

Appendix E.

Diagnostic criteria

E

E1. Diagnostic criteria for dementia of the Alzheimer's type (DSM-IV)

A. The development of multiple cognitive deficits manifested by both

1. Memory impairment (impaired ability to learn new information or to recall previously learned information).
2. One (or more) of the following cognitive disturbances:
 - a. aphasia (language disturbance)
 - b. apraxia (impaired ability to carry out motor activities despite intact motor function)
 - c. agnosia (failure to recognise or identify objects despite intact sensory function)
 - d. disturbance in executive functioning (planning, organising, sequencing, abstracting).

B. The cognitive deficits in criteria A1 and A2 each cause significant impairment in occupational and social functioning, and represent a decline from previous higher levels of functioning.

C. The course is characterised by gradual onset and continuing cognitive decline.

D. The cognitive deficits in criteria A1 and A2 are not due to any of the following:

1. Other CNS conditions that cause progressive deficits in memory.
2. Systematic conditions known to cause dementia (e. hypothyroidism).
3. Substance-induced conditions.

E. The deficits do not occur exclusively during the course of a delirium.

F. The disturbance is not better accounted for by another disorder (eg major depression).

(DSM1V, American Psychiatric Association, 1994)

E2. Criteria for the clinical diagnosis of Alzheimer's disease (NINCDS-ADRDA)*

1. The criteria for the clinical diagnosis of PROBABLE Alzheimer's disease include:
 - dementia established by clinical examination and documented by the Mini-Mental Test, Blessed Dementia Scale or some similar examination and confirmed by neuropsychological tests
 - deficits in two or more areas of cognitive functions
 - no disturbance of consciousness
 - onset between ages 40 and 90, most often after age 65: and absence of systemic disorders or other brain diseases that in and of themselves could account for the progressive deficits in memory and cognition.
2. The diagnosis of PROBABLE Alzheimer's disease is supported by:
 - progressive deterioration of specific cognitive functions such as language (aphasia), motor skills (apraxia) and perception (agnosia)
 - Impaired activities of daily living and altered patterns of behavior
 - Family history of similar disorders. Particularly if confirmed neuropathologically; and

Laboratory results of:

 - Normal lumbar puncture as evaluated by standard techniques.
 - Normal pattern or non-specific changes in EEG, such as increased slow-wave activity.
 - Evidence of cerebral atrophy on CT with progression documented by serial observation.
3. Other clinical features consistent with the diagnosis of PROBABLE Alzheimer's disease after exclusion of causes of dementia other than Alzheimer's disease include:
 - plateaus in the course of progression of the illness
 - associated symptoms of depression, insomnia, incontinence, delusions, illusions, hallucinations, catastrophic verbal emotional or physical outbursts, sexual disorders and weight loss
 - other neurologic abnormalities in some patients especially with more advanced disease and including motor signs such as increased muscle tone myoclonus or gait disorder
 - seizures in advanced disease; and
 - CT normal for age.
4. Features that make the diagnosis of PROBABLE Alzheimer's disease uncertain or unlikely include:
 - sudden apoplectic onset
 - focal neurologic findings such as hemiparesis sensory loss, visual field deficits, and incoordination early in the course of the illness; and
 - seizures or gait disturbances at the onset or very early in the course of the illness.
5. Clinical diagnosis of POSSIBLE Alzheimer's disease:
 - may be made on the basis of the dementia syndrome, in the absence of other neurologic psychiatric or systemic disorders sufficient to cause dementia and in the presence of variations in the onset, in the presentation or in the clinical course
 - may be made in the presence of a second systemic or brain disorder sufficient to produce dementia, which is not considered to be the cause of the dementia
 - should be used in research studies when a single, gradually progressive severe cognitive deficit is identified in the absence of other identifiable cause.
6. Criteria for diagnosis of DEFINITE Alzheimer's disease are:
 - the clinical criteria for probable Alzheimer's disease and histopathologic evidence obtained from a biopsy or autopsy.
7. Classification of Alzheimer's disease for research purposes should specify features that may differentiate subtypes of the disorder such as:
 - familial occurrence
 - onset before age of 65
 - presence of trisomy 21
 - coexistence of other relevant condition such as Parkinson's disease.

*NINCDS – ADRDA: National Institute of Neurological and Communicative Disorders and Stroke and the Alzheimer's Disease and Related Disorders Association

Source: McKhann G, Drachman D, Folstein M, Katzman R, Price D, Stadlan EM (1984) Clinical diagnosis of Alzheimer's disease: Report of the NINCDS-ADRDA Work Group under the Department of Health and Human Services Task Force on Alzheimer's disease. *Neurologist*: 939-944.

Appendix F. Alzheimer's Australia and other services and resources



F1. Alzheimer's Australia list of contacts and help sheets

National

National Secretariat Tel. (02) 6254 4233
Alzheimer's Australia Fax. (02) 6278 7225
PO Box 108 Email. secretariat@alzheimers.
HIGGINS ACT 2615 org.au
Frewin Centre
Frewin Place
Scullin ACT 2615

Australian Capital Territory (ACT)

Alzheimer's Australia Tel. (02) 6254 5544
PO Box 108 Fax. (02) 6254 2522
Higgins ACT 2600 Email. alzact@netspeed.com.au

New South Wales (NSW)

Alzheimer's Australia Tel. (02) 9805 0100
PO Box 6042 Fax. (02) 9805 1665
North Ryde NSW 1670 Website. www.alznsw.asn.au
Email. admin@alznsw.asn.au

Macquarie Hospital Campus
Cox's Road Entrance
(1st building on right)
North Ryde NSW 2113

Northern Territory (NT)

Alzheimer's Australia Tel. (08) 8948 5228
PO Box 515 Fax. (08) 8948 5229
Nightcliffe NT 0814 Email. ang.alz@octa4.net.au
1/18 Bauhinia Street
Nightcliffe NT 0814

South Australia (SA)

Alzheimer's Australia Tel. (08) 8372 2100
27 Conyngham Street Fax. (08) 8338 3390
Glenside SA 5065 Website. www.ozemail.com.au/
~alzsa
Email. alzsa@alzheimerssa.asn.au

Tasmania (TAS)

Alzheimer's Australia Tel. (03) 6278 9897
PO Box 1606 Fax. (03) 6278 9878
Hobart TAS 7001 Website. www.tased.edu.au/
tasonline/tasalz
Email. Debbie.slater@alztas.
asn.au

The Old Vickerage
St John's Avenue
New Town TAS 7008

Victoria (VIC)

Alzheimer's Australia Tel. (03) 9815 7800
Locked Bag 3002 Fax. (03) 9815 7801
Hawthorn VIC 3122 Website. www.alzvic.asn.au
Email. alz@alzvic.asn.au

98-104 Riversdale Road
Hawthorn VIC 3122

Western Australia (WA)

Alzheimer's Australia Tel. (08) 9388 2800
PO Box 1509 Fax. (08) 9388 2739
Subiaco WA 6904 Website. www.alzheimers.asn.
au/wa
Email. alzwa@alzheimers.asn.au

9 Bedbrook Place
Shenton Park WA 6008

Queensland (Qld)

Alzheimer's Australia Tel. (07) 4434 4501
PO Box 6842 Fax. (07) 5535 4186
Gold Coast Mail Center Email. info@alzgc.asn.au
Qld 9726
40 Lemana Lane
Miami QLD 4220

HELPLINE: 1800 639 331

NATIONAL Website. www.alzheimers.org.au

Help sheets

About Dementia

- What is dementia?
- Diagnosing dementia
- Early planning
- Next steps
- Memory loss
- Progression of dementia
- Research
- Useful resources
- Alzheimer's disease
- Vascular dementia
- Frontal lobe dementia, including Pick's disease
- Dementia with Lewy bodies
- Alcohol related dementia
- AIDS related dementia
- Drug treatments and dementia
- Dementia and heredity
- Diagnosis: Informing the person with dementia
- Information for family and friends
- Down syndrome and Alzheimer's disease

Caring for someone with dementia

- Intimacy and sexual issues
- Continence
- Wandering
- Driving
- Communication
- Eating
- Dressing
- Activities
- Sleeping
- Travelling
- Safety issues
- Hygiene
- Caring for someone who lives alone
- Sundowning
- Nutrition
- Dental care
- Therapies and communication approaches
- Going to hospital
- Later stages of dementia
- Working with doctors
- Pain
- Making the most of Respite Care

Changed behaviours and dementia

- Changed behaviours
- Hallucinations and false ideas
- Depression and dementia
- Changed behaviours: Useful resources
- Changed behaviours: Problem solving
- Agitated behaviours
- Aggressive behaviours
- Anxious behaviours
- Aggressive behaviours
- Disinhibited behaviours

Information for people with dementia

- What is dementia?
- Early planning
- Looking after yourself
- Driving and dementia
- Living alone
- Feelings and adjusting to change
- Keeping involved and active
- Talking about diagnosis
- Talking with your doctor

Residential care and dementia

- Deciding on residential care
- Coping with placement
- What is available and what will it cost?
- Which residential facility?
- Caring partnerships
- Good care in a residential facility
- Accreditation in residential facilities
- Rights and responsibilities
- Further information and support

Taking care of the carers

- Taking care of the carers
- Feelings
- Men and caring
- Useful resources
- Taking a break
- Coping after the death of someone with dementia

The environment and dementia

- At home with dementia
- The kitchen
- The laundry
- The living room
- The bathroom and toilet
- The bedroom
- The building
- Furnishings and décor
- Utilities
- Outside
- New housing and renovations
- Memory aids in the home
- Creating a calming environment
- Pets
- Health and safety for carers
- Useful resources

Young people and dementia

- Information about dementia for young people
- Information about dementia for parents and grandparents
- Young people and dementia: Useful resources

Younger onset dementia

- What is early onset dementia?
- Early planning
- Next steps
- Younger onset dementia: Useful resources

F2. Some relevant services

Dementia Advisory Services (NSW)

These locally-based services promote local awareness of dementia, provide information, education and support, and link people with dementia, their carers and families to assessment and support services.

Aged Care Information Line

The Aged Care Information Line provides information to consumers about aged and community care services, and can forward Aged Care Information Sheets on issues such as community care packages, respite care and other services for carers and residential aged care. Tel. **1800 500 853**.

Commonwealth Carelink Centre

Carelink Centres provide information about services such as meal services, personal and nursing care, home help and other health, aged care, and disability services that help elders stay at home and in the community. Carelink is accessible via a national freecall telephone number. Tel. **1800 052 222**.

Aged Care Assessment Team

Aged Care Assessment Teams (ACATs) are multidisciplinary teams including doctors, nurses, allied health professionals and social workers. Team members can provide an expert assessment of dementia and help to determine the level of care the person will need, and provide information about services such as respite care, community support services and residential care services.

National Dementia Helpline

This freecall national telephone service is provided by Alzheimer's Australia and staffed by professional counsellors and trained volunteers who provide information, support, advice and local referrals. Tel. **1800 639 331**.

Dementia Education and Support Program

Alzheimer's Australia also provides education and support programs for people with dementia and their carers. For information, see Alzheimer's Australia website. **www.alzheimers.org.au** or call the National Dementia Helpline **1800 639 331**.

Commonwealth Carer Resource Centre

Carer Resource Centres provide carers with referral to services and practical information to support them in their caring role. Tel. **1800 242 636**.

Commonwealth Carer Respite Centre

Carer Respite Centres can arrange emergency respite care and specific dementia respite care for carers who need a break. This service is accessible 24 hours a day via a national freecall number **1800 059 059**.

National Dementia Behaviour Advisory Service

This is a national telephone advisory service for respite care staff, carers and relatives or friends who provide care and are concerned about the behaviours of people with dementia and any issues around accessing or providing respite. Tel. **1300 366 448**.

Community Support Services

People with dementia can receive help through services for frail older people such as the Home and Community Care Program, Community Aged Care Packages, day care centres and residential aged care services. These services include dementia monitoring and support services, meal services, personal and nursing care, home help and respite care.

Residential Aged Care Services

Some people with dementia will need residential care (in a hostel or nursing home). There are some dementia-specific services that provide specialised residential care for people with more complex needs.

General information and support for Carers NSW

Tel. 1800 242 636 (*toll free from anywhere in Australia*)

Email. contact@carersnsw.asn.au

Website. www.carersnsw.asn.au

Taxi transport subsidy scheme

This Scheme operates through the NSW Department of Transport and may be appropriate for patients in the later stages of dementia.

Tel. (02) 9268 2800

Application forms are available by calling: (02) 9270 6100 or 1800 623 724.

Similar schemes may operate in other states and information can be obtained from the following offices:

Department of Transport Queensland

Tel. (07) 3253 4700

Customer Service

Tel. (07) 3834 2011

Department of Infrastructure Victoria

Tel. (03) 9655 6666

Department of Transport Western Australia

Tel. (08) 9320 9300

Department of Transport Tasmania

Tel. (03) 6233 5201

Transport SA (for South Australia)

Tel. (08) 8343 2222

Department of Transport and Regional Services (for ACT)

Tel. (02) 6274 7111

Department of Transport and Works Road Transport Branch (Northern Territory)

Tel. (08) 8999 5511

Assessing fitness to drive

Assessing fitness to drive, Sydney. Austroads, 2001.

Available on the Austroads

website www.austroads.com.au

Order free copies on Tel. (02) 9264 7088 or contact the following state offices:

ACT Manager – Licensing Registration
Department of Urban Services
PO Box 582, Dickson ACT 2606
Tel. (02) 6207 7122

NSW Manager – Medical Unit
Driver and Vehicle Administration Section
PO Box K198, Haymarket NSW 1238
Tel. (02) 9218 6888

NT Manager Customer Services
Department of Transport and Works
GPO Box 530, Darwin NT 0801
Tel. (08) 8999 3122
Fax. (08) 8999 3189
email. mvr@nt.gov.au

QLD Executive Director
Land Transport Safety Division
PO Box 673, Fortitude Valley QLD 4006
Tel. (07) 3253 4132

SA Office Manager – Licence Services
Department of Transport
60 Wakefield Street, Adelaide SA 5000
Tel. (08) 8226 7433

TAS Manager – Driver Licensing Policy
Department of Infrastructure Energy and Resources
1 Collins Street, Hobart TAS 7001
Tel. (03) 6233 5389

VIC Medical Review
Registration and Licensing
60 Denmark Street, Kew VIC 3101
Tel. (03) 9854 2666

WA Supervisor Driver Assessment Section
Department of Transport
441 Murray Street, Perth WA 6000
Tel. (08) 9320 9392

F3. Resources for general practitioners (GPs), carers and families

Useful resources for general practitioners

NSW

- *A Dementia Care Guide for General Practitioners* (CD ROM) – Educational tool for GPs on various aspects of dementia care in general practice. Completion of the questions within the CD ROM attracts 6 CME points. Available from Central Coast Dementia Advisory Service
Tel. (02) 4320 3677
Fax. (02) 4320 2088

Australia

- *Dementia: What's it all about?* (video) – Information on dementia including causes and risk factors, types of dementia, the progression of dementia, the early signs and benefits of early diagnosis and assessment, care management and treatment options, and the latest research. Available from the Rural Health Education Foundation.
Tel. (02) 6232 5480
Fax. (02) 6232 5484
Email. rhef@hcn.net.au
Website. www.rhef.com.au

International

- *A Guide to the Diagnosis and Management of Alzheimer's disease* for GPs, including differentiating AD from other forms of dementia; diagnosing AD in primary care, and AD in primary care: the diagnostic process. Available on the International Psychogeriatric Association website www.ipa-online.org

Resources for carers and families

NSW

Produced under the *NSW Action Plan on Dementia 1996-2001*

At Home with Dementia – A practical manual on how to modify the home environment for a person with dementia. The publication includes principles and steps to problem solving, then a room-by-room description of problems, concerns and possible solutions plus a list of useful products. The information is useful for carers as well as for the range of community workers who provide services to people with dementia living at home.

Available free of charge from the NSW Department of Ageing, Disability and Home Care (DADHC), Office for Ageing Tel. (02) 8270 2211

- available on the DADHC website. www.dadhc.nsw.gov.au
- available on audio cassettes from DADHC Tel. (02) 9364 6963
- the information has been summarised into 16 Helpsheets and has been included in the Help Sheets Resource Set of Alzheimer's Australia: 1800 639 331.

Planning Ahead Kit – Resources for managing financial, health and lifestyle decisions into the future.

- available on the DADHC website. www.dadhc.nsw.gov.au
- available on tape from DADHC Tel. (02) 8270 2211.

