2:30 p.m.



## Health Equipment Lending

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email [help@ageofcentraltx.org](mailto:help@ageofcentraltx.org) to request or reserve items.



## Peer-Based Computer Classes

- Peer-to-peer technology instruction through low-cost classes and seminars for senior adults.
- Visit [www.AGEcomputer.org](http://www.AGEcomputer.org) for the current class schedules and more information.