

## Care Strategies for the Resident with FTD

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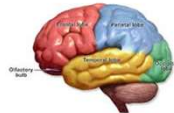
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## What is FTD? Frontotemporal Dementia

Refers to a group of disorders caused by progressive nerve cell loss in the brain's **frontal** lobes or its **temporal** lobes.

- Frontal lobe:
  - Executive Functioning
  - Appropriate emotional response
  - Behavior Regulation
  - Language
- Temporal Lobe:
  - Memory
  - Language
  - Emotional Regulation



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## Types of FTD

- Behavioral Variant FTD
- Primary Progressive Aphasia:
  - Nonfluent/Agrammatic variant
  - Semantic variant
  - Logopenic variant
- ALS and Frontotemporal Degeneration
- Corticobasal Syndrome
- Progressive Supranuclear Palsy

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## Symptoms of FTD

- Behavior Symptoms
  - Problems with executive functioning
  - Social disinhibition
  - Compulsive behaviors
- Language symptoms
  - Aphasia
  - Dysarthria
- Emotional Symptoms
  - Apathy
  - Emotional irregularity
  - Lack of empathy
- Movement
  - Gait abnormalities
  - Tremors
  - Clumsiness
  - Apraxia

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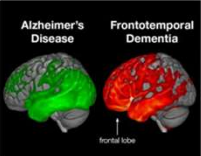
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## Key differences between FTD and Alzheimer's

- Age
- Memory loss
- Behavior changes
- Problems with spatial orientation
- Problems with speech

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## Care Strategies for FTD



Routine and daily activities



Addressing communication challenges



Understanding and coping with behavioral challenges

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### Routine and Daily Activities

- Develop a daily routine using the person's life story and personal preferences
- Engage in meaningful and productive activities
  - Recreational/Leisure
  - Daily household chores
  - Personal care activities
- Encourage exercise and physical activity

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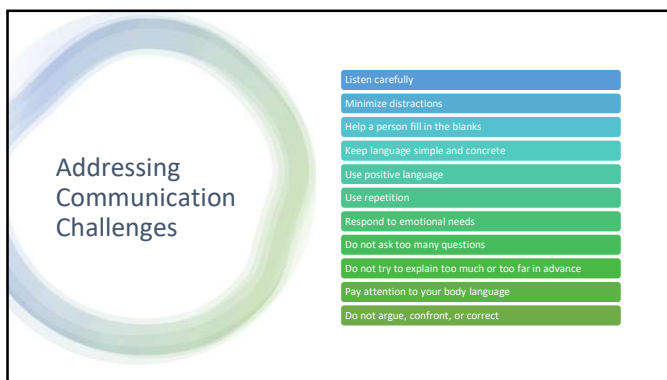
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### Addressing Communication Challenges

- Listen carefully
- Minimize distractions
- Help a person fill in the blanks
- Keep language simple and concrete
- Use positive language
- Use repetition
- Respond to emotional needs
- Do not ask too many questions
- Do not try to explain too much or too far in advance
- Pay attention to your body language
- Do not argue, confront, or correct

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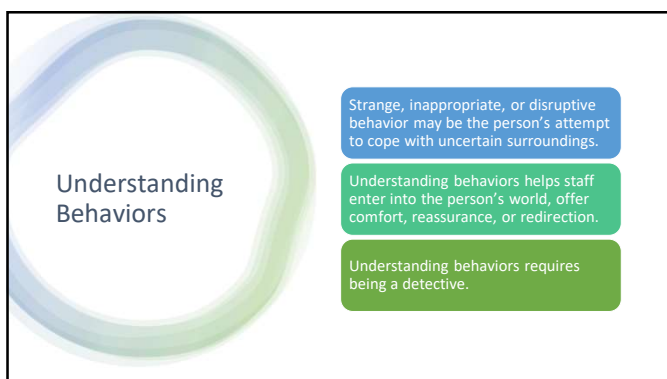
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### Understanding Behaviors

- Strange, inappropriate, or disruptive behavior may be the person's attempt to cope with uncertain surroundings.
- Understanding behaviors helps staff enter into the person's world, offer comfort, reassurance, or redirection.
- Understanding behaviors requires being a detective.

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### Coping with Behaviors

- Look for environmental causes (glare, noise, lighting)
- Consider medical reasons (pain, depression, UTI)
- Stress empathy and understanding (it's the disease, not the person)
- Know and use the Life Story for ideas on redirection and support
- Employ a group-think process when possible
- Develop a consistent, calm message/strategy

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### Access Resources

- Speech therapy
- Physical therapy
- Association for Frontotemporal Dementia ([www.theaftd.org](http://www.theaftd.org))

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### Questions?

Thank you!

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