**Impairments and impact on performance relating to different types of Dementia**

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| **Type of Dementia** | **Common features of the condition** | **Impact on performance/activities** |
| **Alzheimer’s*****Most common type, affecting around 500,000 people in the UK******2 forms:******>Late onset (over 65)******>Early onset (4% of total population affected are under 65)*****(NB Can have another form of dementia with Alzheimer’s)** | -Progressive/gradual process.-Memory loss – short term and then long term. Early signs usually difficulty forming new memories.-Difficulty making decisions.-Increasingly repetitive.-Word finding difficulties.-Mood and behaviour changes.-Emotional memory heightened as lose higher ability to reason/logic, but left with the emotion, eg. stress.-Disorientation, particularly time and place.-Regularly misplace items or put in odd places.-“Time travel” – significant time in life, often late teens / early adulthood.-Restlessness at night.-Hallucinations.-Unsteadiness.In early onset type initially see:-Small changes in behaviour.-Depression. | - Not attending to personal care, nutrition, or taking medication.- Decreased social participation.- Loss of hobbies and interests.- Getting lost when driving.- Loss of routine.- Loss of roles and responsibilities.-Isolation.-Increased risk of falls.-Possible accidents within the home, eg. leaving cooker on. |
| **Vascular Dementia*****2nd most common type, resulting from reduced blood flow to the brain******Most common forms:******>Stroke-related dementia (includes multi-infarct dementia)******>Subcortical vascular dementia (also called small vessel disease-related dementia)*** | -Usually stepped progression.-Physical symptoms, eg. weakness.-Unsteadiness walking.-Speed of thinking slowed down.-Anxiety.-Depression.-Memory problems, but not one of the first symptoms.-Periods of confusion.-Visual mistakes/perceptions.-Continence issues.-Obsessions around possessions, eg handbag, and around routines. | As with Alzheimer’s, plus-Social difficulties around incontinence, eg. denial of problem leading to negative reaction from others, or embarrassment leading to not wanting to go out. -Difficulties with transfers and mobility, and greater risk of falls. |
| **Type of Dementia** | **Common features of the condition** | **Impact on performance/activities** |
| **Dementia with Lewy Bodies*****3rd most common type, affecting over 100,000 people in the UK*** | -Motor symptoms (mirrors Parkinson’s) – slowness, rigidity, blank facial expression.-Reduced attention and alertness unpredictable and changing.-Hallucinations.-Perceptual difficulties, including 3D objects, judging distances (eg miss chair when sitting), figure-ground discrimination (eg white food on white plate).-Unsteadiness and falls.-Sleep disorders, including restless nights, hallucinations, nightmares. (Distressing to sleep with).-In early stages, day to day memory is not a main issue. | As with Alzheimer’s, plus-difficulties with bed mobility and transfers.-greater risk of falls.-poor safety awareness. |
| **Fronto-temporal dementia (also known as Pick’s disease)*****Relatively rare – less than 5% of all dementia cases overall in UK, but is 2nd most common cause of dementia in under 65’s. Usually affects people between the ages of 30-60******Forms include:******> Behavioural variant******> Semantic dementia******> Progressive non-fluent aphasia******> Dementia associated with motor neurone disease*** | -Difficulty recognising familiar people and objects.-Disinhibited behaviour.-Loss of empathy and interest in people.-Lack of personal awareness.-Lack of social awareness.-Loss of interest in hobbies.-Mood swings.-Behaviour changes, such as becoming impulsive, obsessive, unusual beliefs, etc.-Difficulties with planning and decision making.-Poor attention & concentration.-In early stages, day to day memory may not be a main issue.-Dietary changes, eg crave fatty and sweet foods.-May start smoking and/or drinking alcohol more.-Speech & language difficulties, eg. *Semantic dementia* – Poor understanding of language but fluent with familiar social responses; and *Progressive non-fluent aphasia* – hesitant, slow, grammatically complex sentences. | As with Alzheimer’s, plus-Social difficulties and loss of friendships due to disinhibited behaviour and communication. |