**Research Question:**

"What are the concerns of people in early stages of dementia and **their caregivers**?"

**Keyword:**

Cognitive decline/ Decline of consciousness

With regards of stages: the symptoms are cumulative (내려갈수록 누적됨을 강조)

Stage 1: No worries :)

Stage 2: Word, name, object (not very frequent)

Stage 3: Word, name, object (frequent); concentration, social ability, work performance

**Points**

* If it is ‘early stages’..
  + Warning signs?
  + “Cognitive Decline” (<https://www.fhca.org/members/qi/clinadmin/global.pdf>)
    - Let’s define the ‘early stages’ to be from stage 1~3
* Let’s probably think this way: Symptom affects Outcomes in real life
  + Then the outcomes in real life affects concerns of caregivers
* These are the **symptoms**:
  + Social deficit resulted from slightly decreased performances
    - **A very personal matter**
  + Getting lost in ‘unfamiliar’ location, hard to remember familiar name/words, location of familiar objects
  + Anxiety
  + Withdrawal from surroundings, avoiding challenging situations
    - Socialization becomes difficult
  + Defense mechanism == denial
* These are usually NOT symptoms:
  + Time/Place orientation
    - This means that they are not getting lost in ‘familiar’ location
  + Face recognition
  + Inability to perform complex tasks
  + Decline of physical ability and perception
* If it is **a very personal matter**, what could caregivers think?
  + Divide into two: rational / emotional
  + Frustrations/Increase of stress/worry for the slightly changed behavior of the patient
    - Changed behaviors include: Forgetting appointments, lack of self confidence, trouble with planning/organizing, losing valuable objects, decline of ability to learn
  + Decline in real life situations
    - Think about losing a job/decreased income resulted by patient’s symptom

**Concerns that can appear in the stages of Dementia**

|  |  |
| --- | --- |
| **Stage:** | **Concerns:** |
| 1 | * None |
| 2 | * Frustrations towards the patient about the following symptom: *“where he/she puts or stores an object or forgets a well-known person her/his name”* |
| 3 | * Frustrations towards the patient about the following symptom: *“where she puts or stores an object or forgets a well-known person her name”* * Anxiety develops and the patient can act up strange towards his well-known people. * Frustrations from your people around your workplace. You notice the patient can’t keep up with the workload and works slower.: *“Trouble concentrating, struggle completing tasks and might get lost when travelling to unfamiliar location”* |

**Sources:**

<https://www.dementiacarecentral.com/aboutdementia/facts/stages/>

*issues in Dementia Caregiving: Effects on Mental and Physical Health, Intervention Strategies, and Research Needs*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3774150/>

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