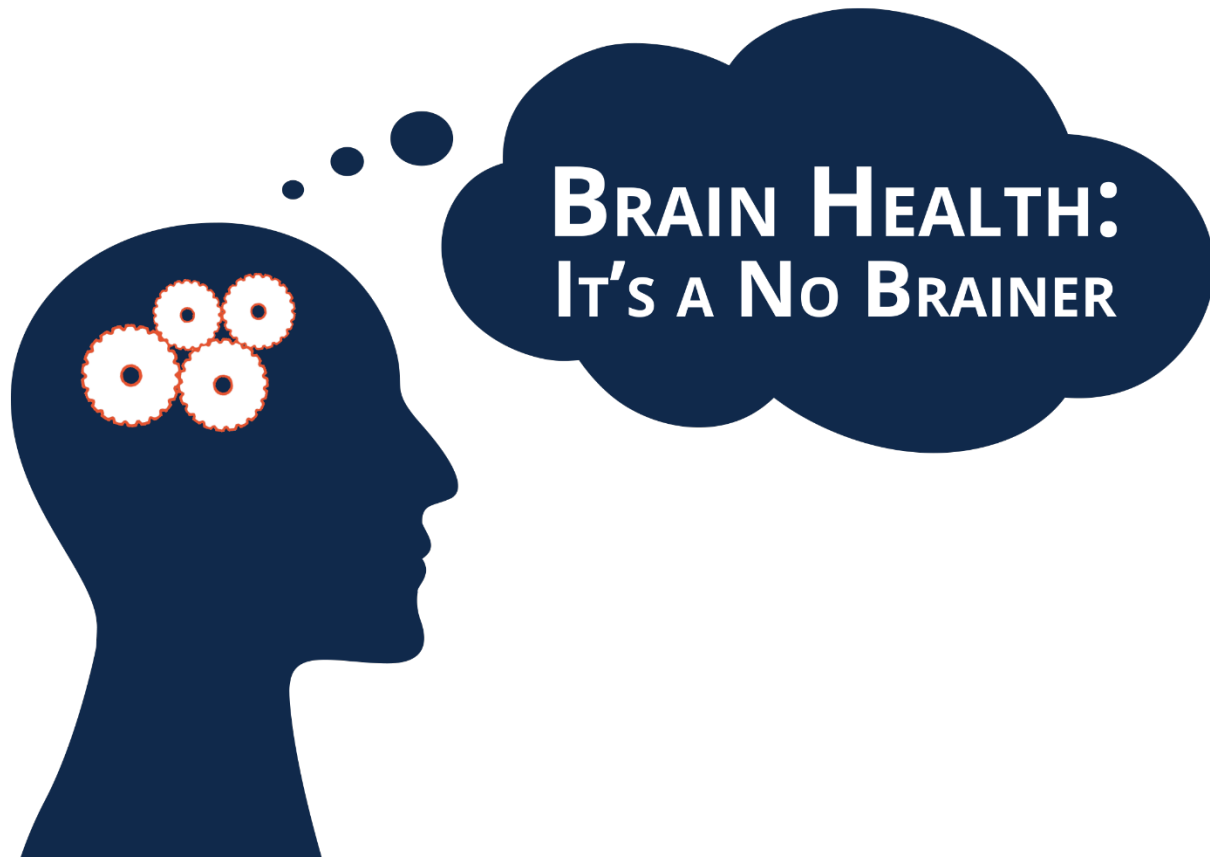


I ILLINOIS

Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**



Understanding Alzheimer's

University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences
United States Department of Agriculture ■ Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

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)

Creutzfeldt-Jakob

Chronic Traumatic Encephalopathy (CTE)

Frontotemporal dementia

Huntington's

Lewy Body

Normal Pressure Hydrocephalus

Parkinson's related

Posterior Cortical Atrophy

Vascular dementia

Wernicke-Korsakoff Syndrome

Mixed dementias

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

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

Symptoms of Dementia

Memory issues

Confusion with time, people,
&/or place (orientation)

Poor Judgement

Difficulties with problem solving

Language Issues

Challenges with Activities of Daily Living (ADLs)

Change in personality, mood and/or behavior

Visual/Spatial Troubles

Withdrawal from normal activities

Symptoms of Delirium

Reduced short-term memory

Difficulty paying attention or
following others as they speak

Rambling

Not thinking/speaking clearly

Loss of muscle control (incontinence)

Behavior changes throughout the day

Alzheimer's Disease Risk Index
Australian National University
<https://anuadri.anu.edu.au/index.php>

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
- Videos you can watch

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
- Lewy 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

