

Vascular Dementia

Vascular cognitive impairment (VCI), or post-stroke dementia, is estimated to be the second most common form of dementia behind Alzheimer's disease. Individuals who suffer from vascular dementia experience a wide variety of symptoms, many of which are shared with Alzheimer's disease, including memory loss, confusion and disorientation.



What is Vascular Dementia?

Vascular dementia can occur as a result of a severe stroke or multiple small strokes which affect the blood vessels inside the brain. When a stroke occurs, no matter how minor, it reduces the amount of oxygen and nutrients getting to the brain cells, resulting in impairment. Common warning signs include diminished judgment and planning, inability to pay attention, difficulty in social situations and struggling to find the right words. These symptoms may occur at the same time as physical stroke symptoms, such as difficulty walking or paralysis on one side of the face or body. While vascular dementia does not cause Alzheimer's disease, or vice versa, it is not uncommon for a person to have both Alzheimer's disease and vascular dementia.

If a physician suspects vascular dementia, they may order tests, such as blood work, neurological exams and brain imaging (such as a CT or MRI scan).

What Should I Expect as a Caregiver?

For caregivers, understanding common behavior changes of someone living with Vascular dementia is important. A caregiver may need to provide emotional and physical support, as well as encouragement. Individuals with dementia are likely to become restless, experience mood changes and wander. Knowing how to balance a person's safety and independence becomes more difficult as the disease progresses.

How Can Arden Courts Help?

Meeting the demands of a loved one with Alzheimer's disease can be difficult and seem impossible. At Arden Courts, memory care is all we do. Arden Courts is a free-standing community dedicated to those living with memory impairments.

What are Some of the Risk Factors?

- Advancing Age
- A history of heart attack or stroke
- Smoking
- High blood pressure
- High cholesterol
- High blood sugar (diabetes)

Our focuses include:

- Support, education and information for caregivers and family members.
- An environment that helps to keep residents safe and as independent as possible.
- Staff specially trained on caring for residents living with memory loss.
- Structured, engaging programs, 10 hours a day.
- Programs personalized for all levels of dementia and focused on what the resident can do, capitalizing on lifelong experiences and familiar routines.



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Arden Courts 
Memory Care Community

