

The 8 A's of Dementia

UNDERSTANDING THE MEANING AND FINDING STRATEGIES

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