



香港紅十字會
HONG KONG RED CROSS

Dementia

五星健康
五星家
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教育計劃

Dementia is not a normal part of aging. It is a disease of decline in brain function due to neurological pathology. Patient's memory, comprehension, language, learning capacity, calculation and judgement would be affected. Some also present with emotional, behavioural or sensory problems.



Types of Dementia include

Alzheimer's Disease

- Accounted for nearly 65% of dementia in Hong Kong Chinese elderly
- **Cause:** unknown
- Is a progressive condition

Rarer type of dementia

Cause: progressive supranuclear palsy, Korsakoff's syndrome, Binswanger's disease, HIV and Creutzfeldt-Jakob disease (CJD), people with multiple sclerosis, motor neurone disease, Parkinson's disease and Huntington's disease etc.



Vascular Dementia

- Accounted for around 30% of dementia in Hong Kong Chinese elderly
- **Cause:** Failed oxygen supply to the brain (such as a stroke, or over time through a series of small strokes)
- The condition will suddenly decline as the result of another stroke



Symptoms

The symptoms initially develop gradually and are not significant. The early stage is often overlooked and incorrectly labelled by professionals, relatives and friends as 'old age' or a normal part of the process of ageing.

Early stage (1st-2nd year)	Middle stage (2nd-5th year)	Late stage / End Stage (After 5th year)
<ul style="list-style-type: none"> • Experience short-term memory loss • Display difficulty in making decisions • Show signs of depression and anger • Lack initiative and motivation • Become lost in familiar places 	<ul style="list-style-type: none"> • May become very forgetful • Has increased difficulty understanding language • May wander or show other challenging behaviours • Need assistance with personal hygiene 	<ul style="list-style-type: none"> • Not recognise relatives, friends, and familiar objects • Display inappropriate behaviour • Have difficulty understanding and interpreting events • Needs total assistance with personal care • Sleeps most of the time 

Treatment



Aims

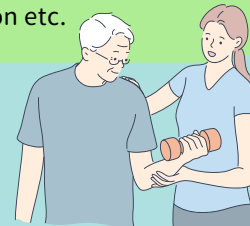
1. Slow down the progression
2. Reduce symptoms
3. Maintain quality of life

Pharmacological Intervention

- Medication for memory loss
- Medication for behavioral symptoms

Non-pharmacological Interventions

Such as Reminiscence Therapy, Music Therapy, Cognitive Training on attention, eye-hand coordination etc.



Prevention

- Early detection
 - Early diagnosis and control of chronic disease like diabetes mellitus, hypertension and stroke
- Healthy lifestyle
 - Physically active
 - No smoking and no alcohol
 - Balanced diet (low sugar, low salt, low fat, high fiber)
 - Take part in intellectual and leisure activities

Facing Dementia

- Have positive attitude and give credit to yourself for the success in everyday life
- Maintain and expand your social circles for better interpersonal communication
- Exercise every day
- Maintain a regular lifestyle
- Maintain a balanced diet
- Follow the treatment plan advised by healthcare professionals



Patient



Carer

- Understanding dementia and its treatment methods
- Learning communication and caregiving skills for patients
- Maintaining a positive attitude and a cheerful mindset
- Following the treatment instructions recommended by healthcare professionals
- Maintaining positive and effective communication during treatment
- Seeking support from community organizations that provide services for dementia when needed
- Preparing advance plans for finance, legal matters, and medical care

Suggestions for caregivers to enhance communication with patients:

- Be attentive and learn to empathize with the patient's emotions and feelings
- Make good use of their strengths to help maintain their self-esteem
- Avoid excessive protection and care that keeps the patient confined to their home.
- Encourage and enable the patient to engage in self-care activities such as washing their face, shaving, or bathing.
- Use objects, music, images, and old photographs to assist patients to recall their memory.

Engage in conversational



- Maintain a gentle tone of voice
- Speak at a slower pace
- Keep sentences short, concise, and easy to understand.
- Treat the patient as an adult and avoid treating them as a child
- Allow the patient sufficient time to comprehend speech and respond
- Give one-step directions
- Turn questions into answers
- Avoid arguing with the patient or displaying impatience in speech, to reduce conflicts.
- Create an environment free from disruptive noise.