



Dementia

Elderly in Assisted Living Facilities Have High Rates of Dementia

In a recent Johns Hopkins study, two-thirds of assisted living residents were diagnosed with dementia. "These high rates indicate that many assisted living residents with dementia go undiagnosed and are not adequately treated," said Adam Rosenblatt, M.D., assistant professor of psychiatry at Johns Hopkins and lead author of the study (*Journal of the American Geriatric Society*, October 2004.)

Supporting Dementia Care

QuietCare® is particularly appropriate for residents who may not be aware of, or able to articulate, changes in their health. It also helps us to keep the senior in their familiar surroundings, which is critical for their well-being and for avoiding the progression of dementia which can result from a change in their environment.

How Does QuietCare Help?

QuietCare recognizes and reports normal, healthy behaviors—and significant changes—during the times the senior is alone in their residence. When there are changes in behavior that indicate potential health problems or dangerous situations, QuietCare alerts caregivers so that they can provide appropriate medical attention. QuietCare is a major step forward in proactive care, helping those with dementia to enjoy a higher quality of life, maintaining their dignity and privacy without compromising safety.

- **Wander (Night Movement and Night Exit):** Caregivers are often concerned that a person with dementia will wander at night, putting themselves or others at risk. QuietCare can immediately alert caregivers to any night-time movement or if they exit their apartment.
- **Night-Time Activity:** Sleep dysfunction is common in persons with dementia. With QuietCare's Night Motion feature and the night activity chart, caregivers are alerted that the senior has gotten out of bed and that they should check on them immediately. Seniors with dementia are at greater risk of night-time falls and accidents due to poor judgment and confusion.
- **Bathroom Visits:** QuietCare allows caregivers to customize a time frame for bathroom visits. If the designated time is exceeded, an alert is automatically sent to the caregiver. The senior may have fallen or is spending too much time in the bathroom and not report illness symptoms such as vomiting, diarrhea, constipation or bladder problems.
- **Meal Preparation:** Frequent refrigerator visits may indicate that the senior is hungry but unable to communicate this. A change in this pattern could also be a significant indicator that there is a progression of the disease.
- **Overall Activity Levels:** Sleep disruption is common in the senior with dementia, who will often nap in the daytime and stay awake at night. QuietCare enables caregivers to schedule services and visits at times appropriate to the individual's body clock so as to not interfere with their much needed sleep. Also, different forms of dementia exhibit unique symptoms that can be detected with QuietCare's overall activity level indicator. For example, Lewy Body Dementia is characterized by hallucinations that often cause an individual to be abnormally active.

In addition to the above, QuietCare's reports also help physicians to evaluate the effectiveness of medications, and to adjust them as needed.