

## Common Types of Dementia

	Alzheimer's disease <sup>1</sup>	Vascular dementia <sup>2</sup>	Frontotemporal dementia <sup>3</sup>	Lewy body dementia <sup>4</sup>	Mixed dementia <sup>5</sup>
<b>Description</b>	<ul style="list-style-type: none"> <li>-The most common type of dementia</li> <li>-Accounts for 60-70% of dementia cases<sup>6</sup></li> <li>-Caused by damage to brain cells, resulting in a gradual decline in thinking and memory over time</li> </ul>	<ul style="list-style-type: none"> <li>-Second most common type of dementia</li> <li>-Closely associated with stroke</li> <li>-Caused by damage to brain cells that results from blocked or damaged blood supply to brain cells</li> </ul>	<ul style="list-style-type: none"> <li>-More common in younger people</li> <li>-Accounts for 5 to 20% of all dementia cases</li> <li>-Typically affects the frontal and temporal regions of the brain</li> </ul>	<ul style="list-style-type: none"> <li>-Accounts for 5% of dementia cases, but evidence suggests it is often under-diagnosed</li> <li>-Shares many features with Parkinson's disease and can develop in people with established Parkinson's disease</li> <li>-Caused by the death of cells in the basal ganglia and substantia nigra regions of the brain</li> </ul>	<ul style="list-style-type: none"> <li>-Refers to being diagnosed with more than one type of dementia</li> <li>-Around 10% of people with dementia are diagnosed with mixed dementia</li> <li>-The most common mixed dementia diagnosis is Alzheimer's disease and vascular dementia</li> </ul>
<b>Symptoms*</b>  *Dementia symptoms can vary case by case. Please consult a	<p><b>Mild</b></p> <ul style="list-style-type: none"> <li>-Memory loss</li> <li>-Difficulty remembering recent events or conversations</li> <li>-Taking longer to complete daily tasks, such as preparing</li> </ul>	<ul style="list-style-type: none"> <li>-Difficulty with organization and problem-solving</li> <li>-Decreased mobility</li> <li>-Difficulty remembering recent or</li> </ul>	<ul style="list-style-type: none"> <li>-In the early stages of frontotemporal dementia, memory is usually relatively preserved, but memory may be affected as the disease progresses</li> <li>-Behavioural changes are often the first noticeable</li> </ul>	<ul style="list-style-type: none"> <li>-Experiencing visual hallucinations</li> <li>-Difficulty with concentration and attention</li> <li>-Sleep disorders (e.g., excessive daytime</li> </ul>	<ul style="list-style-type: none"> <li>-Symptoms of mixed dementia can differ based on the specific brain changes and affected regions</li> <li>-May show symptoms of both Alzheimer's disease</li> </ul>

<sup>1</sup> Alzheimer Society of Canada. (2019). *What is Alzheimer's disease?*. <https://alzheimer.ca/en/document/875>.

<sup>2</sup> Alzheimer Society of Canada. (2018). *Vascular Dementia*. <https://alzheimer.ca/en/document/887>.

<sup>3</sup> Alzheimer Society of Canada. (2017). *Frontotemporal Dementia*. <https://alzheimer.ca/en/document/917>.

<sup>4</sup> Alzheimer Society of Canada. (2022). *Lewy body dementia*. <https://alzheimer.ca/en/document/911>.

<sup>5</sup> Alzheimer's Association. (2023). *Mixed Dementia*. <https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/mixed-dementia>.

<sup>6</sup> World Health Organization. (2023). Factsheets: Dementia. <https://www.who.int/news-room/fact-sheets/detail/dementia>.

family doctor, primary care provider, or geriatrician for help with diagnosis.	meals and doing housework  <b>Moderate</b> -Difficulty recognizing family and friends  -Difficulty carrying out daily tasks, such as getting dressed or preparing meals  <b>Severe</b> -Inability to communicate with words  -Inability to provide self-care in daily routine	past events  -Often misplacing items  -Difficulty following instructions or learning new information and routines  -Experiencing hallucinations or delusions	symptoms (e.g., impulsive behaviours)  -Loss of empathy  -Difficulty using and understanding written and spoken language  -Impaired judgment	sleepiness or insomnia)  -Disorganized and illogical ideas (e.g., changes in thinking and reasoning)  -Some individuals with Lewy body dementia may develop parkinsonian motor symptoms (e.g., stiffness, slow movements, tremors, shuffling gait)	and vascular dementia
<b>Typical Age of Diagnosis</b> <sup>7</sup>	Mid 60s and older, with some cases in mid 30s to 60s	65 and older	Between 45 and 64	50 and older	Depends on the type of dementia

<sup>7</sup> National Institute on Aging. (n.d.). *Understanding Different Types of Dementia*. [https://www.nia.nih.gov/health/infographics/understanding-different-types-dementia?utm\\_campaign=alzgov-20211214&utm\\_medium=email&utm\\_source=nia-eblast](https://www.nia.nih.gov/health/infographics/understanding-different-types-dementia?utm_campaign=alzgov-20211214&utm_medium=email&utm_source=nia-eblast).

<p><b>Useful Resources</b></p>	<p><a href="#">Alzheimer Society: The stages of Alzheimer's disease</a></p> <p><a href="#">認知障礙症長者衰退的一般歷程<sup>8</sup> (video)</a></p>	<p><a href="#">National Institute on Aging: Vascular Dementia: Causes, Symptoms, and Treatments</a></p> <p><a href="#">Family Caregiver Alliance: 血管性失智症</a></p>	<p><a href="#">National Institute on Aging: What Are Frontotemporal Disorders?</a></p> <p><a href="#">University Health Network: 額顳葉癡呆症 (FTD)</a></p>	<p><a href="#">Alzheimers.gov: What Is Lewy Body Dementia?</a></p> <p><a href="#">Family Caregiver Alliance: 路易體失智症</a></p>	<p><a href="#">Alzheimer Society: What is mixed dementia?</a></p>
--------------------------------	---	--	---	---	---

<sup>8</sup> Au, K. L. (2023). *CERTIFICATE ON PRACTICAL CARE FOR OLDER ADULTS WITH DEMENTIA*. <https://clc-ssld.thinkific.com/courses/aukit01>