

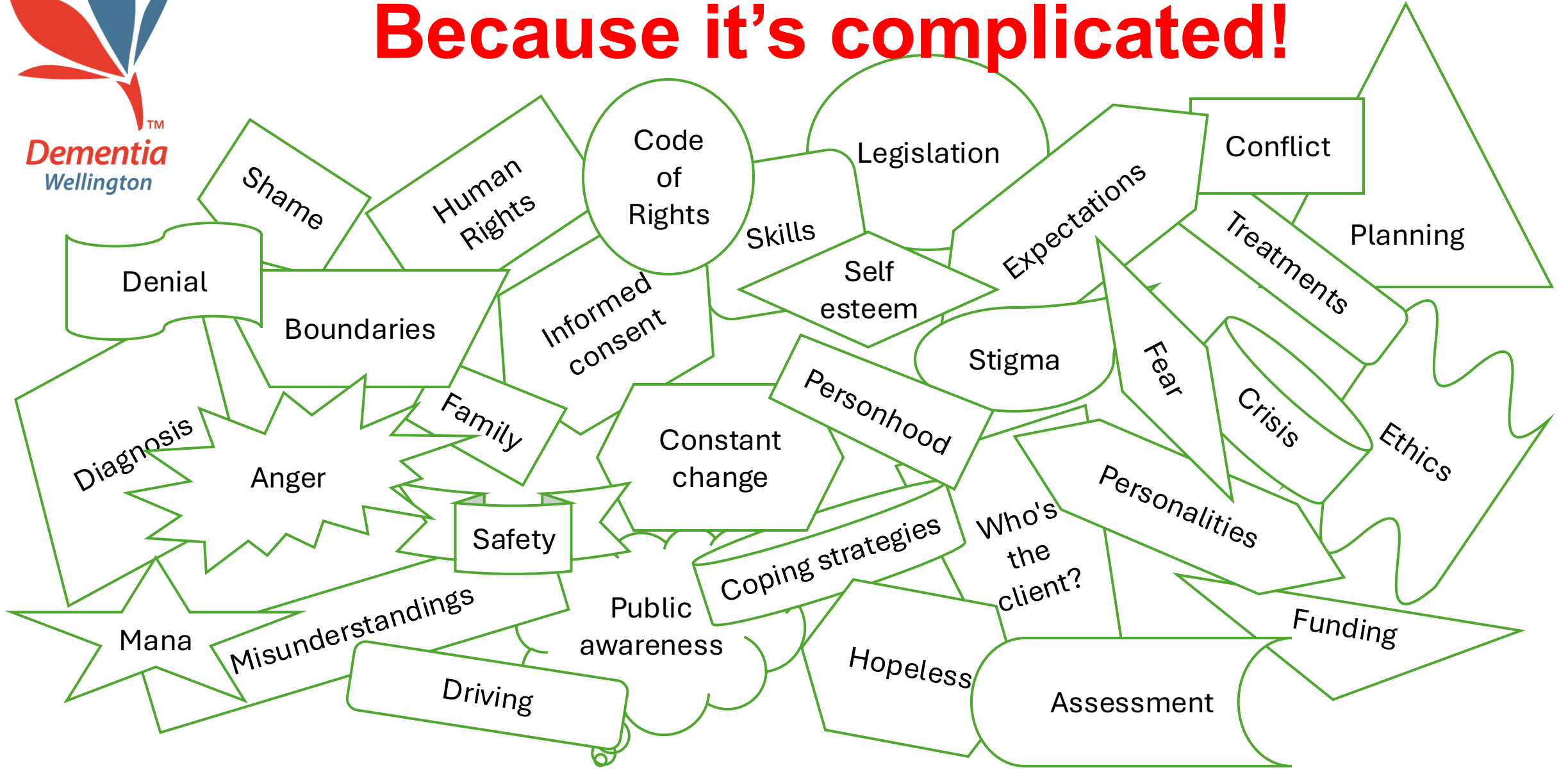
Dementia
Wellington



**“Why aren’t we talking about
anosognosia?”**



Because it's complicated!





What is Anosognia?

A symptom in dementia where a person is unaware of their cognitive impairments or deficits, despite evidence to the contrary.



People may not realise that they are struggling with tasks they previously managed easily.



Why does it happen?

Damage to specific regions in the brain that are important for self-awareness



How is it different from Denial?

A psychological defence mechanism. The person may be aware of their diagnosis but want to ignore it, partially avoid, reject them as it causes too much stress or it is too difficult to cope with

Challenges for people with Anosognosia

- They genuinely don't understand what 'all the fuss is about'
- They may overestimate their abilities.
- They are more vulnerable to predatory behaviour of others



Challenges for Family Carers

- Relationships may become strained
- Frustration
- Sense of failure
- Fear of harm



Family carer's experiences



HUG'S Approach

H- Honour the persons perspective

U- Use Empathy

G- Get alongside

S- Strategise interactions and supports



Challenges for Health Professionals

- Not being fully aware of the difficulties
- Professional boundaries
- Questioning of their abilities- by themselves or others



Health Professionals experiences



Anosognosia is so complex and has such a significant impact on quality of life and service provision



Let's open the can
of worms
and talk!



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www.dementiawellington.org.nz