

**To Make Tokyo a City Friendly  
to People with Dementia**

# **DEMENTIA FRIENDLY COMMUNITIES**



<b>1 Dementia is a familiar Condition which everyone may develop</b>	Page 1
<b>2 What is dementia?</b>	Page 2
<b>3 Habits to reduce risks for dementia</b>	Page 3
<b>4 Timely diagnosis is important!</b>	Page 4
<b>5 Let's try "Do-it-yourself Checklist to Recognize Dementia"!</b>	Page 5
<b>6 How do we feel when we have dementia?</b>	Page 7
<b>7 How to support a person Living with dementia</b>	Page 8



**TOKYO METROPOLITAN GOVERNMENT**

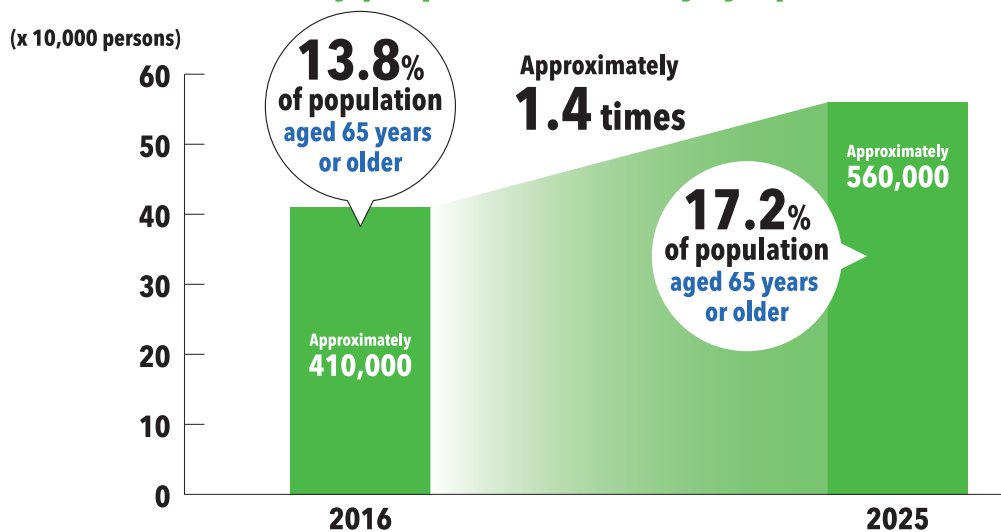


# Dementia is a familiar Condition which everyone may develop

**Dementia is a brain disease which everyone may develop** (see Note 1).

**There are more than 410,000 persons with dementia in Tokyo, and it is estimated that this number will increase to approximately 560,000 persons in 2025.**

## Future estimates of elderly people who have any symptom of dementia (see Note 2)



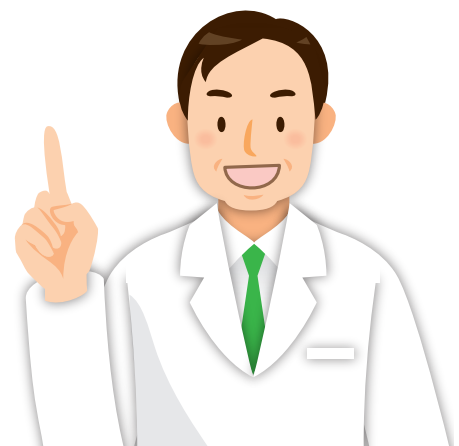
(Reference) "Distribution Survey for Elderly People with Dementia" by Tokyo Metropolitan Government (in March 2017)

### Juvenile dementia

Dementia is not a condition which only elderly people develop. Juvenile dementia develops in people aged less than 65 years. It is estimated that there are approximately 4,000 people with juvenile dementia in Tokyo.

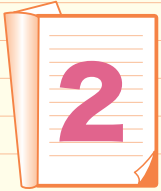
**Dementia is a common disease.**

**It is important to build communities where people with dementia and their families can live in peace.**



(Note 1) According to the latest study by the national government, it is said that approximately 15% of elderly people aged 65 years or older have dementia.

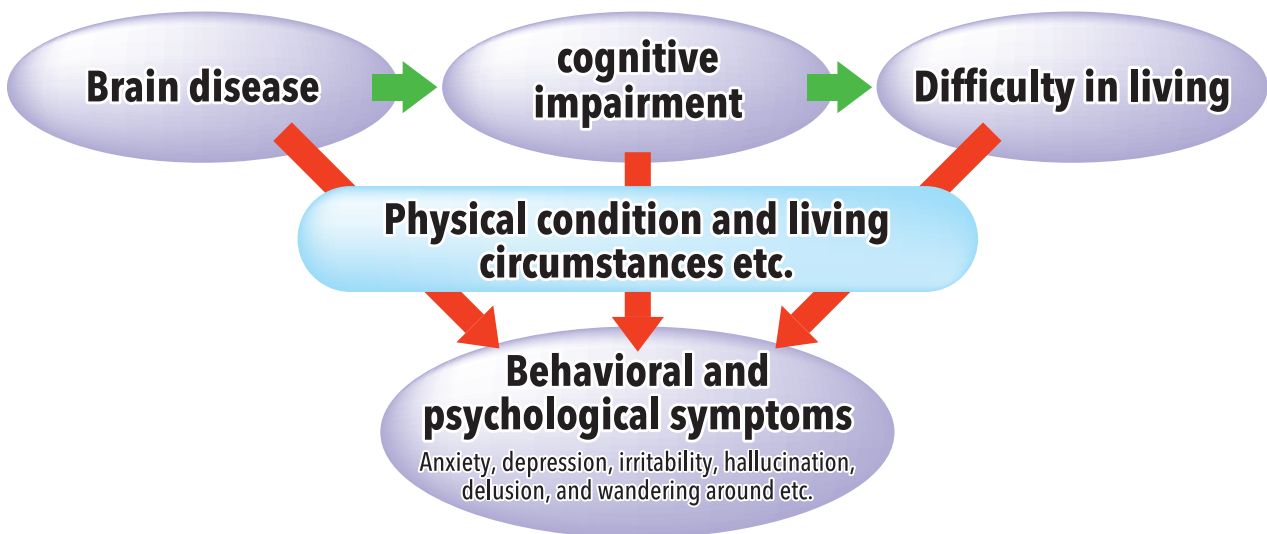
(Note 2) People who have been classified into Level I of the Degree of Independence in Daily Living in Elderly People with Dementia among elderly people who have received Certification of Needed Long-Term Care.



## What is dementia?

**Dementia means a condition that injured brain cells and aggravated activities of them, which are attributable to various causes, lead to impaired cognitive function (see Note 3) and to various kinds of difficulty in living.**

### The condition of dementia



### Diseases which cause dementia

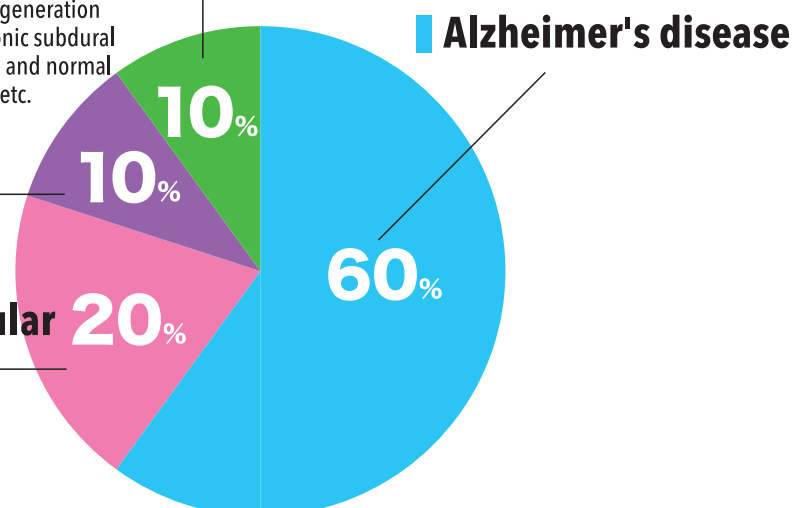
"Alzheimer's disease", "cerebrovascular disease", and "Lewy body disease" are the 3 primary diseases which cause dementia, and Alzheimer's disease is the most common disease.

#### Others

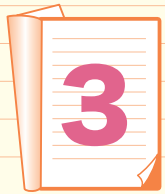
Frontotemporal lobar degeneration (Pick's disease etc.), chronic subdural hematoma, brain tumor, and normal pressure hydrocephalus etc.

**Lewy body disease**

**Cerebrovascular disease**



(Note 3) Cognitive function means brain activities such as memorizing things, using words, calculating, and thinking deeply to solve a problem etc.



## Habits to reduce risks for dementia

**Prevention of lifestyle-related diseases (such as hypertension, dyslipidemia, diabetes, and heart disease) leads to reduce risks for dementia.**

### Take care of your dietary life.

Try to have balanced meals with taking less salt and going easy on alcohol.



Eat a lot of fish, vegetables, and fruits.

### Do adequate exercise.

Do exercise such as walking and gymnastics continuously.



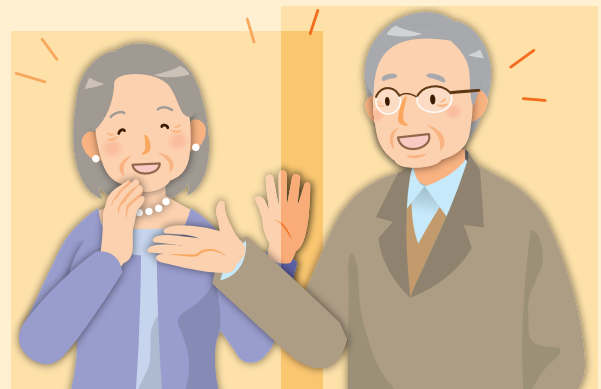
### Enjoy your living.

Enjoy your living through various activities such as reading books or pursuing hobbies.



### Interact with other people actively.

Try to attend a community activity or a health promoting class held by the local government etc.







# Timely diagnosis is important!

Don't you think that it is useless to visit a medical institution because dementia will never resolve? For dementia, timely diagnosis and timely actions are very important to live well with dementia.

## [Advantages of timely diagnosis dementia]

1

**You can prepare for your living afterwards.**

If you are diagnosed with dementia in the early phase and you and your family talk together with deeply understanding and confronting dementia, you can prepare for your living afterwards. If you adjust your living circumstances by using service provided by care insurance etc., you can reduce obstacles in your living.

2

**You may have curable dementia or temporary symptoms of dementia.**

Some of diseases which cause dementia (such as normal pressure hydrocephalus, chronic subdural hematoma, and hypothyroidism etc.) can be improved if they are treated earlier. It is important to visit a hospital earlier and to identify the causative disease.

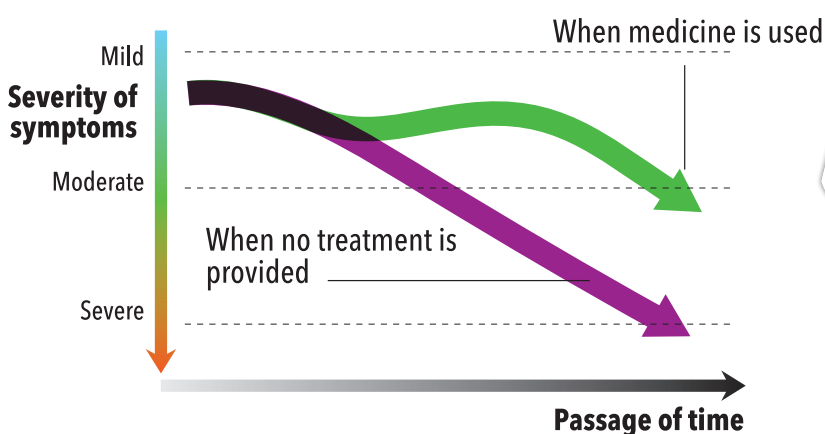
3

**Progression of dementia can be delayed in some cases.**

It is said that progression of Alzheimer's type dementia can be slowed if the person is treated with medication etc. from the early phase and with adequate care in consideration of the patient's feelings (see Figure below).

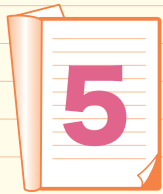
The effect of medication varies between individuals, but medication can sometimes be effective as in the graph below.

[Figure] An example of progression of Alzheimer's type dementia



Try "Do-it-yourself Checklist to Recognize Dementia" available from the next page.

(Note) Due to medication, adverse drug reactions such as a queasy feeling or inappetence may develop.



# Let's try "Do-it-yourself Checklist to Recognize Dementia"!

## Do-it-yourself Checklist to Detect Dementia

Put a circle on the most applicable answer.

### Check 1

Do you forget where you put things such as your wallet or keys?



Never

1  
POINT

Sometimes

2  
POINTS

Frequently

3  
POINTS

Always

4  
POINTS

### Check 2

Do you forget a conversation that happened 5 minutes ago?



Never

1  
POINT

Sometimes

2  
POINTS

Frequently

3  
POINTS

Always

4  
POINTS

### Check 3

Are you told by people around that you have forgetfulness with "always asking the same thing"?



Never

1  
POINT

Sometimes

2  
POINTS

Frequently

3  
POINTS

Always

4  
POINTS

### Check 4

Do you forget what day and month it is?



Never

1  
POINT

Sometimes

2  
POINTS

Frequently

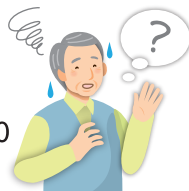
3  
POINTS

Always

4  
POINTS

### Check 5

Do you sometimes fail to immediately recall a word which you are willing to tell?



Never

1  
POINT

Sometimes

2  
POINTS

Frequently

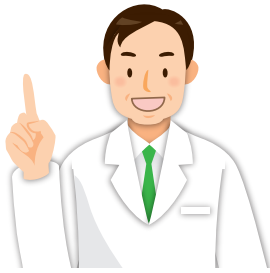
3  
POINTS

Always

4  
POINTS

※The result of this checklist just roughly indicates dementia and cannot be substituted for a medical diagnosis. You need to visit a medical institution to be diagnosed with dementia.

※The score may become higher if physical function is impaired.



## Do I possibly have dementia? If you are beginning to worry about it, check it by yourself.

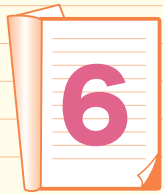
Your family or someone close to you can also check it on behalf of you.

<b>Check 6</b>  Can you pay the rent and bills, withdraw money or make a deposit by yourself?	Yes, without difficulty <b>1</b> POINT	Can most of the time <b>2</b> POINTS	Can't most of the time <b>3</b> POINTS	Not at all <b>4</b> POINTS
<b>Check 7</b>  Can you buy things by yourself?	Yes, without difficulty <b>1</b> POINT	Can most of the time <b>2</b> POINTS	Can't most of the time <b>3</b> POINTS	Not at all <b>4</b> POINTS
<b>Check 8</b>  Can you use the bus, the train or a car by yourself?	Yes, without difficulty <b>1</b> POINT	Can most of the time <b>2</b> POINTS	Can't most of the time <b>3</b> POINTS	Not at all <b>4</b> POINTS
<b>Check 9</b>  Can you clean up with a vacuum cleaner or a broom by yourself?	Yes, without difficulty <b>1</b> POINT	Can most of the time <b>2</b> POINTS	Can't most of the time <b>3</b> POINTS	Not at all <b>4</b> POINTS
<b>Check 10</b>  Can you look up a telephone number and make a phone call?	Yes, without difficulty <b>1</b> POINT	Can most of the time <b>2</b> POINTS	Can't most of the time <b>3</b> POINTS	Not at all <b>4</b> POINTS

**After checking, sum up the scores from Check 1 to Check 10.**

**Total score:**  points

When the total score is 20 points or more, your cognitive function and social life may have been disturbed.



## How do we feel when we have dementia?

### • • • You may feel anxious. • • •

When you have dementia, you will be the first person who notices that you are different from what you used to be. You may feel "something is wrong" when you have more failures due to forgetfulness than before.



You begin to feel anxious with thinking "Where am I now?", "How will I be like from now?", or "Am I bothering my family?"

### • • • You may feel low and fall in a depressed state. • • •

You may feel low and fall in a depressed state because you have forgetfulness and failures more frequently than before and become unable to do what you could do so far.



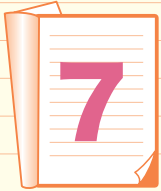
When you fall in a depressed state, your motivation is decreased. Thus you may stop having hobby activities which you have enjoyed so far, may have less communication with other people, and may lead an inactive life.

### • • • You may get angry easily. • • •

When you fail to do something, you may be confused with being unsure what to do, may get irritated easily, or may get into a bad mood.



You may sometimes raise a loud voice or beat someone carelessly.



# How to support a person Living with dementia

## Treat the person with understanding his/her feelings.

For example, when the person with dementia repeatedly asks "Is my food ready yet?" with forgetting that he/she has already eaten a meal or "What time will we go out?" quite a while before the scheduled time to go out, he/she may be trying to ease anxiety which is caused by memory impairment.

It is important to treat the person with dementia with adequately understanding that he/she is leading a life with feeling anxious.



### In such a case,

If you take offense at the person in such a scene yelling "Don't ask the same thing again and again!", you will provoke his/her anxiety more. It is better to treat the person in order to ease anxiety, with understanding his/her anxious feelings and listening his/her complaints well.



## Respect the dignity of the person and help him/her to make use of what he/she can do.

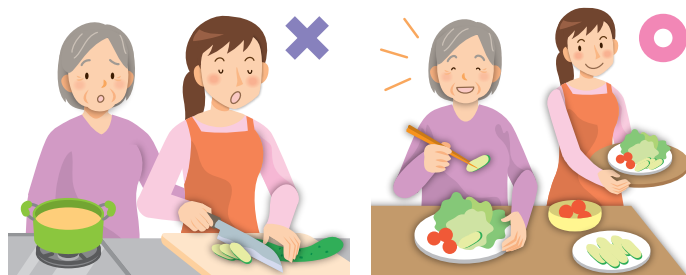
For example, if a person, who has cooked for a long time, gets dementia, he/she may become unable to take procedures of cooking properly or may fail to put out fire more frequently than before.

Having dementia does not mean that the person cannot do anything. Respect his/her dignity and help him/her casually with making use of what he/she can do.



### In such a case,

It is not better to keep the person from cooking thoroughly just because it is dangerous. It is better to make the person do what he/she can do, such as cutting or mixing ingredients or dishing up food.



## Access "Tokyo Dementia Navi"!!

Tokyo Dementia Navi is the official website of Tokyo Metropolitan Government for the purpose of promoting "planning of communities where people who have dementia and their families can live in peace".

### Main contents

- Pamphlets "DEMENTIA FRIENDLY COMMUNITIES" and "Do-it-yourself Checklist to Recognized Dementia"
- Basic knowledge of dementia
- Seminars and events in association with dementia held by Tokyo Metropolitan Government
- Consultation windows for dementia (Medical Centers for Dementia-related Diseases in Tokyo and the General Support Center for Juvenile Dementia etc.)
- Documents introducing efforts of Tokyo Metropolitan Government (conference documents, research reports, and manuals etc.)

### Tokyo Dementia Navi

[http://www.fukushihoken.metro.tokyo.jp/zaishien/ninchishou\\_navi/](http://www.fukushihoken.metro.tokyo.jp/zaishien/ninchishou_navi/)

or

### **Contact information in case of trouble**

---

<b>Issuer</b>	Home Care Support Section, Aging Population Programs Division, Bureau of Social Welfare and Public Health, Tokyo Metropolitan Government 2-8-1 Nishi-shinjuku, Shinjuku-ku    Phone: 03-5321-1111 (main number) <div><b>Issued in July 2018    Registration number: (30) 88</b></div>
<b>Supervisor</b>	Research Team for Promoting Independence of the Elderly, Tokyo Metropolitan Institute of Gerontology, Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology 35-2 Sakae-cho, Itabashi-ku    Phone: 03-3964-3241 (main number)



