



# MIXED TYPE DEMENTIA FACT SHEET AMG SENIOR MEDICAL GROUP



## WHAT IS MIXED TYPE DEMENTIA?



Mixed dementia, affecting at least 1 in 10 people diagnosed with dementia, refers to when an individual has more than one type of dementia. The most common diagnosis of mixed dementia is a combination of Alzheimer's disease and vascular dementia. Vascular dementia is a result of a reduction or blockage of blood flow to the brain, and can affect the brain and body. Alzheimer's disease is caused by clusters of protein plaques or tangles that develop in the brain. Some individuals with mixed dementia may experience memory loss, whereas other individuals may primarily exhibit changes in mood and behavior.



## SYMPTOMS OF MIXED TYPE DEMENTIA

A person with mixed dementia will display symptoms of both forms of dementia. Therefore, symptoms of mixed dementia can vary depending on the brain regions affected and combination of diagnosis. Below are some examples of symptoms of both Alzheimer's and vascular dementia:



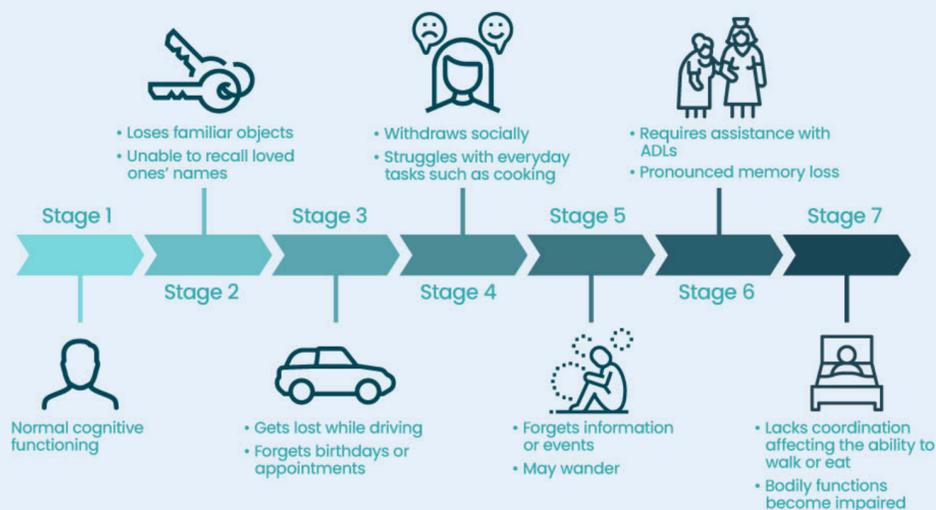
### Alzheimer's Disease:

- Forgetting recent events
- Misplacing items
- Memory loss
- Struggling to find right word
- Repeating themselves

### Vascular Dementia:

- Confusion and concentration problems
- Difficulty with planning & decision making
- Personality and behavior changes
- Incontinence problems, tremors
- Slowed thought process

### The 7 Stages of Dementia



## QUESTIONS?

See back for more resources & education. Reach out to your provider or local Alzheimer's Association Chapter with any questions about Mixed Type Dementia!

## EDUCATIONAL ARTICLES

<b>Alzheimer's Society</b>	<a href="https://www.alzheimers.org.uk/about-dementia/types-dementia/what-is-mixed-dementia">https://www.alzheimers.org.uk/about-dementia/types-dementia/what-is-mixed-dementia</a>
<b>Alzheimer's Association</b>	<a href="https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/mixed-dementia">https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/mixed-dementia</a>
<b>Dementia UK</b>	<a href="https://www.dementiauk.org/information-and-support/types-of-dementia/mixed-dementia/">https://www.dementiauk.org/information-and-support/types-of-dementia/mixed-dementia/</a>
<b>VA Dementia Care Resource Guide</b>	<a href="https://www.va.gov/files/2024-06/Dementia%20Care%20Resource%20Guide%20June%202024.pdf#page26">https://www.va.gov/files/2024-06/Dementia%20Care%20Resource%20Guide%20June%202024.pdf#page26</a> - see pages 5-9 for general dementia education for caregivers
<b>CareBlazers</b>	<a href="https://careblazers.com/mixed-dementia-hidden-diagnosis/">https://careblazers.com/mixed-dementia-hidden-diagnosis/</a>

## EDUCATIONAL VIDEOS, PODCASTS, AND BOOKS

<b>Dementia Careblazers (YouTube)</b>	<a href="https://m.youtube.com/watch?v=aQt2AnIsSOE">https://m.youtube.com/watch?v=aQt2AnIsSOE</a>
<b>Dementia's Platform UK: One Man's Experience of Mixed Dementia</b>	<a href="https://www.dementiasplatform.uk/news-and-media/podcasts/one-mans-experience-of-mixed-dementia">https://www.dementiasplatform.uk/news-and-media/podcasts/one-mans-experience-of-mixed-dementia</a>
<b>All Home Care Matters</b>	<a href="https://allhomecarematters.com/an-insight-into-mixed-dementia-with-care-partner-patti-lafleur/">https://allhomecarematters.com/an-insight-into-mixed-dementia-with-care-partner-patti-lafleur/</a>
<b><i>Still Alice</i> by Lisa Genova</b>	A fictional novel about a 50-year-old woman's sudden descent into early onset Alzheimer's disease, written by author Lisa Genova, who holds a Ph. D in neuroscience from Harvard University.

