

PARKINSON'S DISEASE 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.

PARKINSON'S DISEASE DEMENTIA:

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PARKINSON'S DISEASE DEMENTIA:

KEY FACTS

01

PDD is typically diagnosed after Parkinson's motor symptoms have been present for a year or more, distinguishing it from other forms of dementia.

02

Not everyone with Parkinson's will develop dementia; the risk increases with age and duration of the disease.

03

PDD shares symptoms with other Lewy body dementias, like hallucinations, changes in attention, and disrupted sleep.

04

Medications and therapies are available to manage symptoms and support daily life, though adjustments may be needed as symptoms change.

PARKINSON'S DISEASE DEMENTIA:

What is it?

Parkinson's Disease Dementia (PDD) is a type of dementia that affects people diagnosed with Parkinson's disease, usually years after the onset of motor symptoms like tremors, rigidity, and slow movement.

PDD combines the motor challenges of Parkinson's with cognitive symptoms like memory loss, difficulty concentrating, and changes in mood.

It's part of a group of diseases called Lewy body dementias, which are linked by abnormal protein deposits called Lewy bodies that build up in the brain, affecting both movement and cognition.

Causes and Risk Factors

While the exact cause of Parkinson's Disease Dementia is unknown, researchers believe it's linked to the progression of Parkinson's in the brain. Here are some factors that may increase the risk of developing PDD:

- Age: Risk increases with age, especially in individuals over 70.
- Duration of Parkinson's Disease: The longer someone has Parkinson's, the more likely they are to experience cognitive decline.
- Genetics: Certain gene mutations may play a role in developing Parkinson's and associated dementia.
- Lewy Bodies: PDD shares similarities with Lewy body dementia, as both involve the abnormal buildup of proteins in brain cells that disrupts normal function.
- Other Health Conditions: Diabetes, cardiovascular issues, and high blood pressure may contribute to the risk of dementia in people with Parkinson's.

PARKINSON'S DISEASE DEMENTIA:

What are the symptoms?

Symptoms of PDD can vary and typically affect both thinking and behavior, as well as movement. Here's a look at common symptoms:

Common Symptoms:

Cognitive Symptoms

- **Memory Loss:** While usually not as severe as in Alzheimer's, people may struggle with short-term memory and recalling recent events.
- **Difficulty with Focus and Concentration:** Problems with paying attention, following conversations, or completing tasks are common.
- **Impaired Problem-Solving and Decision-Making:** Tasks that require planning, organizing, or complex decision-making become challenging.
- **Confusion and Disorientation:** Individuals may have trouble recognizing familiar people or places, or feel confused about time and location.
- **Mood and Behavioral Changes**
- **Depression and Anxiety:** Many people with PDD experience changes in mood, with depression and anxiety being common.
- **Apathy:** Some may lose interest in activities they once enjoyed, or feel unmotivated.
- **Hallucinations and Delusions:** People with PDD may experience vivid hallucinations, often seeing or hearing things that aren't there, and may also develop false beliefs (delusions).

Movement-Related Symptoms (from Parkinson's)

- **Tremors:** Rhythmic shaking, often in the hands, that may worsen over time.
- **Rigidity:** Muscle stiffness that can affect movement and make daily tasks more challenging.
- **Bradykinesia:** Slowness of movement, which can impact balance and increase the risk of falls.
- **Sleep Disturbances**
- **REM Sleep Behavior Disorder:** People may act out their dreams, sometimes physically, which can be disruptive to both the person with PDD and their partner.
- **Daytime Drowsiness and Insomnia:** Increased daytime sleepiness and nighttime wakefulness are common, further affecting cognitive function and mood.

PARKINSON'S DISEASE DEMENTIA:

Diagnosis of the condition

Diagnosing PDD can be challenging, as symptoms overlap with other conditions. Here's how healthcare providers typically approach diagnosis:



Typical testing methods include:

- **Medical and Symptom History:** A doctor will review the patient's history of Parkinson's disease, the onset of cognitive symptoms, and any mood or behavioral changes.
- **Neurological Examination:** This includes assessing motor function, muscle rigidity, and tremors associated with Parkinson's.
- **Cognitive Testing:** Structured tests help evaluate memory, reasoning, attention, and problem-solving skills.
- **Brain Imaging (if needed):** MRI or PET scans may be used to rule out other conditions, such as stroke or brain tumors, that could be causing cognitive symptoms.
- **Differentiating from Other Dementias:** Doctors work to distinguish PDD from other types of dementia, such as Alzheimer's or Lewy body dementia, based on symptoms and the progression of Parkinson's.

PARKINSON'S DISEASE DEMENTIA:

Living with Parkinson's Disease Dementia

People with PDD and their caregivers can take steps to improve daily life and manage symptoms. Here are some practical suggestions:

- **Establish a Daily Routine:** Having a consistent routine can reduce confusion and make it easier to remember activities and appointments.
- **Use Memory Aids:** Calendars, notes, pill organizers, and setting reminders on a phone can help keep track of important tasks.
- **Simplify Tasks:** Breaking activities down into smaller steps and taking time can help with focus and reduce frustration.
- **Create a Safe Environment:** Making small adjustments around the home—like removing tripping hazards, installing handrails, and adding night lights—can help prevent falls.
- **Stay Social and Engaged:** Social interaction and activities like playing games, listening to music, or doing simple exercises can keep the brain and body active.



PARKINSON'S DISEASE DEMENTIA:

Is there a cure?

Currently, there is no cure for Parkinson's Disease, but various treatments and lifestyle changes can help manage symptoms and improve quality of life:

Supporting a Loved One with Parkinson's Disease Dementia

Caring for someone with PDD can be challenging, as it involves managing both cognitive and movement symptoms. Here are a few ways to provide support:

- **Encourage Safe Physical Activity:** Physical activities like short walks or seated exercises can improve mobility and reduce muscle stiffness.
- **Assist with Memory and Organization:** Helping with medication reminders, making lists, or keeping a calendar can reduce memory-related frustrations.
- **Simplify Communication:** Use simple, clear language and give extra time for responses, as processing may be slower.
- **Provide Emotional Support:** Be patient and empathetic, especially if hallucinations or confusion occur. A calm, reassuring presence can help reduce distress.
- **Seek Out Resources and Support Groups:** Joining a support group or connecting with local Parkinson's resources can be a valuable source of information, emotional support, and connection.



PARKINSON'S DISEASE DEMENTIA:

Helpful Resources



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PARKINSON'S DISEASE DEMENTIA:

Final Thoughts

Parkinson's Disease Dementia can add complexity to life with Parkinson's, but with the right support, medication, and lifestyle adjustments, it's possible to manage symptoms and enjoy meaningful connections and experiences.

Caregivers, family members, and individuals with PDD benefit from staying informed, connected to supportive resources, and focused on creating routines and activities that enhance quality of life.

Although PDD requires adjustments, it's important to remember that people with PDD can still find joy, fulfillment, and comfort through positive interactions and engaging in what they enjoy most.



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



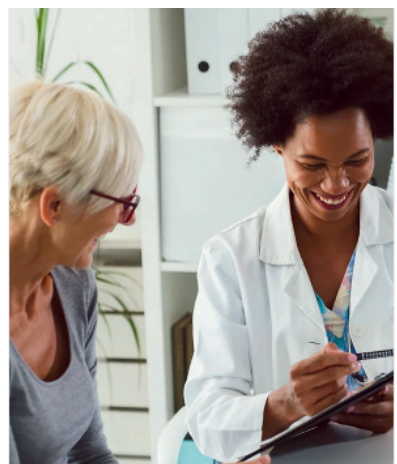
Living Well Strategies



Caring for the Caregiver



Future Planning



Allied Health Referrals
& Community Support

OUR SERVICES: WELLBEING & LIFE STRATEGY COACHING

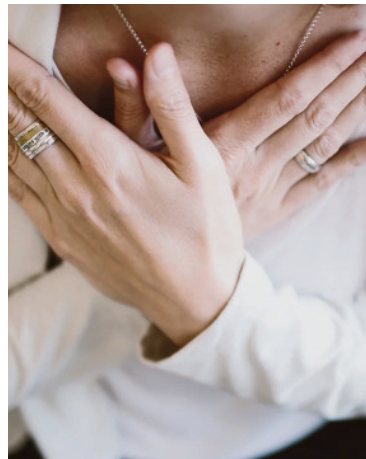
**Whether you simply need someone to listen,
or you're seeking coaching for wellbeing, life strategy
or neuroscience techniques, we're here for you.**

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

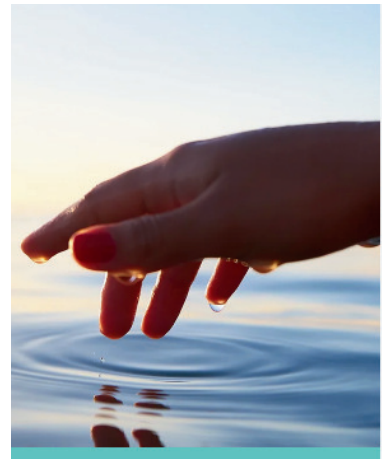
Our wellbeing and life strategy sessions are designed to provide you with a safe and nurturing space to explore your thoughts and feelings, creating a supportive environment where you can express yourself freely, knowing that you're in a judgment-free zone.

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



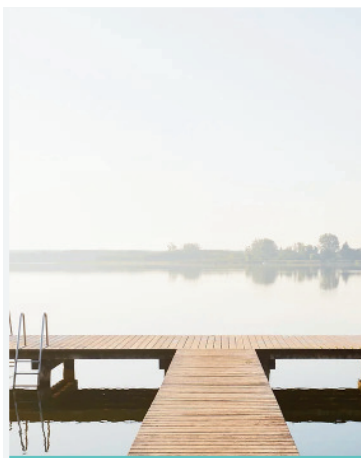
Breakthrough & Recovery:
Strategies for Anxiety, Stress
& Burnout



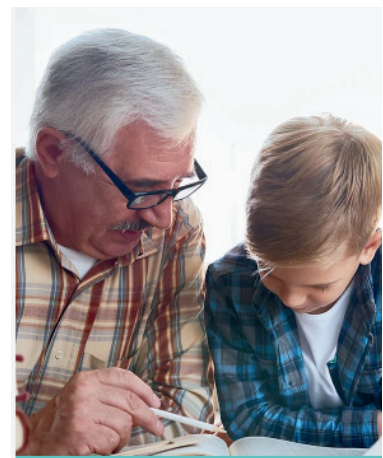
Healthy Boundaries:
Guilt-free living & quality
relationships



Healthy Mindset:
Building Strength,
Confidence & Resilience



Finding Equilibrium:
Reclaiming Rest
and Life Balance



**Memory, Attention
& Learning Strategies**

OUR SERVICES: NEUROSCIENCE COACHING & RESOURCES

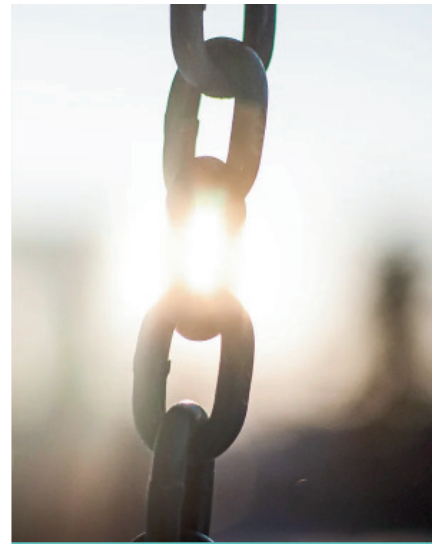
Neuroscience Coaching incorporates evidence-based techniques harnessing the power of neuroplasticity and brain anatomy principles to enhance daily functioning, in many areas of life including the following:



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.

