



# THE LBD DIGEST

Norman Fixel Institute for Neurological Diseases at UF Health

## In This Issue:

- Mini Article: 8 Areas of Cognitive Loss
- Research Corner
- Lewy Body Dementia Association Learning Links

### Mini Article: 8 Areas of Cognitive Loss

Inspired by Renee Horne of Elder Options

Renee Horne is a Caregiver Support Coach with Elder Options serving North Central Florida. We were fortunate to have her join us for our virtual support group where she discussed the eight areas of cognitive loss. Considering how helpful her presentation was to those who could attend, we have created a mini article summarizing the content of her presentation. If you have any specific questions regarding this topic, feel free to reach Renee at [hornec@agingresources.org](mailto:hornec@agingresources.org).

As a Caregiver Support Coach, Renee is skilled at describing caregiver strategies to address the loss of each area outlined below.

Area of Cognitive Loss	Loss	Caregiver Strategies
<b>Memory</b>	With some dementias, memories fade. Long-term memories and well-learned behaviors remain longer. Do not expect new learning from your loved one.	Avoid memory language like “remember when.” Repetition and routine are very important. Be ready to explain loss of manners to others.
<b>Reasoning</b>	Reasoning may break down and behavior becomes more random and self-centered.	You cannot reason or negotiate with the person. Do not rely on their common sense. Be more directive rather than providing explanations.
<b>Language</b>	Language is usually affected more in other dementias than in Lewy body dementia, but is sometimes affected in LBD, as well. Searching for the right word is common.	Supply the missing words. Consider shortening and simplifying your sentences. Verbal skills may mask actual decline in thought.
<b>Abstract Thinking</b>	Your person may become increasingly concrete in their thought and lose their ability to think of hypothetical “what ifs.”	When you are providing directions, be concrete. Do not give them if this then that statements. Live in the moment.
<b>Attention</b>	It becomes hard to stay on task. Your loved one may be easily distracted.	Pay attention to their environment and remove distractions. There is an increasing need for monitoring, structuring and refocusing. Cueing with words or gestures may be helpful.
<b>Judgement</b>	An inability to understand consequences of actions may develop. This could create safety issues or insensitivity to others.	Do not overprotect but assume responsibility for safety. Stop use of power tools and driving. Prepare for embarrassment of some resulting behaviors.
<b>Perception</b>	There may often be misinterpretation through the five senses. Suspiciousness and paranoia may increase.	Be prepared to deal with their distress. Monitor their environment, including the media, as it may add to their paranoia. Reassurance is very important.
<b>Organization</b>	Your loved one may be less able to establish purpose of activities and put actions in order. Size and complexity of activities becomes important.	Fit the activities to abilities. Provide appropriate directions with support and prompting.

Due to COVID-19, research activities have been paused. They are expected to resume gradually over the summer months.

## LBDA Learning Links

### LBDA's Virtual Communities

The Lewy Body Dementia Association (LBDA) is an organization dedicated to raising awareness of the Lewy body dementias (LBD), supporting people affected by LBD and promoting scientific advances. The LBDA supports four Internet Discussion Forums that connect individuals living with LBD or those caring for a person who lives with LBD. These resources offer an opportunity for you to talk about the challenges of LBD or share ideas of how to manage them.

Three of the four groups require a Facebook profile while one is an email group needing registration. If you are interested in joining one of these forums, please find helpful information at [lbda.org/go/virtual-groups](http://lbda.org/go/virtual-groups). If you have difficulty creating a profile or registering to any of the four options, feel free to contact us at [DLB-support@neurology.ufl.edu](mailto:DLB-support@neurology.ufl.edu).

### CONTACT US



To contact your UF Health Lewy Body Dementia Support Team call (352) 733-2419 or email us at [DLB-support@neurology.ufl.edu](mailto:DLB-support@neurology.ufl.edu).



### Are you a caregiver in need of support?

Join our monthly Virtual Lewy Body Dementia Caregiver Support Group!

#### HOW TO CONNECT:

- Every 4<sup>th</sup> Friday of the month from 2-3PM.
- By telephone:
  - Call the toll free number
    - +1 (646) 558-8656
  - Input Meeting ID: 540-200-2903
- Online:
  - <https://uflphi.zoom.us/j/5402002903>

