

# VASCULAR DEMENTIA:

A Friendly Guide to Understanding,  
Symptoms, and Care





This resource is not intended for professional medical advice, it is for general informational purposes only. Please consult your physician or medical specialist for diagnosis, advice and treatment.

# VASCULAR DEMENTIA:

## CONTENTS:

VASCULAR DEMENTIA: KEY FACTS.....	PAGE 05
VASCULAR DEMENTIA -WHAT IS IT?.....	PAGE 06
CAUSES OF VASCULAR DEMENTIA.....	PAGE 06
COMMON SYMPTOMS.....	PAGE 07
DIAGNOSIS & TESTING.....	PAGE 08
PROGRESSION OF THE CONDITION.....	PAGE 09
IS THERE A CURE?.....	PAGE 10
HELPFUL RESOURCES.....	PAGE 11
FINAL THOUGHTS.....	PAGE 12
OUR SERVICES: DEMENTIA SUPPORT CONSULT.....	PAGE 13
OUR SERVICES: WELLBEING & LIFE STRATEGY COACHING...	PAGE 14
OUR SERVICES: NEUROSCIENCE COACHING & RESOURCES.	PAGE 15







# VASCULAR DEMENTIA:

## KEY FACTS

**01**

Vascular dementia is the second most common type of dementia after Alzheimer's and accounts for approximately 15-20% of all dementia cases.

**02**

Vascular dementia is often preventable or manageable with lifestyle adjustments and treatment.

**03**

Unlike Alzheimer's, vascular dementia symptoms can progress in a "stepped" fashion, with sudden declines after strokes or major vascular events.

# VASCULAR DEMENTIA:

## What is it?

**Vascular dementia is a type of dementia caused by reduced blood flow to the brain, leading to damage of brain tissue.**

**Unlike Alzheimer's disease, which is primarily related to abnormal proteins in the brain, vascular dementia occurs when blood vessels are blocked or narrowed, reducing oxygen and nutrients to brain cells and ultimately causing cognitive decline.**



## Causes and Risk Factors

- **Age:** While vascular dementia can develop at any age, people over 65 have a higher risk.
- **Family History:** A family history of stroke, vascular disease, or dementia can increase risk.
- **Lifestyle Factors:** Smoking, lack of exercise, high-fat diets, and excessive alcohol consumption contribute to vascular risk factors.
- **Existing Health Conditions:** Conditions like heart disease, diabetes, and obesity make it more likely for someone to experience vascular-related cognitive decline.

# VASCULAR DEMENTIA:

## What are the symptoms?

Symptoms can vary widely depending on the areas of the brain affected.

**Common symptoms include cognitive changes: difficulty with problem-solving, organizing, or planning, and slower processing of thoughts.**

## Common Symptoms:

- **Memory Problems:** Unlike Alzheimer's, vascular dementia may initially have less severe memory issues, though memory often deteriorates over time.
- **Mood and Behavior Changes:** Increased irritability, apathy, or signs of depression are common. In some cases, people may exhibit anxiety or mood swings.
- **Physical Symptoms:** If a stroke causes vascular dementia, there might be physical symptoms like weakness on one side, vision loss, or slurred speech.
- **Difficulty with Daily Tasks:** As the condition progresses, individuals may struggle with daily activities such as dressing, cooking, or remembering appointments.





# VASCULAR DEMENTIA:

## Diagnosis of the condition

Early and accurate diagnosis is crucial.



## Typical testing methods include:

- **Medical History and Symptom Review:** Doctors will look at medical history and ask about specific symptoms.
- **Cognitive Tests:** These may include memory tests, problem-solving activities, and assessments of orientation and concentration.
- **Imaging Tests:** CT or MRI scans are often used to look for stroke damage, brain shrinkage, or white matter lesions, which can be signs of vascular damage.
- **Blood Pressure and Heart Health:** Tests to check for high blood pressure, cholesterol, and heart health issues are essential to rule out or identify contributing factors.

# VASCULAR DEMENTIA:

## Progression of the condition

**Vascular dementia is a progressive condition caused by reduced blood flow to the brain, often resulting from strokes or other vascular issues. The progression varies depending on the underlying causes and areas of the brain affected.**

The progression varies depending on the underlying causes and areas of the brain affected. Early stages may present as subtle cognitive changes, such as difficulties with planning, problem-solving, or focusing.

Over time, these issues typically worsen, leading to noticeable memory problems, confusion, and impaired judgment. In advanced stages, individuals may struggle with basic tasks, experience mood or behavioral changes, and have difficulty communicating.

The progression is often stepwise, with sudden declines following vascular events, such as mini-strokes, interspersed with periods of relative stability. Early diagnosis and management of risk factors, such as hypertension or diabetes, can slow progression and improve quality of life.





# VASCULAR DEMENTIA:

## Is there a cure?

**While there is currently no cure for vascular dementia, a combination of medications and lifestyle changes can help manage symptoms and slow disease progression:**

- **Medications for Cognitive Symptoms:** Some medications, like those used for Alzheimer's, can help support cognitive function.
- **Blood Pressure Management:** Managing blood pressure is crucial to reducing further damage to blood vessels.
- **Cholesterol Control and Diabetes Management:** Controlling cholesterol and blood sugar levels can reduce vascular damage and improve outcomes.
- **Lifestyle Adjustments:** Regular exercise, a balanced diet rich in vegetables, whole grains, and lean proteins, and avoiding smoking and alcohol can improve vascular health.
- **Occupational and Physical Therapy:** These therapies can help improve functional abilities and mobility, helping individuals maintain independence.





# VASCULAR DEMENTIA:

## Helpful Resources



**Preventive steps can significantly reduce the risk of vascular dementia, especially in those with a family history of the condition:**

- **Exercise Regularly:** Physical activity promotes cardiovascular health, lowers blood pressure, and improves blood flow.
- **Eat a Heart-Healthy Diet:** Diets rich in fruits, vegetables, lean proteins, and whole grains reduce cholesterol and blood pressure.
- **Quit Smoking:** Smoking damages blood vessels, increasing the risk of strokes and vascular issues.
- **Regular Medical Check-ups:** Early intervention for conditions like hypertension, diabetes, and high cholesterol can reduce the risk.

# VASCULAR DEMENTIA:

## Final Thoughts

While vascular dementia presents challenges, early intervention and preventive strategies can significantly slow its progression and improve quality of life. Seeking support, managing risk factors, and staying engaged can make a positive difference for those with the condition and their loved ones.





# OUR SERVICES: DEMENTIA SUPPORT SPECIALIST CONSULT

**At Remember the Carer we enhance the lives of caregivers and loved ones living with cognitive change.**

**We provide effective life strategies and simple wellbeing solutions, personally designed for you.**

Our Dementia Support Specialist is dedicated to serving you with practical strategies, and simple solutions designed to improve your experience of caregiving, and enhance your wellbeing.

## HOW WE CAN HELP:



Unpacking and  
Understanding the  
Diagnosis.



Practical Behavioral  
Strategies



Living Well Strategies



Caring for the Caregiver



Future Planning



Allied Health Referrals  
& Community Support



# OUR SERVICES: WELLBEING & LIFE STRATEGY COACHING

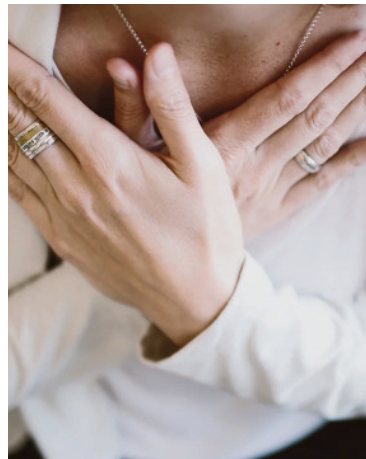
**Whether you simply need someone to listen,  
or you're seeking coaching for wellbeing, life strategy  
or neuroscience techniques, we're here for you.**

**These private sessions allow us to meet your unique needs,  
helping you find clarity and direction  
with practical steps forward.**

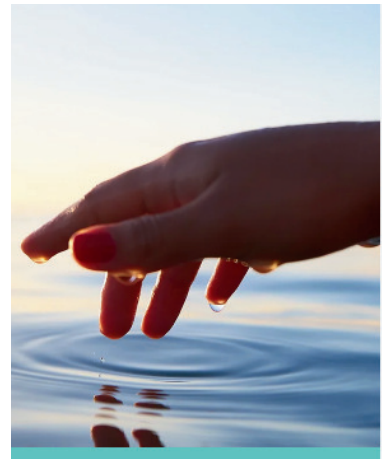
Our wellbeing and life strategy sessions are designed to provide you with a safe and nurturing space to explore your thoughts and feelings, creating a supportive environment where you can express yourself freely, knowing that you're in a judgment-free zone.

During your first appointment with our wellbeing & life Strategy coach, you'll engage in a warm and supportive conversation where your story can be expressed and heard and whatever matters most to you. This includes unpacking the biggest barriers and challenges that you're facing, to explore your goals and dreams no matter how big or small, because vision is key.

Once a clear understanding of your situation, has been established we will explore creative strategies for you to pivot and map out practical steps toward living your best life. You will also receive a comprehensive blueprint and support plan tailored to your unique journey.



**Heart & Soul Care:**  
Reconnecting with your  
Unique Being



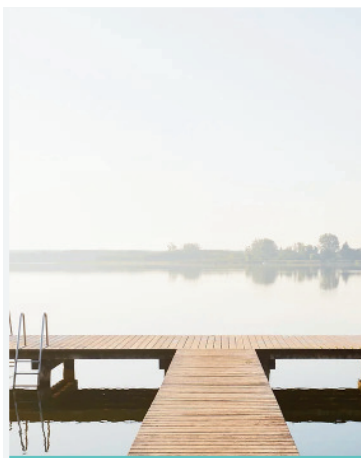
**Breakthrough & Recovery:**  
Strategies for Anxiety, Stress  
& Burnout



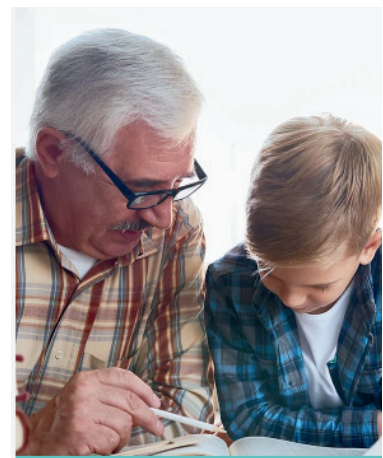
**Healthy Boundaries:**  
Guilt-free living & quality  
relationships



**Healthy Mindset:**  
Building Strength,  
Confidence & Resilience



**Finding Equilibrium:**  
Reclaiming Rest  
and Life Balance



**Memory, Attention  
& Learning Strategies**

# OUR SERVICES: NEUROSCIENCE COACHING & RESOURCES

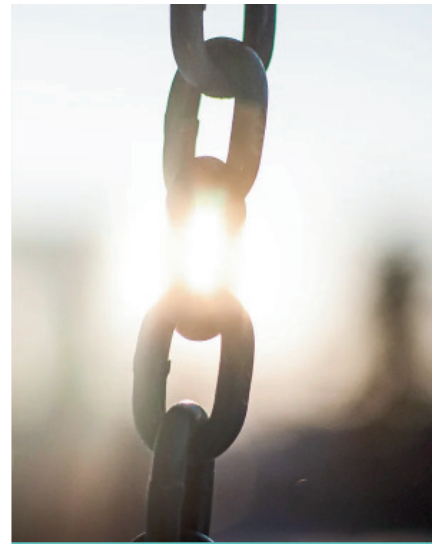
Neuroscience Coaching incorporates evidence-based techniques harnessing the power of neuroplasticity and brain anatomy principles to enhance daily functioning, in many areas of life including the following:



Motivation, Inspiration  
& Productivity Strategies



Language & Communication  
Strategies



The Neuroscience of  
Addiction

OUR SERVICES

SCHEDULE AN APPOINTMENT

MEET THE TEAM



Allied Health Referrals  
& Community Support



Empowerment  
Programs



Information  
Resources



# REMEMBER THE CARER

At Remember the Carer we enhance the lives of caregivers  
and loved ones living with cognitive change.

We provide effective life strategies and simple wellbeing solutions,  
personally designed for you.

Our dedicated Dementia Support Specialist, and our  
compassionate team of Certified Dementia Practitioners,  
Wellbeing and Neuroscience Coaches are here to serve.



With twenty years of vast experience in dementia care and cognitive change  
...you're in great hands.

