

# THE IMPORTANCE OF OVERALL HEALTH IN THOSE WITH DEMENTIA

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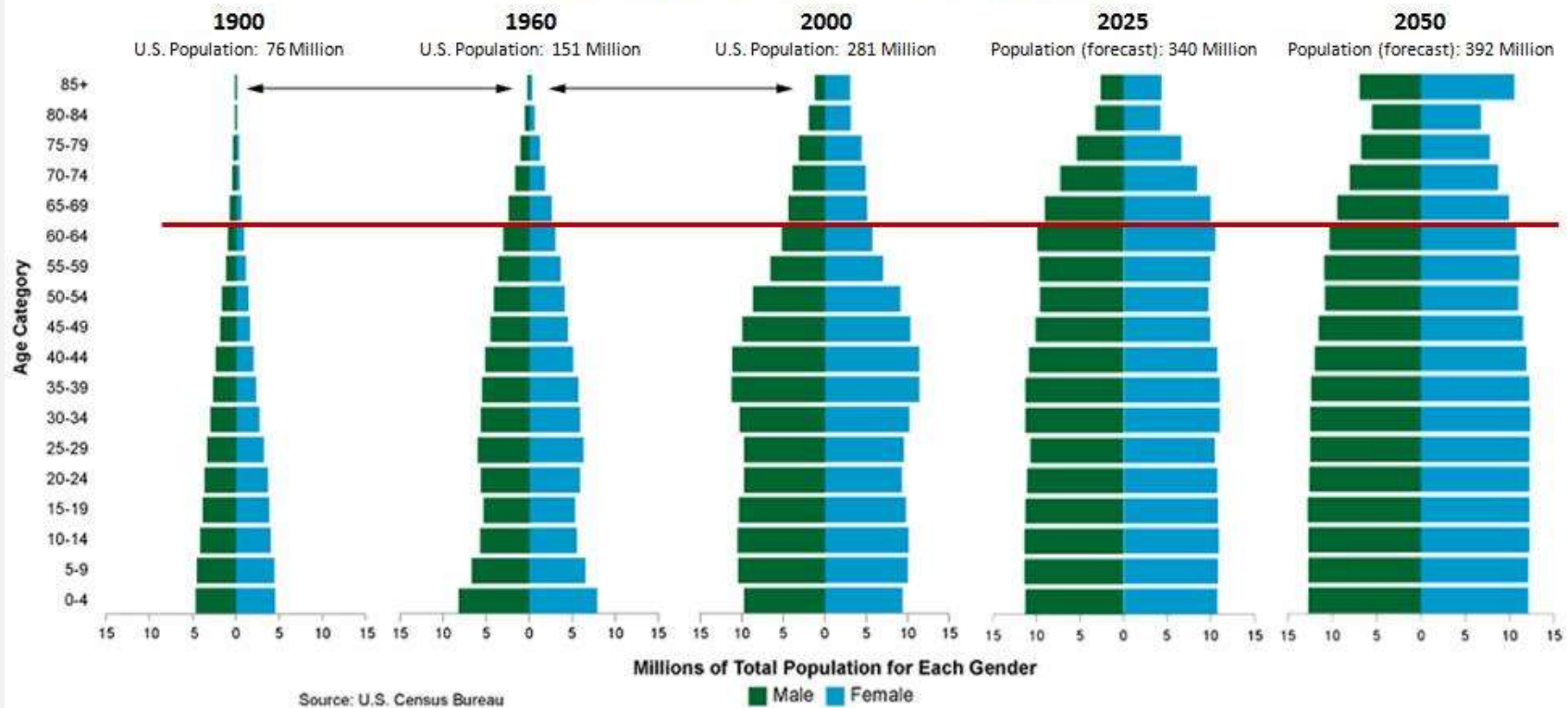
Jan 16, 2023



# Changing US Population Demographics

By 2050, People Age 65 and Older Will Equal 20% of the Population

U.S. Population (and Forecast) by Age Category and Gender



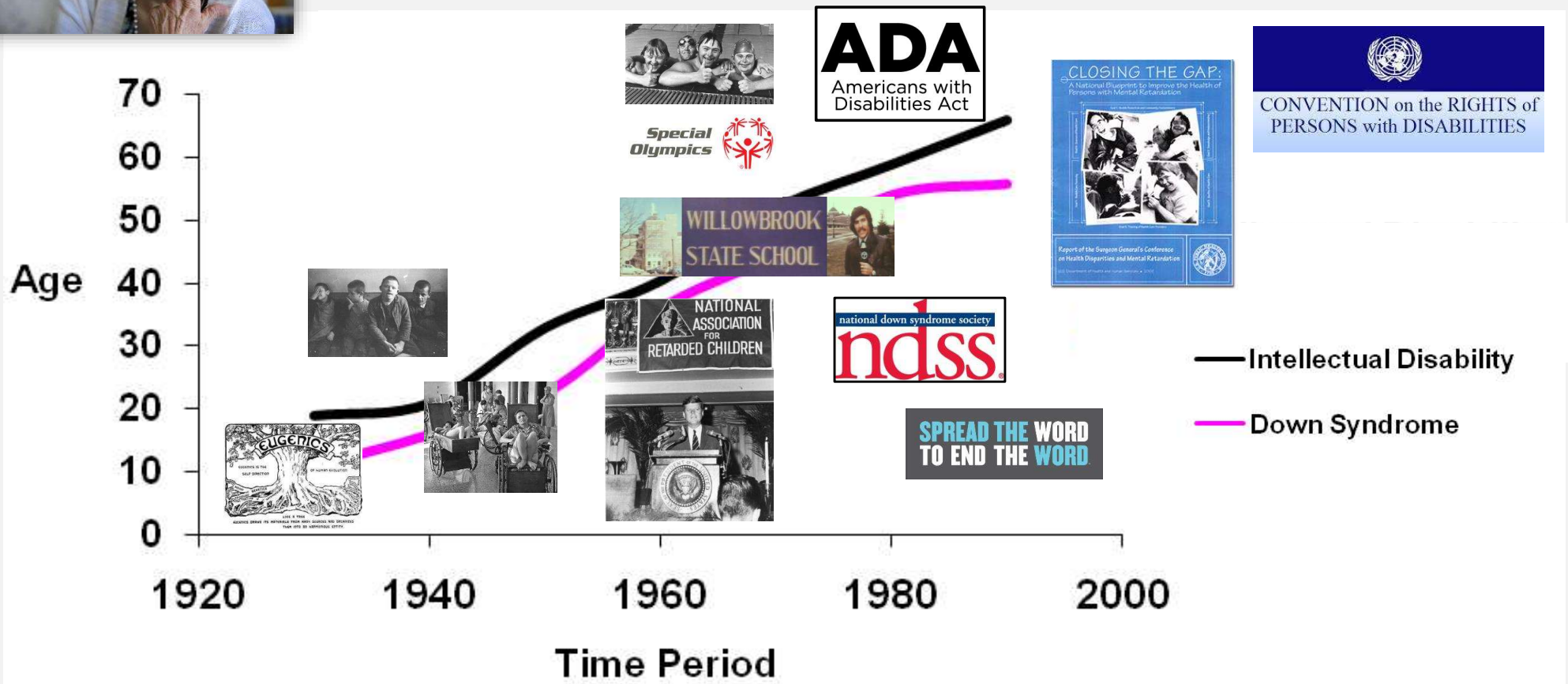
## AGING AND INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

- In 2002, an estimated 641,000 adults with IDD were older than 60.
- In 2002 about 75% of all older adults with IDD were in the 40-60 year old age range.
- The number of adults with IDD age 60 years and older is projected to nearly double from 641,860 in 2000 to 1.2 million by 2030 due to increasing life expectancy and the aging of the baby boomer generation





# LIFE EXPECTANCY



Source: Carter & Jancar, 1983, Janicki, Dalton, Henderson & Davidson, 1999



## EXPECTED PHYSICAL CHANGES OF AGING

- **Osteopenia/Osteoporosis** - normal aging-related bone loss
- **Sarcopenia** - progressive loss of muscle mass
- **Presbyopia:** the lens of the eye becomes stiffer and less flexible – affecting the ability to focus on close objects (accommodation)
- **Presbycusis** – aging related change in the ability to detect higher pitches – more noticeable in those age 50+
- **Gustation** (i.e. the sense of taste) decrements become more noticeable beyond 60+
- **Olfaction** (i.e. the sense of smell), decrements become more noticeable after age 70+
- **Somatosensory System** - Reduction in sensitivity to pain, touch, temperature, proprioception
- **Vestibular** – Reduction in balance and coordination
- **Cognitive** – Reduction in short term memory loss, attention, and, retrieval
- **Homeostenosis** – narrowing of reserve capacity

## AGE RELATED HEALTH COMPLICATIONS

- Seizures
- Osteoporosis
- Falls and fractures
- Behavioral challenges
- Visual and hearing deficits
- Dementia
- Gait dysfunction
- Hypertension
- Cardiopulmonary disease
- Strokes
- Cancer
- Spinal disease
- Liver and Kidney disease
- GI disturbances
- Changes in medication metabolism

# SUCCESSFUL AGING/AGING WELL

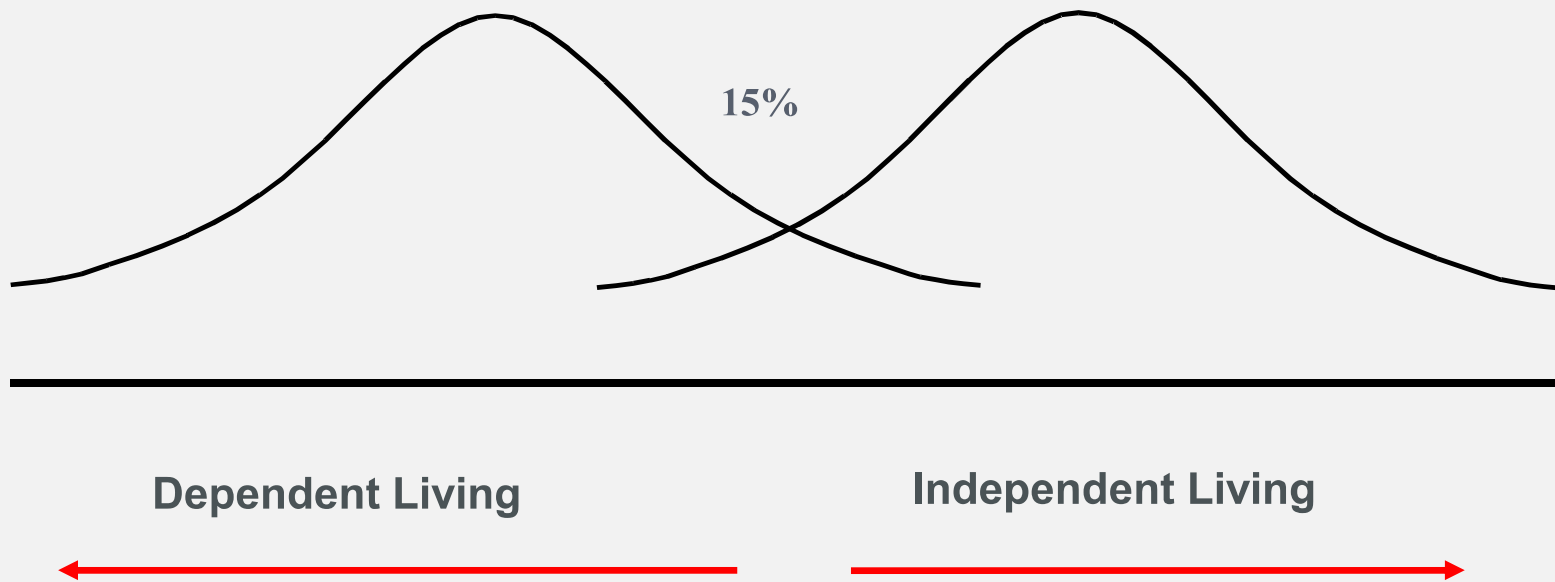
- Freedom from disability and disease
- High cognitive and physical functioning
- Social engagement
- Taking action
  - Emotionally
  - Physically
  - Mentally
  - Spiritually



February 22, 2010

# AGING AND DECLINE AFFECTS ADL'S

Small Change in Cognitive Capability could have profound impact on Independence; less resiliency

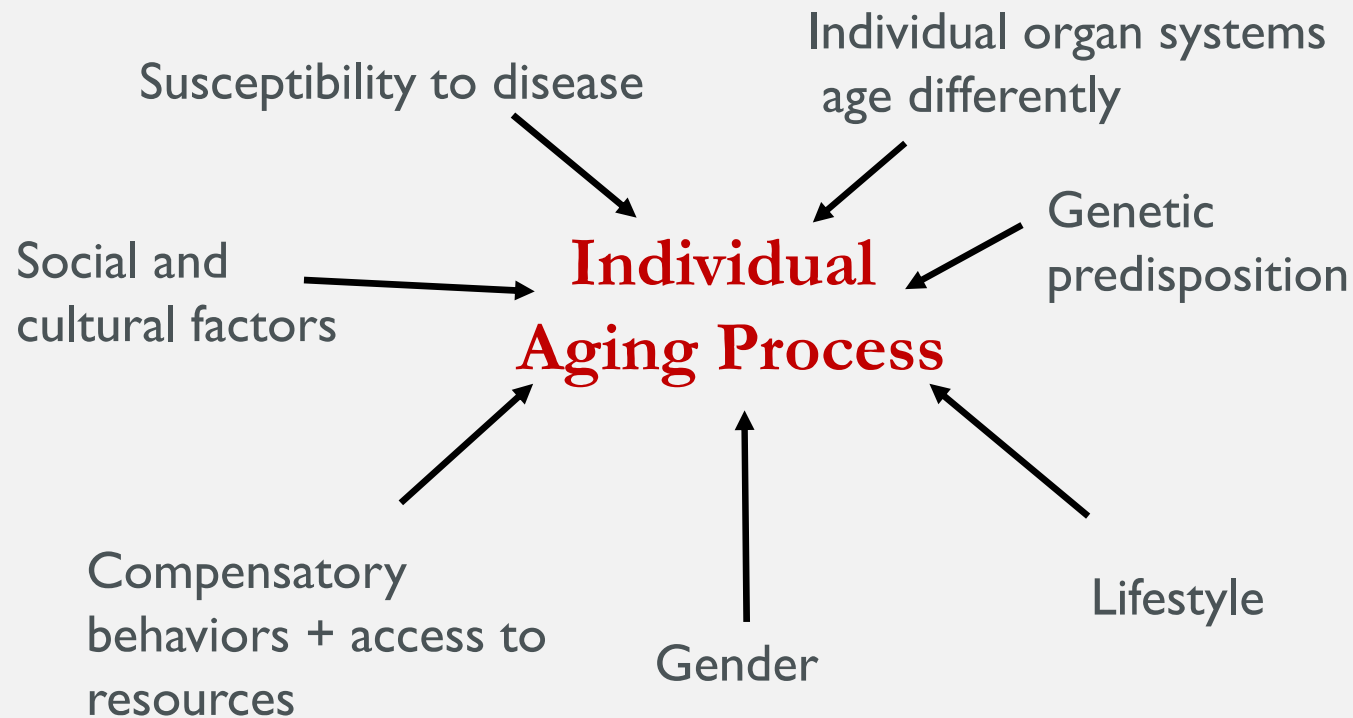




# Diversity of the Aging Process

**Cognitive Reserve**

**Plasticity**



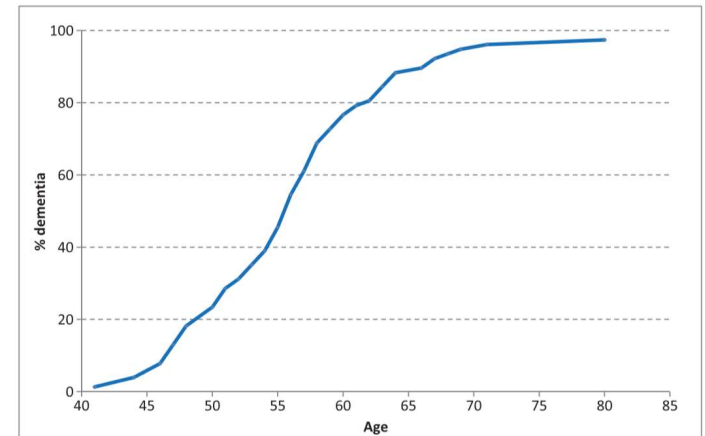
# COGNITIVE CHANGES WITH AGING

- Normal changes = **more forgetful & slower to learn**
- MCI – Mild Cognitive Impairment =
  - Immediate recall, word finding, or complex problem solving problems (1/2 of these folks will develop dementia in 5 yrs)
- Dementia = **Chronic thinking problems in > 2 areas**
- Delirium = **Rapid changes in thinking & alertness**  
*(seek medical help immediately )*
- Depression = **chronic unless treated, poor quality , I “don’t know”, “I just can’t” responses, no pleasure**  
*can look like agitation & confusion*

# ALZHEIMER'S DISEASE IN DOWN SYNDROME

- Women with Down's syndrome are more at risk of developing Alzheimer's disease than men in the 40 to 65 age group
- People with Down's syndrome who develop Alzheimer's disease live, on average, 4-10 years from first symptoms; median 7 years
- Rapid decline can occur
- Sensory impairments (vision: 93.3%; hearing: 61.3%) were evident in adults with dementia
- Late onset seizures were evident in 73.9%; with epilepsy dx at mean age of 55.4, and interval of about ½ year following dx of dementia.

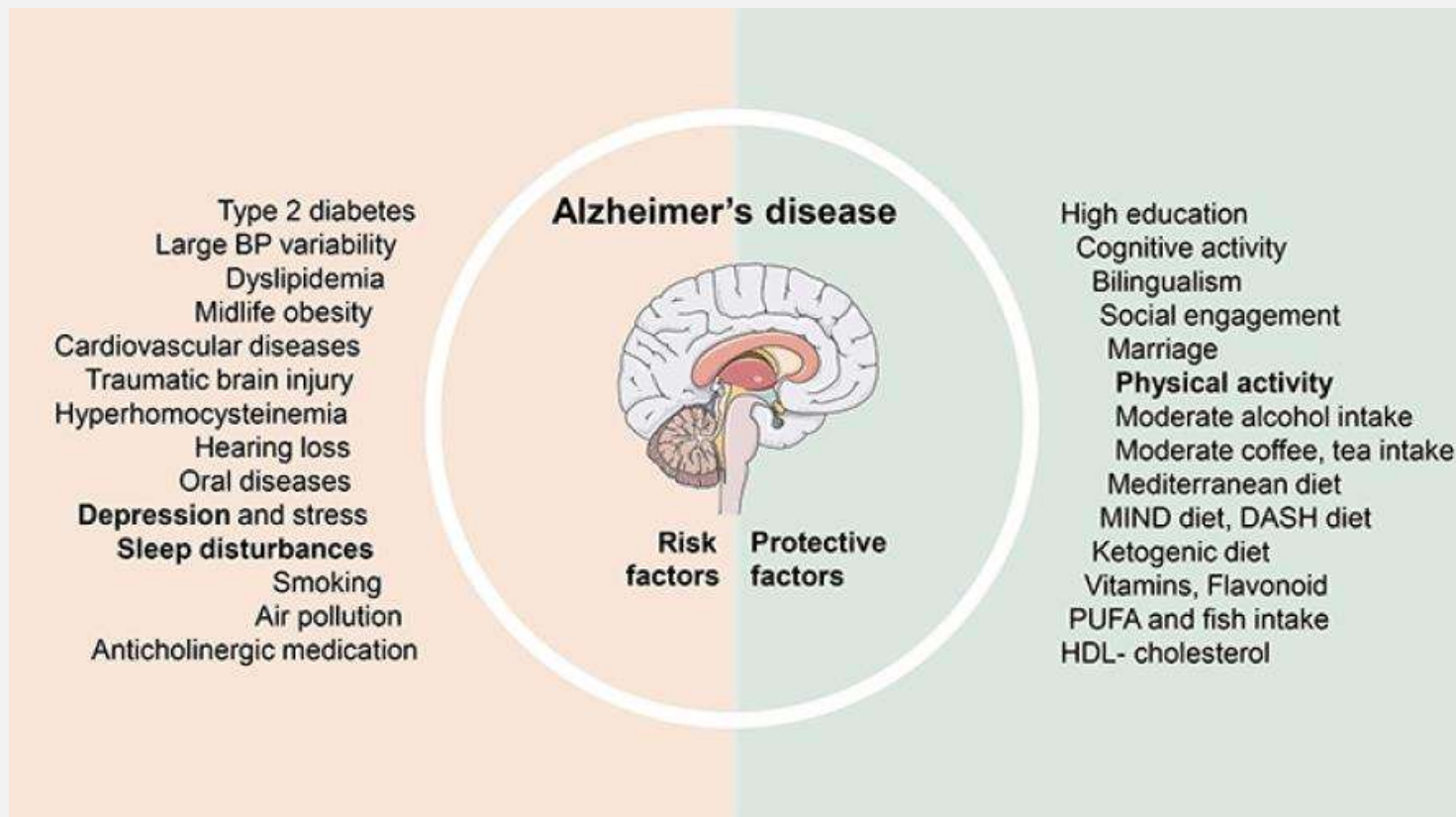
McCarron et al., (2017). A prospective 20-year longitudinal follow-up of dementia in persons with Down syndrome  
Journal of Intellectual Disability Research Sep;61(9):843-852



Percentage of people with Down syndrome who develop dementia at different ages:

30's	2%
40's	10-15%
50's	20-50%
60's	60-90%

# The Epidemiology of Alzheimer's Disease; Modifiable Risk Factors and Prevention



X. Zhang, Y. Tian, Z. T. Wang, Y. H. Ma et al

The Epidemiology of Alzheimer's Disease; Modifiable Risk Factors and Prevention

J Prev Alz Dis 2021;3(8):313-321

## IMPACT UPON HEALTH AND DEMENTIA

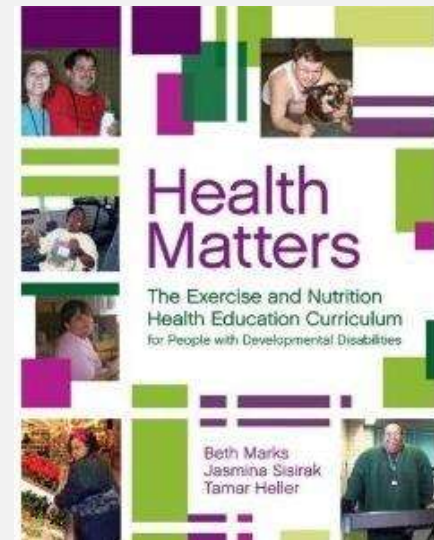
- Reduce risk of getting and delaying dementia
- Have an impact upon the severity of dementia symptoms
- Living Well with Dementia
- Overcoming myths and stereotypes

## Possible preventive strategies against dementia

- **Promoting healthy lifestyles**
  - non-smoking
  - moderate alcohol intake
  - physical activity
- **Decreasing vascular burden**
  - hypertension      - heart failure
  - diabetes              - stroke
- **Increasing brain reserve**



Rehabilitation Research and Training Center (RRTC) on Aging with Developmental Disabilities: Lifespan Health and Function, UIC at Chicago <http://www.rrtcadd.org/>



## **DEMENTIA PLUS.....**

- Poor sleep
- Polypharmacy
- Stress/Depression/Anxiety
- Change of environment
- Change of caregiver
- Aging parent/sibling
- Infection
- Pain
- Frustration
- Boredom

## **LIVING WELL WITH DEMENTIA**

- Realistic goals and opportunities
- Caregiver needs addressed
- Happiness and daily fulfillment
- Avoid complications, pain, fears, stress, over-medication
- Reflection on the good and reminiscing of the past



## **POTENTIAL BARRIER TO CHANGE**

- Ageism
- Denial
- Self Efficiency
- Unrealistic Goals

## MYTHS ABOUT OLDER ADULTS: AGEISM

- Older adults are sick.
- Older adults cannot learn new things.
- It is too late for lifestyle changes to improve health.
- Genetics are the main factor in longevity.
- Older adults are not sexual.
- Older adults are a drain on society.
- Older adults are senile.
- Older adults are typically isolated from their families.
- Older adults usually live in nursing homes.
- Older adults are poor.
- Older adults are unhappy.



## **OVERCOMING CONCERNS ABOUT BEING ACTIVE**

- “I don’t think I should start at my age.”
- “I’m worried I might hurt something.”
- “I have to take it easy at my age.”
- “My aches and pains will get worse.”
- “Can I do exercise with my blood pressure?”
- “Why bother?”

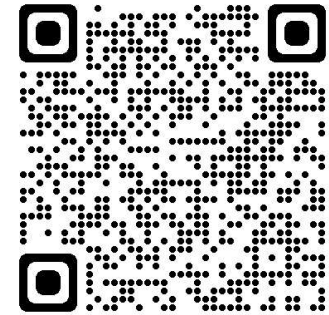


## IMPACT ON FAMILIES AND CAREGIVERS

- Frequent issues experienced by families and caregivers include:
  - Denial
  - Anger / Frustration
  - Guilt
  - Loss and Grief
  - Letting Go
  - Financial Stress
  - Role Reversals
  - Social Isolation
  - Becoming patients themselves



# HEALTHY BRAIN INITIATIVE



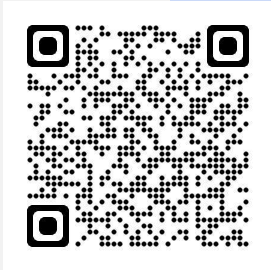
# RESEARCH ON AGING AND COGNITION

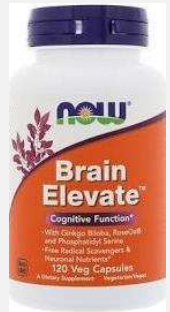
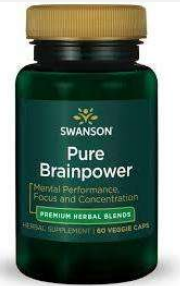
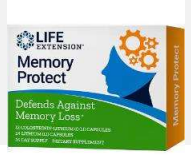
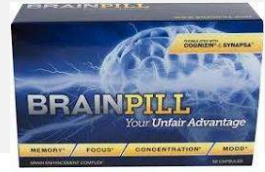
## World Wide FINGERS (WW-FINGERS)

Launched  
at AAIC  
2017

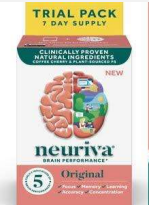


<http://wwfingers.com>

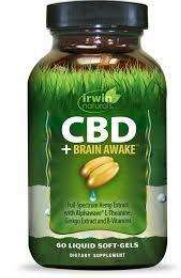
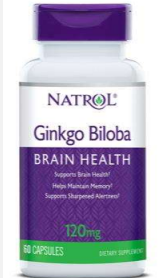
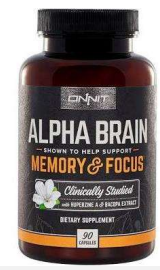
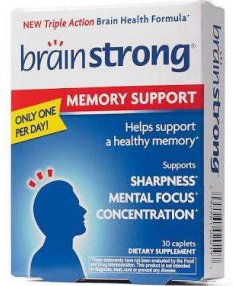




# GLOBAL WELLNESS ECONOMY NOW VALUED AT \$4.5 TRILLION



Brain Performance  
7 ct





**Thank You!!**

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**Intellectual Disabilities and Dementia (the-ntg.org)**