

# **GLOSSARY**

## **A**

### **Accredited Facility**

An accredited facility is a nursing home, assisted living center or hospital that meets very high standards of care. These standards are set by organizations such as The Joint Commission (JTO). To stay accredited, a facility must be periodically inspected.

### **Activities of Daily Living (ADLs)**

ADLs include eating, bathing, grooming, dressing, and going to the toilet. Generally, people with Dementia eventually need assistance to perform such tasks. Questions about ADLs help decide what type of care a person needs and whether hospice is appropriate.

### **Acute Care (Hospital Care)**

Acute care is a medical setting such as a hospital, intensive care unit or emergency department.

### **Administrator**

An administrator manages a care facility, such as a nursing home.

### **Adult Day Center**

Adult Day centers offer people with Dementia the opportunity to socialize and to participate in activities with their peers in a safe environment.

### **Advance Directive**

Advance Directives are legal documents that allow a person to spell out their decisions about end-of-life care ahead of time. They give a person a way to make their wishes clear to family, friends, and health care professionals and to avoid confusion later when they may not be able to communicate their wishes.

### **Adverse Reaction**

An Adverse Reaction to a drug is a side effect.

### **Aerobic Exercise**

Aerobic Exercise is exercise that increases the breathing rate and ultimately raises heart and lung efficiency, such as running, swimming, exercising on a treadmill, elliptical or rowing machine.

### **Allowable Cost**

Allowable cost is the highest fee a state will pay for people on Medicaid. Other insurance plans may also set allowable costs for the services they cover.

### **“Alternative Medicine”**

The term “Alternative Medicine” or “Complimentary Medicine” is subjective and encompasses a wide range of medical practices and systems from cultures around the world. While doctors in one part of the world might regard a practice as mainstream, doctors elsewhere might view the same practice as

alternative. In the United States, people use it to describe practices that are outside conventional, standard medical care. It is the use of techniques other than drugs, surgery, or routine medical care.

Alternative medicine is used instead of standard medical treatment, such as using a special diet to treat cancer instead of the cancer drugs that are prescribed by an oncologist. Complementary Medicine is used along with standard medical treatment but is not considered by itself to be standard treatment, such as using acupuncture to help lessen some side effects of cancer treatment.

There are legitimate concerns about using alternative or complimentary therapies in the treatment of Dementia instead of, or in addition to, physician-prescribed therapy. Regarding supplements, the effectiveness and safety are unknown because the rigorous scientific research required by the U.S. Food and Drug Administration (FDA) for the approval of a drug is not required by law for the marketing of dietary supplements. People should consult with their medical professional before trying Alternative, Complimentary, or any other type of treatment, such as a supplement without first consulting their physician because such treatments can have serious implications for some conditions and/or interactions with prescribed medications.

### **Alzheimer's Disease**

Alzheimer's Disease is the most common form of Dementia. Alzheimer's disease affects memory, thinking and behavior. Symptoms generally develop slowly, but worsen over time, becoming severe enough to interfere with performing everyday tasks. Alzheimer's is caused by the abnormal buildup of proteins in the brain. Over time this causes the brain to shrink in size.

### **Amyloid**

Amyloid is a protein found in the brains of people with Alzheimer's disease. It builds up into "plaques" or "tangles."

### **Apathy**

Apathy is a lack of interest, concern, or emotion. It is not uncommon for people with Dementia to be apathetic, lack initiative and lose the ability to empathize with others.

### **Aphasia**

Aphasia is trouble understanding what people are saying or speaking.

### **ApoE Gene**

ApoE is a gene that can have different changes in it. The "ApoE 4" mutation in this gene is linked to a greater chance of getting Alzheimer's disease. But other genes can also be involved. There is probably not just one "Alzheimer's gene."

### **Art Therapy**

Art Therapy is a form of therapy that allows people with Dementia to express their feelings through art.

### **Assessment of Mental Status**

An Assessment of Mental Status is a test of a person's ability to think, feel and react to others. A doctor usually performs a mental status assessment.

### **Assisted Living**

Assisted living is a residential care facility that generally provides 24-hour staff, recreational activities, meals, housekeeping, laundry, and transportation. Definitions of assisted living and the specific regulations differ from state to state. Residents may choose which services they receive from the residence such as house cleaning, help with grooming or medication reminders.

### **Assistive Device**

An assistive device is an aid, such as eyeglasses, a cane, walker, wheelchair or a hearing aid.

### **Audiologist**

An audiologist deals with ear problems, including hearing loss, tinnitus (ringing in the ears or "head noise") and lack of balance. Audiologists provide hearing aids and other listening devices.

### **Autonomy**

Autonomy is a person's ability to make their own choices.

## **B**

### **Bed-Bound**

A person who is Bed-Bound cannot walk or get out of bed without help from another person or a mechanical lift.

### **Behavioral Neurologist**

A Behavioral Neurologist is a doctor who specializes in behavioral and memory disorders caused by brain diseases like Dementia.

### **Behaviors**

Some people with Dementia behave in different and/or unpredictable ways. Some individuals with Dementia exhibit behaviors such as agitation, aggression, repetition, hallucinations, or suspicion.

## **C**

### **Caregiver**

A Caregiver is the main person in charge of caring for someone with a serious illness, such as Dementia. Caregivers can be family members, friends or paid professional caregivers. Caregivers may provide full-time or part-time help to the person with Dementia.

### **Case Management**

Case Management describes the care and services planned by health care workers for a person with Dementia.

### **Catheter**

A catheter is a bendable plastic tube that goes into the bladder to help a person urinate.

### **Certified Nursing Assistant (Certified Nurse's Aide) (CNA)**

A Certified Nursing Assistant helps feed and care for disabled adults. To learn these skills, CNAs attend at least 75 hours of classes. A CNA works under a nurse's supervision and must keep taking classes to stay certified.

### **Clinical Social Worker**

A Clinical Social Worker is a professional who counsels people, families or groups and helps people find community resources, such as adult day care, home care, or nursing home services.

### **Clinical Trial**

Clinical Trials are research studies that test new medicines to see if they are safe and effective. They are often a way for people to try a new medicine before it is available to everyone. Clinical trials are the best way for researchers to find new ways to detect, slow, treat and hopefully someday prevent Dementia. See "Trial Match", below.

### **Cognition**

Cognition refers to a person's ability to process thoughts and perform the various mental activities related to learning and problem-solving. People with Dementia exhibit cognition issues including, but not limited to, problems with learning, understanding, memory, reasoning, and judgment.

### **Competence**

Competence is a person's ability to make informed choices.

### **Computed (Axial) Tomography (CAT or CT) Scan**

A CAT scan is a powerful X-ray that makes detailed pictures inside your body.

### **Contractures**

Contractures are when a person's tendons and muscles shorten. Contractures can make the knees, arms, hands, or feet curl up. Physical therapy can sometimes prevent or treat this condition. But contractures following a stroke or Dementia diagnosis may be permanent.

### **Custodial Care**

Custodial Care helps a person accomplish the activities of daily living (ADLs). Custodial Care can also include preparing special diets and giving medications.

## **D**

### **Daily Plan**

A Daily Plan provides structure for a person with Dementia. A plan should include activities that provide the person with Dementia meaning and enjoyment. People with Dementia benefit from structure in their daily routines.

### **Decubitus Ulcers (Pressure Ulcers, Pressure Sores or Bedsores)**

Decubitus Ulcers are skin sores caused by the constant pressure of staying in one position if they are unable to turn or reposition themselves.

### **Deficits**

Deficits are skills that are lacking. In Dementia, this means physical and mental skills that a person has lost or has trouble performing.

### **Delusion**

A Delusion is a belief, thought or conclusion that has no basis in reality. It is a false idea that a person with Dementia firmly believes and won't give up even if someone shows them proof that the idea is not true.

### **Dementia**

Dementia is not a specific disease – it is a syndrome. Dementia is an umbrella term which describes a range of different progressive neurological disorders which affect the brain and nervous system. The term Dementia encompasses many different conditions which result in the loss of memory, language, problem-solving skills, and other thinking abilities that are severe enough to interfere with a person's daily life.

### **Dental Care**

People with Dementia are frequently unable to properly care for their teeth and gums. Regular dental care is key to staying healthy.

### **Depression**

Depression is a mood disorder that negatively affects how a person feels. Depression is more than feeling "down" or sad and can prevent a person from leading a normal life. When a person is depressed, they don't get as much pleasure from things they used to enjoy. Depression lasts longer and is marked by inactivity, difficulty in thinking, and concentration. Depression can affect sleep and appetite. Many of the symptoms of Dementia can also be caused by depression. Many people with Dementia as well as their caregivers and loved ones suffer from depression. It is important if a person is depressed or think they may be depressed to talk to a medical professional.

### **Diagnosis**

A diagnosis is the act of determining the nature and cause of a disease or injury through evaluation of patient history, examination, and a review of laboratory data.

### **Dietician**

A Dietician helps people plan a healthy, nutritious diet.

### **Disorientation**

Disorientation is when a person loses their sense of time, direction, or recognition. A person with Dementia can become disorientated even in very familiar settings or with people they've known for a long time, including family members.

### **Do Not Resuscitate (DNR) Order**

A DNR Order is signed by a doctor and is based on a person's wishes. A DNR Order instructs medical personnel **not** to perform life-saving CPR or other procedures to restart the heart or breathing once they have ceased. Once signed, the DNR Order must be placed in the person's medical chart or records.

### **Durable Power of Attorney for Health Care**

A Durable Power of Attorney for Health Care is legal document in which a person chooses another person

to make all decisions regarding their health care if they are incapacitated, including choices regarding doctors and medical treatment, at the end of their life.

### **Dysphasia**

Dysphasia is condition where a person is unable to find the right word or understand the meaning of a word. It is not uncommon for a person with Dementia to have Dysphasia.

## **E**

### **Early-Stage Dementia**

Early-Stage Dementia refers to the beginning stages of Dementia, in which symptoms range from mild to moderate.

### **Echocardiogram (Echo)**

An Echo is an ultrasound of a person's beating heart. An Echo creates images with sound waves.

### **Elder Law Attorney**

An Elder Law Attorney specializes in estate planning issues and counsels clients about planning for the future with alternative decision-making documents. However, it is not necessary to work with an Elder Law attorney, as many attorneys with general practices can help with estate planning. Contact your local bar association or the National Academy of Elder Law Attorneys and your local chapter to find attorneys in your area.

### **Electrocardiogram (EKG or ECG)**

An EKG or ECG measures electrical signals from your heart which show how fast your heart is beating and if it has a healthy rhythm.

## **F**

### **Familial Dementia**

Familial Dementia is Dementia that runs in families. Many people affected by Dementia and their families are concerned that they may inherit or pass on Dementia. The majority of Dementia is not inherited by children and grandchildren. In rarer types of Dementia there may be a strong genetic link, but these are only a tiny proportion of overall cases of Dementia. See Genetic Counseling and Genetic Testing below.

### **Feeding tube**

A Feeding Tube is a plastic or rubber tube to give food and water to someone who cannot eat or drink. A feeding tube can be put in through the nose (nasogastric) or the stomach wall (PEG tube).

### **Financial Planner**

A Financial Planner can help a person with decisions that make the most of financial resources while at the same time helping negotiate the financial barriers that inevitably arise in every stage of life.

### **Functional Impairment**

Functional impairment means a person has difficulty dressing, using the toilet, eating, bathing, or walking without help.

### **Frontotemporal Dementia**

Frontotemporal Dementia is an umbrella term for a group of brain disorders that cause the death of nerve cells in the frontal and temporal lobes of the brain. These areas of the brain are generally associated with personality, behaviors, and language. Some people with Frontotemporal Dementia have dramatic changes in their personalities, have difficulty controlling their emotions and may become socially inappropriate, impulsive, or emotionally indifferent, while others lose the ability to use language properly. As with all Dementias, the symptoms and behaviors vary from one person to another. Frontotemporal dementia tends to occur at a younger age (between the ages of 40 and 65) than other Dementias but can occur later. Frontotemporal Dementia can be misdiagnosed as a psychiatric problem.

## **G**

### **Gait**

Gait describes how a person walk. People in the later stages of Dementia often have a "reduced gait," which means it has become harder for them to lift their feet as they walk. Often times resulting in walking slowly or shuffling.

### **Genetic Counseling**

Genetic Counseling is a process in which a trained Genetic Counselor helps a person understand whether their genes make them more likely to get a certain condition or disease.

### **Genetic Testing**

Genetic Testing checks on gene problems that make a person more likely to get a condition or disease. It may be as simple as a blood test. Genetic Counseling (see definition above) is generally advised in order to understand the results of Genetic Testing.

### **Geriatrician**

A Geriatrician is a doctor who specializes in the medical care and treatment of older adults.

### **Geriatric Care Manager**

A Geriatric Care Manager can help create a plan of care that meets the needs of an older adult and can explain what resources and options are available.

### **Geriatric Psychiatrist**

A Geriatric Psychiatrist is trained to diagnose and treat mental disorders in older adults. These disorders include Dementia, depression, anxiety, and late-life schizophrenia.

### **Geri Chair**

A Geri Chair is a high-backed cushioned recliner with a leg and footrest. A Geri Chair has the effect of restricting freedom of movement or normal access to one's body. It can be pushed on wheels, but the person sitting in it cannot move it. A Geri chair can be considered a restraint, so is generally only used with a physician's order.

### **Guardian/Conservator**

A court-appointed Guardian or Conservator manages a person's money and makes healthcare and living decisions for them. Becoming a guardian or conservator requires a court order.

## **H**

### **Hallucination**

A Hallucination is when a person sees, hears, smells, tastes, or feels something that is not actually there. Hallucinations can be pleasant or threatening and may be related to sensations, imagery, events of the past or they may be unrelated to experiences. Common hallucinations include hearing voices, seeing objects, lights, people, or animals who are not there, and the sensations of crawling skin.

### **Hoarding**

Hoarding describes a behavior exhibited by some people with Dementia. Sometimes people with Dementia collect or put away things to guard them. Typical hoarded items can include newspapers, magazines, paper products, household goods, clothing or trash.

### **Home Health Aide**

A Home Health Aide is a person who provides non-medical healthcare for people in their home. Training or certification requirements vary from state-to-state, but typical services include assistance with activities of daily living, managing medications and some household tasks.

### **Hospice Care**

Hospice Care focuses on the care, support, comfort, and quality of life for a person with Dementia and their family. Generally, a person with Dementia can qualify for Hospice Care if they are in the later stages of the disease. However, because the later stages of Dementia do not fit a specific timeframe and can sometimes last months or years, people with Dementia can sometimes be under Hospice Care for several months or go in and out of Hospice Care. A Hospice Care program offers support for a person to live as fully and comfortably as they can. Pain management is a big part of Hospice Care. It can also include emotional and spiritual support, if desired. Hospice is not necessarily about being in a certain facility. It's a type of medical care that can happen anywhere. There are many Hospice Care programs available, sometimes through a hospital, care facility, or privately owned. A person must be evaluated by a hospice provider before entering hospice and, again, generally every 3-6 months to remain on Hospice. While Hospice is generally covered by Medicare, it is best to check any Medicare requirements.

## **I**

### **Incontinence**

Incontinence means a person has lost bladder or bowel control. “Doubly incontinent” refers to the loss of both bladder and bowel control.

### **In-Home Care**

In-Home Care services involve professionals coming to the private home to help the caregiver and the person with Dementia. Services vary in type and can include companion services, personal care services and homemaker services. In-home care can be through an agency, a friend, family member, or someone privately hired.

### **Instrumental Activities of Daily Living (IADLs)**

IADLs are necessary activities, such as cooking, shopping and managing finances.

## **J**

There are currently no Glossary terms beginning with the letter J.

## **K**

There are currently no Glossary terms beginning with the letter K.

## **L**

### **Late-onset Dementia**

Late-onset Dementia is Dementia that starts after the age of 65. It is more common than “Younger Onset” Dementia.

### **Late-Stage Dementia**

In Late Stage Dementia people cannot take care of themselves and need a significant amount of help with everyday tasks required to live on their own.

### **Lewy Body Dementia**

Lewy Body Dementia is a type of Dementia that shares some symptoms with both Alzheimer’s disease and Parkinson’s disease. People with Lewy Body Dementia sometimes also experience hallucinations and delusions. Generally, such hallucinations or delusions are non-threatening. Lewy Body Dementia is associated with abnormal deposits of a protein called alpha-synuclein in the brain. These deposits, called Lewy bodies, affect chemicals in the brain whose changes, in turn, can lead to problems with thinking, movement, behavior, and mood.

### **Living Trust**

A Living Trust is a legal document in which someone (usually called the “grantor” or “trustor”) can appoint someone else as “trustee” (usually a person or financial institution) to invest and manage their assets.

### **Living Will**

A Living Will is a legal document that states a person’s wishes concerning medical care in the event a

person is incompetent and unable to make their own decisions. For instance, any situations in which a person would / or would not want doctors to use life support machines.

### **Long-Distance Caregiving**

Long Distance Caregiving is when family members or friends live in another city, state or country, but are responsible the care of a person with Dementia.

### **Long-Term Care Facility**

A Long-Term Care Facility is a nursing home or assisted living center which provides medical, personal, and social services to meet the physical, social, and emotional needs of people who are disabled or ill for a long time.

### **Lumbar Puncture**

A Lumbar Puncture is a medical procedure where a sample of cerebrospinal fluid is taken from the lower back. The proteins in this fluid can indicate whether a patient has Alzheimer's disease.

## **M**

### **Magnetic Resonance Imaging (MRI)**

An MRI is a non-invasive medical imaging technique used to create an image of the brain which may help confirm a diagnosis of Dementia. Powerful magnets and radio waves are used to make pictures of organs and structures inside a person's body.

### **Medicaid**

Medicaid is a government health program for low-income people.

### **Medicaid-Certified**

A Medicaid-Certified facility can offer services to people who are on Medicaid.

### **Medical Director**

A Medical Director is a doctor who oversees medical care in a care facility. The medical director may be the attending doctor for some residents and may offer emergency medical care for other residents.

### **Medicare**

Medicare is a government health insurance program for people aged 65 and older and for disabled people.

### **Medicare-Certified**

A Medicare-Certified facility can offer services to people who are on Medicare.

### **Mini-Mental State Examination (MMSE)**

The MMSE is a short test to measure a person's basic skills. Medical professionals routinely use the MMSE to measure a person's basic cognitive skills, such as short-term memory, long-term memory, orientation, writing, and language.

### **Mild Cognitive Impairment (MCI)**

MCI is a stage between the expected cognitive decline of aging and the more serious decline of Dementia. MCI may involve, but is not limited to, memory and language problems. Although typically associated with Dementia, MCI can also be caused by other conditions such as anxiety or depression.

### **Mixed Dementia**

Mixed Dementia is when behaviors and/or symptoms linked to more than one type of Dementia occur simultaneously in the brain. Studies have shown this may occur more than previously thought.

### **Music Therapy**

Music Therapy uses music to improve a person's physical, psychological, mental, and social abilities.

## **N**

### **Neurologist**

A Neurologist is a doctor who is trained to diagnose and treat disorders of the brain and the nervous system.

### **Neuropsychologist**

A Neuropsychologist is a doctor with an advanced degree (PhD or PsyD) in clinical psychology or a related field and who specializes in evaluating and managing brain problems.

### **Nurse**

A Registered Nurse (RN) is a nurse who works in a hospital, doctor's office or care facility. A Registered Nurse oversees Certified Nurses' aides (CNAs) and custodial caregivers. A Registered Nurse is a graduate trained nurse who is licensed by a state authority after passing qualifying examinations for registration. A Licensed Practical Nurse (LPN) is a person who has undergone training and obtained a state license to provide routine care for the sick. Some states use the term Licensed Vocational Nurse (LVN) rather than Licensed Practical Nurse (LPN).

### **Nurse Practitioners (NPs) and Physician Assistants (PAs)**

Nurse Practitioners and Physician Assistants are specially trained medical personnel who may help oversee peoples' care. In many states, doctor-supervised NPs and PAs write orders for treatment and medication.

## **O**

### **Occupational Therapist (OT)**

An Occupational Therapist helps people modify or change their activities or environment so they can eat, dress and bathe more easily. An OT may also help with modifying other tasks, such as cooking, taking medication or driving. OTs may also provide guidance to family members and caregivers.

### **Occupational Therapists**

Occupational Therapists are health care professionals who teach people how to do routine activities (such as dressing, walking up and down stairs, or cooking) using therapy and rehabilitation.

### **Ombudsman**

An Ombudsman in a long-term care facility helps residents and their families keep their rights and resolve complaints.

### **Onset**

Onset is when a disease begins.

## **P**

### **Pacing**

Pacing is when a person with Dementia walks back and forth repeatedly. Triggers may include things like pain, hunger, or boredom, or a particular noise, smell, or temperature.

### **Palliative Care**

Palliative Care is specialized medical care for people living with a serious illness, such as Dementia. People in Palliative Care may receive medical care for their symptoms, or palliative care, along with treatment intended to treat their illness. Palliative care is meant to enhance a person's current care by focusing on quality of life both for the person and their family. Palliative care can include medical or surgical methods to ease the pain of a serious or incurable illness. In addition, Palliative Care seeks to improve quality of life, help with symptoms, and can help people with Dementia and their families understand the choices for medical treatment.

### **Paranoia**

Paranoia is a behavior sometimes exhibited by a person with Dementia. Paranoia involves suspicion(s) and/or fears of something or someone that are not based in fact.

### **Parkinsons Disease**

Parkinsons Disease is a long-term degenerative disorder of the central nervous system that mainly affects the motor system.

### **Peer Review**

Peer Review is the process by which proposed research is reviewed by independent researchers (known as referees) to evaluate the importance of the research.

### **Personal Care**

People with Dementia will eventually need help with Personal Care activities, including grooming, bathing, and dressing.

### **Personal Health Record**

A Personal Health Record (PHR) is a regularly updated collection of a person's important health information. A PHR can be useful in an emergency situation to help treat a person with Dementia.

**Pharmacist**

A Pharmacist can offer information about prescriptions, reviews a person's drugs, teaches caregivers and gives out medications. A Pharmacist is a good resource for people caring for a person with Dementia.

**Physical Therapist**

A Physical Therapist treats physical disabilities and works with people to improve general fitness. A Physical Therapist may also teach a person how to use a walker, artificial limb, or wheelchair.

**Pillaging**

Pillaging is when a person with Dementia takes things that belong to someone else.

**Positron Emission Tomography (PET) Scan**

A PET Scan is a test that can show how an organ or tissue is working. For instance, it can show blood flow in the brain.

**Power of Attorney**

A Power of Attorney is a legal form that names someone to act as a person's legal substitute.

**Progressive Disorder**

A Progressive Disorder is a condition, like Dementia, which gets worse over time.

**Psychologist**

A Psychologist detects and treats emotional problems. Personality and intelligence testing can help a diagnose these problems. Under certain circumstances, a psychologist may treat a person with Dementia. Treatments may include individual, family, and group therapy sessions.

**Psychiatric Evaluation**

A Psychiatric Evaluation is a way of assessing a person's behavior to determine whether depression or any other mental health condition may be contributing to an individual's condition.

**Psychosis**

A Psychosis is a general term for a state of mind in which thinking becomes irrational and/or disturbed. It can include delusions and hallucinations, for instance.

**Q**

There are currently no Glossary terms beginning with the letter Q.

**R****Repetitive Behavior**

Repetitive Behavior is when a person repeats questions, stories, outbursts, or specific activities over and over. Such behavior is very common in people with Dementia.

### **Respite Care**

Respite Care provides temporary relief from caregiving tasks for caregivers. Such care could include in-home assistance, a short nursing home stay or adult day care.

### **Repurposing Drugs (sometimes referred to as using a drug “off-label”)**

Repurposing Drugs is the discovery of new uses for ‘old’, clinically approved drugs.

## **S**

### **Side Effect**

A Side Effect is a problem linked to a drug or a treatment. Side Effects can vary in how serious they are.

### **Social Worker**

A Social Worker offers people with Dementia and their family’s resources and support services.

### **Single Photon Emission Computed Tomography (SPECT) Scan**

A SPECT Scan is a procedure that measures blood flow in different areas of the brain.

### **Speech-Language Pathologist**

A Speech-Language Pathologist tests, diagnoses, and treats people with speech and swallowing problems.

### **Support Group for Dementia Caregivers**

A Support Group for Dementia Caregivers allows people to connect to share experiences, provide support and give advice. Support Groups may meet face-to-face with a support group facilitator or meet virtually.

### **Suspicion**

Suspicion is mistrust. Sometimes people with Dementia become suspicious as their memory worsens. For instance, they may think their belongings have been stolen because they forgot where they left them or question someone’s motives if they can’t remember who they are.

### **Symptom**

A Symptom is a behavior or an indication of a disorder or a disease.

## **T**

### **Trial Match ®**

The Alzheimer’s Association’s TrialMatch® connects individuals living with Dementia, caregivers, and healthy volunteers to clinical trials that may advance Dementia research. TrialMatch® is free and easy to use and allows a person to see which studies are a good fit for them or a family member. It allows people to search for studies, receive email notifications about new opportunities or connect with research terms. See Alz.org for additional information.

## **U**

There are currently no Glossary terms beginning with the letter 'U'.

## **V**

### **Vascular**

Vascular refers to or relates to the blood vessels in the brain.

### **Vascular Dementia**

Vascular Dementia is caused by damaged blood vessels in the brain. Symptoms vary but may include memory loss and language difficulties. The onset of Vascular Dementia may occur suddenly and include symptoms such as impaired judgment, difficulties with concentration and problems with planning, organizing, or making decisions (commonly known as executive functions).

## **W**

### **Wandering**

Anyone who has Dementia and can walk is at risk of Wandering. A person with Dementia may not remember their name or address, and can become disoriented and lost, even in familiar places.

### **Will**

A Will is a legal document in which a person states how they want their estate handled after they die. A Will also appoints an “executor,” who manages a person’s estate.

## **X**

There are currently no Glossary terms beginning with the letter 'X'.

## **Y**

### **Younger-Onset**

Younger-Onset (sometimes called Early-Onset) Dementia affects people younger than age 65. Some people with Younger-Onset dementia are in their 40s and 50s.

## **Z**

There are currently no glossary terms beginning with the letter 'Z'.