

Cognitive Impairment

The Thinking Problems of Dementia - 7 As

Thinking Problem / Cognitive Loss	Examples of ways the loss shows itself in behaviour	Strategies to Compensate
Trouble with memory (Amnesia)	<ul style="list-style-type: none"> - Repeating - Misplacing things - Rummaging - Not being oriented to time - "Living in the past" - Forgetting names, recent events 	<ul style="list-style-type: none"> - Provide cues and gentle reminders - Treat all repetitions as if it were the first time - Reminisce about the distant past
Trouble Using and Understanding Language (Aphasia)	<ul style="list-style-type: none"> - Word finding difficulty - Not using the right words - Repetitive sounds/words - Going back to first language - Needing more time to process and/or not responding appropriately 	<ul style="list-style-type: none"> - Speak slowly and clearly - Use visual gestures/cues - Patience! Provide more time for individual to respond - Be mindful of body language and facial expressions - Use key words from 1st language
Trouble Recognizing – People, Objects, Places (Agnosia)	<ul style="list-style-type: none"> - Misidentifying family members - Not recognizing staff - Misusing objects - Eating unusual things and mixing food 	<ul style="list-style-type: none"> - Introduce yourself - Identify objects - Prevent unfortunate mixtures by keeping items apart
Trouble with Purposeful Movement (Apraxia)	<ul style="list-style-type: none"> - Not able to do ADL's (e.g. Dressing, grooming and eating) - Not getting the steps of a task right 	<ul style="list-style-type: none"> - Short, simple instructions - Demonstrate the action
Lack of Awareness that someone <i>has</i> thinking problems (Anosognosia)	<ul style="list-style-type: none"> - Refusing assistance or aids - Insisting one "has already done it" - Lack of insight of risk - NOT DENIAL! 	<ul style="list-style-type: none"> - Step into the individual's reality and recognize strengths - Normalize assistance (e.g. "I do this for everybody") - Avoid arguing - Offer help as if it were temporary (e.g. "Just this once")
Trouble Perceiving the World Accurately (Altered Perception)	<ul style="list-style-type: none"> - Delusions - Illusions - Hallucinations - Poor depth perception - Suspicious/Paranoid 	<ul style="list-style-type: none"> - Avoid arguing - Avoid imposing reality - Step into the person's world; focus on their feelings - Alter environment to minimize misinterpretation
Lack of motivation / initiation (Apathy)	<ul style="list-style-type: none"> - Appearing not to care/withdrawn - Failure to initiate activities (e.g. Conversation, eating) - Sitting in the same place for long periods of time 	<ul style="list-style-type: none"> - Help person initiate/get something started - Connect with individual on a regular basis - Gently persuade person to join activities he/she formerly enjoyed