Newly Diagnosed?
Resources for you to process, connect and move forward

Banner
Alzheimer’s Institute &
Sun Health Research Institute
Hello there,

If you have recently been diagnosed with early-stage cognitive changes, we want you to know that it is normal to experience feelings of confusion, doubt, and even fear.

YOU ARE NOT ALONE.

You may be feeling isolated, uncertain, or even relieved when hearing these words for the first time. However, once you talk with others who have a similar diagnosis, you may realize that our lives still have meaning and relevance. You are not defined by your diagnosis.

Many of us have gone through this, and we want you to know there are opportunities to connect, learn and find friendship to help you with the challenges. Inside this packet you will find helpful information and community resources. Caring people are willing to listen and help us move forward with our lives. Despite our diagnoses, we still have love and much to share. We encourage you to participate in all the world has to offer.

Banner Alzheimer’s Institute Early-Stage Advisory Council - a compassionate community of patients and professionals.

Karen, Leonard, Mary, Nancy, Sandy and Sharon - Living with Early Memory Loss

Barb, Deidra and Heather - Banner Alzheimer’s Institute Team
Hope

Hope - such a powerful word!
Without it we would be lost.
Days without meaning,
Days feeling helpless,
Wasted days.

But days filled with hope –
What a glorious thought!
I no longer drift, I have a purpose.
I have renewed strength to face the future.

Yes, the news given to me was unexpected,
Yes, I know the days ahead will be stressful.
A whole new life awaits me
But the support of others will sustain me.

In life, valleys give way to hills to be climbed,
No matter how steep,
The journey begins
With one slow step
A day at a time,
With a will to succeed
With hope in my heart
Anything is possible.

Keeping in mind the beautiful song from Carousel:

When you walk through a storm
Keep your head up high
And don’t be afraid of the dark.
At the end of the storm is a golden sky
And the sweet silver song of a lark.
Walk on through the wind,
Walk on through the rain,
Though your dreams be tossed and blown.
Walk on, walk on with hope in your heart
And you’ll never walk alone,
You’ll never walk alone.

– Nancy
The "Dementia Untangled" podcast aims to offer expert guidance and support for the millions of people living with Alzheimer’s or another dementia and their family caregivers. As communities engage in becoming more dementia friendly, it’s important to hear directly from those living with a diagnosis and understand their new outlooks on life.

Stream these useful conversations now.

"Real Talk: Living with Dementia"
Arthena Caston & Jay Reinstein

"A Doctor’s Experience: Living with LBD"
Dr. Gary Schmidt

"Keeping Your Purpose while Living with Dementia"
Roger Marple

"A Purposeful Life with FTD"
Laurie Scherrer

BannerHealth.com/DementiaUntangled
You’re invited to a Banner Alzheimer’s Institute support group exclusively for people living with Early Stage Dementia/MCI. This online group will help you to not feel alone, and connect with others in a safe space while continuing to incorporate good self-care to live successfully with cognitive changes.

If you have any questions, please contact Barbara Klauser, LCSW at 602.839.6510 or via email at Barbara.Klauser@bannerhealth.com

**DATE**
Second Friday of each Month

**TIME**
1:00 – 2:30PM

**LOCATION**
Online via Zoom

*registration is required in advance to obtain Zoom access

**COST**
Free

**REGISTRATION**
Barbara.Klauser@bannerhealth.com
Pick Your Team

Coping with any chronic illness requires love and support from others. Identifying who is on your team is very important especially in the early stages. To win the game, we must create the best team possible. Spending time to select your team members is so important. These are people that have your back and you can trust to help you when you are in need.

Positions to consider:

- **CAPTAIN** - You are the captain of your team
  Your role is to coach your players to play the game the way you want.

These are your key players who can support you and help with the ups and downs of the game:

- **CATCHER/PITCHER** - Immediate family and friend relationships
  Who are those that you are closest with? Significant other family and friends.

- **1ST BASE** - Employment
  Who is your best ally at work?

- **2ND BASE** - Community
  Do you have a spiritual or religious family? Neighbors or a club or gym connection that is important to you?

- **3RD BASE** - Healthcare
  Who is your primary provider? Your Dementia Specialist? Your Social Worker?

- **OUTFIELD** - Any other contacts that are a support to you
  Education, support or engagement programs through Banner Alzheimer’s Institute.
**Terminology**

**Dementia**
- Changes in memory, thinking and ability to function severe enough to impact daily living.
- There are over 100 causes of dementia- the most common being Alzheimer’s disease.

**Mild Cognitive Impairment - (MCI)**
- Notable changes in memory, language, attention, reasoning, judgment, reading and/ or writing.
- Daily activities are still manageable, so MCI does not meet criteria for dementia.
- Not everyone with MCI will progress to dementia, but many do.

**Early Onset**
- When symptoms develop under the age of 65

**Late Onset**
- When symptoms develop after the age of 65

**Types of Dementia**

**Alzheimer’s Disease (AD):**
- Most common type of dementia.
- Gradual changes in memory followed by decline in other areas of mental and eventually physical functioning.

**Lewy Body Dementia (LBD):**
- Second most common type of dementia
- Shares symptoms with Alzheimer’s disease and Parkinson’s disease
- Gradual onset of fluctuating mental alertness and abilities along with physical symptoms of Parkinson’s disease

**Vascular Dementia (VD):**
- Deterioration in mental function caused by multiple strokes (infarcts) in the brain
- Can be sudden onset and symptoms vary based on size and location of stroke

**Frontotemporal Degeneration (FTD):**
- Group of conditions that affect the front (frontal lobes) and sides (temporal lobes) of the brain
- Initial symptoms typically involve changes to personality, judgment, behavior, planning and social function. Some people will have trouble with language and communication.

**Progression/Stages**
- Regardless of the stage, it is possible to live a meaningful, quality life.

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<thead>
<tr>
<th>Early Stage/Mild Dementia</th>
<th>Middle Stage/Moderate Dementia</th>
<th>Late Stage/Advanced Dementia</th>
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</thead>
<tbody>
<tr>
<td><strong>Changes:</strong></td>
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<tr>
<td>Short-term memory</td>
<td>Short and long-term memory</td>
<td>Impaired memory</td>
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<tr>
<td>Attention/focus</td>
<td>Expressive and receptive</td>
<td>Reliant on non-verbal</td>
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<td>Word finding</td>
<td>language</td>
<td>communication</td>
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<td><strong>Support needed:</strong></td>
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<tr>
<td>Instrumental Activities of Daily Living (IADLs): cleaning, cooking, handling finances, driving, etc.</td>
<td>Activities of daily living (ADLs): grooming, bathing, dressing, etc.</td>
<td>Completing Instrumental Activities of Daily Living (IADLs) and Activities of Daily Living (ADLs).</td>
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Have additional questions?
Contact Deidra 602.839.6850 or baifcs@bannerhealth.com