

# The 8 A's of Dementia

## UNDERSTANDING THE MEANING AND FINDING STRATEGIES

Type:	Symptom:	Strategy:
<b>Amnesia</b>	Loss of <b>memory</b> .	<ul style="list-style-type: none"> <li>• Keep consistent routines</li> <li>• Repeat as needed</li> <li>• Provide visual cues</li> <li>• Try an agenda or calendar</li> </ul>
<b>Agnosia</b>	Loss of the ability to <b>recognize</b> people, sounds, objects, and their purpose and meaning.	<ul style="list-style-type: none"> <li>• Always introduce yourself</li> <li>• Offer one item at a time</li> <li>• Demonstrate use of objects</li> <li>• Use other senses</li> </ul>
<b>Aphasia</b>	Loss of <b>language</b> . Includes impaired speech and/or comprehension	<ul style="list-style-type: none"> <li>• Use gestures and visuals</li> <li>• Give each direction clearly</li> <li>• Speak slower, shorter phrases</li> <li>• Patient, positive body language</li> </ul>
<b>Anosognosia</b>	Loss of <b>self awareness</b> . The person with dementia doesn't know they don't know.	<ul style="list-style-type: none"> <li>• Validate concerns &amp; feelings</li> <li>• Avoid challenging the person</li> <li>• Try personal safety devices</li> <li>• Try visual aids, <i>whiteboards</i></li> </ul>
<b>Apraxia</b>	Loss of <b>purposeful movement</b> . Loss of ability to plan, sequence, and execute steps.	<ul style="list-style-type: none"> <li>• Simplify the task</li> <li>• Focus on 1 instruction at a time</li> <li>• Demonstrate actions</li> <li>• Use previous routines</li> </ul>
<b>Altered Perception</b>	Loss of <b>perceptual abilities</b> including depth perception, 3D, & acuity causing illusions	<ul style="list-style-type: none"> <li>• Visible, large print signage</li> <li>• Contract to highlight or dimmish</li> <li>• Keep lights on &amp; use dimmer</li> <li>• Eliminate shadows</li> </ul>
<b>Attention Deficits</b>	Inability to sustain or shift <b>attention</b> . Easily distracted or perseverates.	<ul style="list-style-type: none"> <li>• Only one person speaking</li> <li>• Reduce distraction and noise</li> <li>• Use smaller visitor groups</li> <li>• Present one item at a time</li> </ul>
<b>Apathy</b>	Loss of <b>initiative</b> and motivation. Does not occur to person to participate.	<ul style="list-style-type: none"> <li>• Assist task initiation</li> <li>• Keep activity props nearby</li> <li>• Offer verbal cues</li> <li>• Utilize remaining strengths</li> </ul>