Understanding Alzheimer's
**Types of Dementia:**

The different dementias have some commonalities, yet they each are different in their own way.

Here are some of the more well-known types of Dementia.

- Alzheimer’s (most common)
- Chronic Traumatic Encephalopathy (CTE)
- Huntington’s
- Normal Pressure Hydrocephalus
- Posterior Cortical Atrophy
- Wernicke-Korsakoff Syndrome
- Creutzfeldt-Jakob
- Frontotemporal dementia
- Lewy Body
- Parkinson’s related
- Vascular dementia
- Mixed dementias

*Reversible Dementias – things that cause dementia, but once cleared up, the person hopefully will return back to their healthy self.

Dilirium – as with reversible dementias is often more acute, it comes on quickly and is usually temporary and can be treated.

### Symptoms of Dementia

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memory issues</td>
<td>Reduced short-term memory</td>
</tr>
<tr>
<td>Confusion with time, people, &amp;/or place (orientation)</td>
<td>Difficulty paying attention or following others as they speak</td>
</tr>
<tr>
<td>Poor Judgement</td>
<td>Rambling</td>
</tr>
<tr>
<td>Difficulties with problem solving</td>
<td>Not thinking/speaking clearly</td>
</tr>
<tr>
<td>Language Issues</td>
<td>Loss of muscle control(incontinence)</td>
</tr>
<tr>
<td>Challenges with Activities of Daily Living (ADLs)</td>
<td>Behavior changes throughout the day</td>
</tr>
<tr>
<td>Change in personality, mood and/or behavior</td>
<td></td>
</tr>
<tr>
<td>Visual/Spatial Troubles</td>
<td></td>
</tr>
<tr>
<td>Withdrawal from normal activities</td>
<td></td>
</tr>
</tbody>
</table>

**Alzheimer’s Disease Risk Index**

Australian National University

Common Risk factors for Alzheimer’s

Increasing Age  
Gender (being female)

Family Risks  
- First degree relative  
- Genetic mutations

Health Conditions  
- History of heart disease, strokes, hypertension

- History of Diabetes

Significant head trauma  
Unhealthy Lifestyle factors

Protective Factors

Quality sleep  
Eat a heart healthy diet

Exercise regularly  
Manage stress

Be socially active  
Maintain healthy numbers

Engage in intellectual activities

Additional Resources:

Alzheimer’s Association  
www.alz.org

Wealth of information

• Access support groups in your area
• PDFs of information

National Institute on Aging  
https://order.nia.nih.gov/

(Order free materials or print PDFs)

• Forgetfulness: knowing when to ask for help
• Alzheimer’s Disease Fact Sheet
• Lew Body Dementia
• The Dementias: Hope Through Research
• Alzheimer’s Disease in People with Down Syndrome
• Alzheimer’s Disease Medications Fact Sheet
• Understanding Alzheimer’s Genes

• Understanding Memory Loss
• Caring for a Person with Alzheimer’s Disease: Your easy-to-Use Guide
• Understanding Alzheimer’s Disease: What you need to know
• Frontotemporal Disorders
• Biomarkers for Dementia Detection and Research
• Legal and Financial Planning for People with Alzheimer’s Disease
Driving /Car Related

- At the Crossroads – family conversations about Alzheimer’s Disease, dementia and driving
- In the Driver’s seat – a guide to vehicle safety technology
- Your Road Ahead – A guide to comprehensive driving evaluations
- Your Road to Confidence – A widow’s guide to buying, selling and maintaining a car
- We Need to Talk – Family Conversations with Older Drivers

Multitude of Home safety guides

- Remodeling today for a better tomorrow

For more information about brain health & other topics visit the Family Files Blog at https://go.illinois.edu/Family Files

Developed by Chelsey Byers, Family Life Educator 2020