Dementia

Distinguishing the Different Dementias

Emory Goizueta ADRC
19th Brain Health Virtual Forum
Tuesday, October 27
1:00 p.m.-3:00 p.m.

Attend this free educational program to hear from Emory, Boston and Florida Atlantic University experts. Alzheimer’s disease (AD) is the most common and most studied cause of dementia. During the program you will learn how to distinguish Alzheimer’s disease from other major forms of dementia. Be sure to invite a friend, colleague or loved one to this comprehensive, interdisciplinary program.

For more information contact Cornelya Dorbin at cddorbin@emory.edu or 404-712-1416.

Registration required.
www.alzheimers.emory.edu
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<td>Emory Goizueta Alzheimer’s Disease Research Center, Director, Minority Engagement Core (MEC)</td>
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<td>John Lewis</td>
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<td>Chair, Emory University, Department of Neurology</td>
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<td>Lewy Body</td>
<td>James Galvin, MD, MPH</td>
<td>Professor of Clinical Biomedical Science and Associate Dean for Clinical Research at Charles E. Schmidt College of Medicine, Florida Atlantic University</td>
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<td>CTE</td>
<td>Robert Stern, PhD</td>
<td>Professor of Neurology, Neurosurgery, and Anatomy &amp; Neurobiology</td>
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<td>Director of Clinical Research, BU CTE Center</td>
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<td>Associate Professor in Neurology at Emory University</td>
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<td>Senior Associate, Emory University, Parkinson's disease and Movement Disorders</td>
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<td>Suzette Binford, M.Ed.</td>
<td>Therapeutics Program Manager, Emory Brain Health Center</td>
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<td>LBDA</td>
<td>Todd Graham</td>
<td>Vice President, Institutional Advancement Lewy Body Dementia Association</td>
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<td>Closing</td>
<td>Monica Parker, MD</td>
<td>Emory Goizueta Alzheimer’s Disease Research Center, Director, MEC</td>
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GUILT

Identifying and Addressing Caregiver Guilt

Ken Hepburn, PhD
Emory Roybal Center for Dementia Family Caregiving Mastery
Goizueta Alzheimer’s Disease Research Center
Nell Hodgson Woodruff School of Nursing
Emory University
Mortal Sins; Venial Sins: Abuse and Neglect

Abuse
- to use or treat so as to injure or damage -- improper or excessive use or treatment
- to attack in words -- language that condemns or vilifies usually unjustly, intemperately, and angrily
- physical maltreatment

Neglect
- to give little attention or respect to
- to leave undone or unattended to especially through carelessness
Guilt

Fact-Based Guilt

• the fact of having committed a breach of conduct especially violating law and involving a penalty

• the state of **one who has committed an offense** especially consciously

Feeling-Based Guilt

• feelings of **deserving blame** especially for imagined offenses or from a sense of inadequacy: Self-Reproach

• a feeling of **deserving blame** for offenses
A Spectrum of Things a Caregiver Might Do

• Lose temper with or feel irritated by the care recipient
• Not change the person’s clothes for three days
• Let the person sit unoccupied and withdrawn
• Lock the door to prevent the person from going outside
• Take a 10-minute cool-down walk outside
• Forget a cycle of medication
• Wish the person would die

• Physically restrain the person – shut person in room

• Strike or push the person
Components of a Serious Concern

- Deliberation
- Repetition
- Injury

Seek Professional Help

Talk with Someone

Forgive Self

Components of a Fall from Grace

- Frustration
- Exhaustion
- Not respectful, but not harmful
- Self-preserving
- Human

Forgive Self
“I am human, and I think nothing human is alien to me”

Terence (195-159 BC)

It is nowhere written that caregivers are expected to apply for sainthood*

* Of note, however, St John the Evangelist, the “Beloved Apostle,” is the patron saint of caregivers
SENIOR HOUSING & CARE OPTIONS

PRESENTED BY:
STEPHANIE FIBER-SUTTON, CEO
HOW WE CAN HELP

— Understanding senior living options —

— Tips for having the conversation —

— Paying for senior living —

— Expert, no-cost guidance —
SELECTING THE RIGHT PROVIDER

01 Ownership & Culture
02 Business Model
03 Transparency
04 Quality of Care
05 Regulatory & Compliance
06 Client Feedback
07 Physical Environment
08 Dining
09 Covid Protocols

Safety & Security
HOW IT WORKS

—— CONNECT WITH AN ADVISOR ——
Call or email us to connect with a personal Senior Care Advisor and discuss your unique situation and needs.

—— LET US DO THE LEGWORK ——
Your Senior Care Advisor will collect housing and care options that fit your needs and confirm pricing and availability with those providers. Your name and contact information will always be protected.

— WE’LL EXPLORE YOUR OPTIONS TOGETHER —
We'll send you a collected list of personalized options to review, compare, and coordinate tours for you.

—— REST EASY ——
Enjoy the privacy and peace of mind you deserve.
GET STARTED

Call Us
(770) 744-5313

Email Us
info@sradvisoryservices.com

Visit Us
sradvisoryservices.com
Voting and Cognitive Impairment

Cognitive Empowerment Program
October 20th, 2020
Capacity to Vote

• Voting is a sacred privilege—evaluating capacity to vote should not be done unless court authorized

• Medical diagnoses (e.g., MCI, Alzheimer’s disease) do not disqualify people from voting

• Preferences of the voter should be respected
Scenario: The voter asks you who they should vote for

Take Home Point
• In a kind and respectful way, remind the voter that they are to make their choice independently and if they cannot then that is okay. Move to the next item on the ballot.

What You Can Do
• Suggested Response: “The choice is yours, not mine. You are free to choose whomever you wish”

What You Cannot Do
• You should NOT attempt to influence their preferences
• If they do not communicate a choice independently, they cannot vote for the item – and THAT’S OKAY!
**Scenario:** A person is not able to read or mark the ballot on their own

**Take Home Point**
- Only mark ballot items for which the person communicated a choice

**What You Can Do**
- You can get assistance in reading and marking your ballot
- As a care giver, you can aid in marking the ballot for a care recipient
- As a care giver, you should only mark the ballot according to what the person indicates is their choice
- Only making some choices on the ballot (e.g., election of president) but not others is perfectly fine!

**What You Cannot Do**
- If a person is unable to communicate their choice, you CANNOT mark their ballot for that item
Requesting Assistance at the Polls

- Voters who need assistance can get assistance
  - The individual assisting must record name on disabled elector’s voting certificate
- In-person assistive voting devices
  - Audio ballot
  - Magnifying glass
  - At least one voting unit allows for voter to be seated
Voting in Georgia
Ways to Vote

Absentee Ballots

Early Voting

Voting on Election Day
## Voting by Absentee Ballot

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<th>Request</th>
<th>Request your mail-in ballot with a mail ballot by submitting your application to the local election office by October 30, 2020.</th>
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<td>Return</td>
<td>Your ballot must be received by Tuesday, November 3, 2020 by 7:00 p.m.</td>
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<td>Timing</td>
<td>Allow a buffer of seven days each way to ensure on-time delivery of ballots. If you haven’t requested your ballot, do it today!</td>
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For more information, go here: [georgia.gov/vote-absentee-ballot](georgia.gov/vote-absentee-ballot)
Returning Your Absentee Ballot

- There are multiple ways to return an absentee ballot:
  - Mail it back (it will come with instructions)
  - Return your ballot in person to your local county board of registrar’s office.
  - Drop off at a designated drop-box in your county.
- Must be received by November 3rd

For more information, go here: https://elections.sos.ga.gov/Elections/countyregistrars.do
Early Voting: What You Need to Know

• Early Voting is happening now!
• Ends **Friday, October 30**
• During the early voting window, you may vote at any voting location in your county.

Find Early Voting Sites in your County here: [www.mvp.sos.ga.gov](http://www.mvp.sos.ga.gov)
Voting on Election Day

- Polling location on Voter Registration Card
- Login to My Voter Page (MVP) to check your polling location

You must vote at your assigned polling location on **November 3rd, 2020**

Find Your Polling Place Here:
[www.mvp.sos.ga.gov](http://www.mvp.sos.ga.gov)
What to Bring to the Polls

**Mandatory**

- Photo ID
- A Georgia Driver's License (even if expired)
- Valid U.S. passport ID
- Valid U.S. military photo ID
- Valid tribal photo ID
What to Bring to the Polls

**Recommended**
- Water
- Snacks
- Outdoor Folding Chair
- Paper notes
Helpful Resources

Georgia My Voter Page:  https://www.mvp.sos.ga.gov/MVP/mvp.do


Georgia Secretary of State Website for Elections:  https://sos.ga.gov/index.php/elections

Absentee Ballot Information and Request Form: 
https://sos.ga.gov/admin/files/Absentee%20Ballot%20Fillable%20form%20820.pdf

Assistance at your Polling Place:  https://sos.ga.gov/index.php/elections/voters_with_disabilities

Finding your Local County Board of Registrar’s Office: 
https://elections.sos.ga.gov/Elections/countyregistrars.do

Where to Find County Absentee Drop Box:  https://www.wsbtv.com/news/politics/where-can-i-drop-off-my-absentee-ballot-metro-atlanta/ZYVDUVTZXVBXFF6AVI7ZXXYZAM/
THANK YOU FOR YOUR TIME & ATTENTION
Atlanta VAHCS
Rehab R&D
Center for
Visual and
Neurocognitive
Rehabilitation
(CVNR)
CVNR

One of only 13 Rehabilitation and Research and Development Centers in the Nation!
MISSION

to improve Veteran health and quality of life in visual and cognitive disorders by engaging an alliance of researchers and clinicians to advance evidence-based rehabilitation.
Cores

- Administrative
- Neuroimaging
- Physical Exercise
- Molecular Biology

Atlanta VA RR&D
Types of studies

- Exercise Studies
- Brain Studies
- Registry
Exercise Studies

- Partnered dance - Parkinson’s Disease
  - motor and cognitive function
- Aerobic exercise - older adults
  - cardiovascular function
  - cognitive function
Brain Studies

- Aphasia treatment and recovery
  - brain imaging
  - non-invasive brain stimulation
- Spatial neglect treatment
- Aging
  - non-invasive brain stimulation
- Fibromyalgia treatment
  - brain imaging
  - non-invasive brain stimulation
CVNR Participant Registry

The purpose is to connect researchers at the Atlanta VA Center for Visual and Neurocognitive Rehabilitation (CVNR) with people interested in participating in research studies.

If you agree to become a member, we will collect your:
❖ Name
❖ Contact Information
❖ Brief health history

Join the Registry
Volunteer for Research Projects
Improve Health through Research
Help Fellow Veterans

CVNR Participant Registry is open to all (ages 18+) at no cost

For more information about the CVNR Participant Registry (IRB#159)
Amy Rodriguez, PhD, PI (404) 728-5064 or Toll-Free (800) 944-9726, ext. 205064

www.varrd.emory.edu
Please visit our website at www.varrd.emory.edu

You’ll be able to view our newsletters, press releases, upcoming events, seminars and much more

For more information about our current research studies and how to get involved, please call us at 404-728-5064
If you could change the world for the better, **would you?**

The Emory Healthy Aging Study is your opportunity to partner with leading physicians at Emory University and help make discoveries that will change our understanding of aging and age-related diseases for generations to come. It’s easy. It’s historic. It’s one for the ages.

Please join us.

Learn more about this online study at [www.healthyaging.emory.edu](http://www.healthyaging.emory.edu)

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