

Understanding Frontotemporal Dementias

With Teepa Snow

A review by Shannon Nosbisch, C.D.P., co-founder of Effingham Area Alzheimer's Awareness

National dementia expert Teepa Snow tackles what she considers one of the most challenging dementias, Frontotemporal dementias (FTD) in this 2 DVD set. She discusses Frontotemporal dementias and how caregivers and family members can best care for their loved ones.

The first signs of Frontotemporal dementias are usually problems with language, unusual behaviors and problems with initiating tasks, impulse control, problem solving and decision making. Memory issues are usually not a first symptom.

In the first DVD titled "Understanding the Brain When FTD is Involved", Teepa Snow discusses what happens to the brain if the frontal lobe or temporal lobe or both are involved. She discusses why different behaviors may occur, based on which part or parts of the brain are affected.

The second DVD, "Approaches and Techniques in FTD", discusses tips on how caregivers need to change their ideas and approaches. The first tip is to let go of what was or who the person living with FTD was. This is very hard to do, but because of brain changes, they are not the same person. Also, Teepa says that the caregiver has to change their behaviors in three ways:

1. limit verbal and use more visual communication,
2. watch tone of voice – be calm, not hurried or angry,
3. quit getting loud – don't yell when frustrated.

There are other tips for caregiving in these DVDs that can help families, friends and caregivers best care for their loved one. These tips will help reduce stress for everyone.

Having a better understanding of Frontotemporal Dementias and how they affect the brain will enable you to better care for you loved one affected by this disease.

This resource is available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library, Shelbyville Public Library and the Mattoon Public Library in the Forget-Me-Not Resource Center. If you do not have a library card, ask at the main desk how you can check it out.