

The newsletter by **2050 HEALTHCARE**



# CARECONNECT

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## DEMENTIA

Unveiling the Struggle,  
Embracing the Journey



## MESSAGE FROM CFA'S DESK

**Mr. Kedar Nath Choudhury** - Chief Finance Advisor and Co founder

At **2050 Healthcare**, we have always been guided by our dedication to providing compassionate and thorough care. Today, I would like to offer my thoughts about dementia care through the pages of **CareConnect**, which is both highly personal and profoundly necessary.

Dementia is more than just a medical diagnosis; it is a journey that impacts not only the person afflicted but also their family and loved ones. It is a journey that includes times of bewilderment and grief, as well as love, resilience, and hope. As caregivers, we have the opportunity to walk with these folks and their families, providing support, understanding, and care that extends beyond the clinical.

Our approach to dementia care is based on empathy. We endeavor to view the world through the eyes of people we care about, understanding their anxieties, frustrations, and joys. Each connection is an opportunity to provide comfort, relieve fear, and honor each individual's unique character.

As we move forward, let us maintain compassion and respect in all parts of our care. Let us listen with both our hearts and our minds, and never forget the fundamental humanity that underpins all acts of caregiving.

Together, we can shape a future in which every person living with dementia feels accepted, understood, and appreciated.

# *Understanding Dementia: The Emotional and Physical Impact*

**About 8.8 million Indian adults older than 60 years live with dementia.**

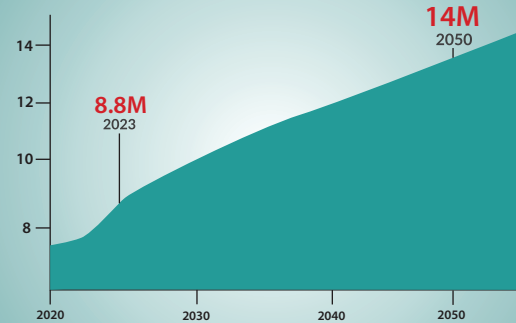
**By 2050, the number of people living with dementia in India is expected to rise to over 14 million.**

Dementia is a general term for a group of chronic conditions that cause a decline in cognitive or mental abilities, resulting in interference with daily life activities.

In simple words, it robs people of their memories, sense of self, and connection to their surroundings. Imagine witnessing a loved one slowly fade away, their mind becoming a perplexing maze in which recognizable faces, names, and beloved memories are lost in the blur.

The **Physical** impact is devastating. The tasks that were once easy, like getting dressed or eating a meal, become huge challenges as the ability to control movements and coordination gets worse. The gradual loss of ability to control basic bodily functions like using the bathroom brings a deep sense of embarrassment and loss of dignity. But perhaps even more difficult are the **Emotional** and behavioral changes caused by dementia.

One minute, you're greeted with a warm, loving grin from someone you've known all your life. The next, they're a stranger imprisoned in a pool of worry, not knowing what to do.



Estimated Increase in Population affected by Dementia



# DEMENTIA CARE

When caring for someone with dementia, it is vital to approach each situation with a great deal of compassion and understanding. Consider the world from their perspective, which is full of confusion and anxiety. Your presence and approach can significantly impact their comfort and well-being.

- **ALLOW FOR PLENTY OF TIME, DON'T RUSH.**

Taking your time is important. People with dementia tend to process information & respond more slowly. Rushing them might cause anger and distress. Allow plenty of time for tasks and communication, and give them the space they need to feel relaxed and at peace.

- **KEEP THE TONE OF YOUR VOICE GENTLE.**

The tone of your voice may express far more than just words. A soft, soothing voice can contribute to a quiet and reassuring environment. Speak slowly and clearly, with warmth and empathy, so that the individual feels secure and understood.

- **SHOW POSITIVE BODY LANGUAGE AND GESTURES**

Your body language says everything. Positive, open gestures, such as smiling, maintaining eye contact, and using soft touches, can give comfort while also conveying caring and respect. These subtle signals are vital for establishing trust and connection.

- **DON'T MAKE DEMANDS. PROVIDE REASSURANCE.**

Avoid demanding or insisting on compliance. Instead, provide comfort and gentle guidance. Recognize their limitations and offer help without forcing them. Encouragement and positive reinforcement may make people feel more capable and appreciated.

- **PLAN ACTIVITIES AROUND NATURAL ROUTINES.**

Align activities to their natural patterns and rhythms. Consistency and familiarity can bring a sense of security. Plan activities for when they are most awake and engaged, and let them relax when they are tired.

- **SIMPLIFY THE ENVIRONMENT.**

A simpler atmosphere helps reduce confusion and overstimulation. Reduce the number of choices people have to make by providing clear and simple options. A tidy, clear area might help people navigate their surroundings more effortlessly and with less stress.



# Doctor's Corner

Dr. Ajay Kumar CV, Neurosurgeon, Lucknow

## What are the early signs and symptoms of dementia, and how can they be recognized?

Early signs and symptoms of dementia include memory loss that disrupts daily life, difficulty completing familiar tasks, problems with language and communication, disorientation regarding time and place, poor judgment or decision-making skills, misplacing things, changes in mood or personality, and withdrawal from social activities. These signs should not be dismissed as normal aging and should be evaluated by a healthcare professional.

## How can caregivers effectively communicate with someone living with dementia, especially as their ability to communicate declines?

Communication with someone living with dementia requires patience, empathy, and adaptation. Use simple language, speak slowly and clearly, ask one question at a time, and allow time for them to respond. Maintain eye contact, use gestures and visual cues, and avoid arguing or correcting them. As their ability declines, focus on their emotional needs and respond with reassurance and compassion.

## What strategies can be used to manage challenging behaviors such as agitation, aggression, or wandering in someone with dementia?

Challenging behaviors in dementia can be managed through various strategies. Identify and address any underlying causes, such as pain, hunger, or discomfort. Create a calm and predictable environment, establish routines, and provide regular gentle reminders. Engage them in familiar activities or sensory experiences. Avoid confrontation and use distraction or redirection techniques. Seek professional guidance if behaviors become severe or pose a safety risk.



## How can caregivers create a safe and supportive environment for someone with dementia, both at home and in care facilities?

Creating a safe and supportive environment is crucial. At home, minimize clutter, ensure good lighting, and remove potential hazards. Use labels, pictures, and safety devices as needed. In care facilities, promote person-centered care, encourage familiar routines, and provide opportunities for social interaction and meaningful activities. Train staff in dementia care best practices and ensure adequate supervision.

## What resources and support services are available for caregivers of individuals with dementia, to help them cope with the emotional and physical demands of caregiving?

There are various resources and support services available for dementia caregivers. Local Alzheimer's associations, community organizations, and healthcare providers offer education, counseling, support groups, respite care, and practical assistance. Online resources, helplines, and caregiver training programs can also provide valuable guidance and emotional support. It's essential for caregivers to seek help and prioritize self-care to avoid burnout.



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