



# Addressing Caregiver Burden and Identifying Agitation in Alzheimer's Dementia

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# Our Featured Speaker



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# Objectives

Define caregiver burden and its impact on daily life and ability to provide care to individuals with Alzheimer's dementia

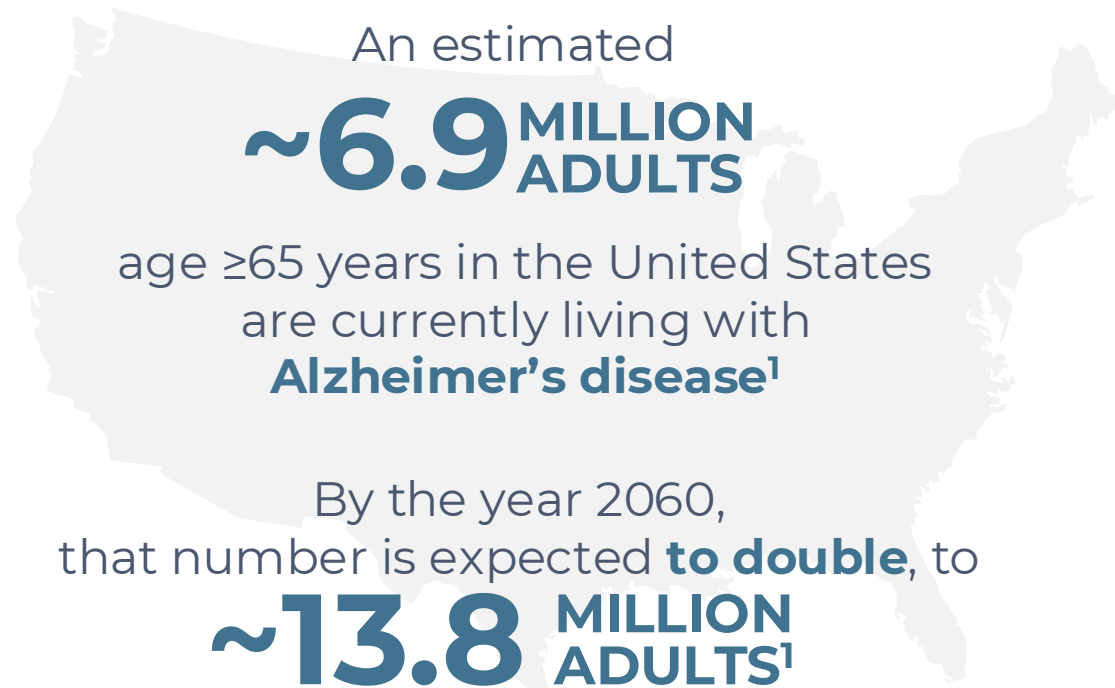


Examine challenges in recognizing agitation in Alzheimer's dementia

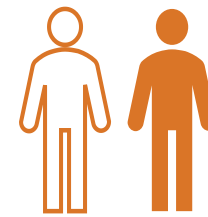


Share the Agitation in Alzheimer's Screener for Caregivers (AASC®) and the Caregiver's Guide on Identifying and Managing Agitation Associated with Alzheimer's Dementia resources

# Alzheimer's dementia is highly prevalent and predicted to increase over time



**Agitation** is common in  
Alzheimer's dementia<sup>2</sup>



**Agitation** is present  
in  
**~1 out of 2**

individuals with dementia due to  
Alzheimer's disease<sup>2</sup>



~**65%** of people with Alzheimer's or other forms of dementia live in the community, receiving more care from family members and other unpaid caregivers as their disease progresses<sup>1</sup>

1. 2024 Alzheimer's disease facts and figures. *Alzheimers Dement.* 2024;20(5):3708-3821.  
2. Halpern R, et al. *Int J Geriatr Psychiatry.* 2019;34(3):420-431.

# Agitation in Alzheimer's Dementia Displays a Broad Spectrum of Symptoms

- Agitation in Alzheimer's dementia is a common and treatable condition with a broad range of symptoms. It requires a treatment option distinct from those used for cognitive impairment<sup>1-5</sup>
- Symptoms of agitation manifest as both non-aggressive and aggressive behaviors, such as<sup>6,7</sup>:

## **EXCESSIVE MOTOR ACTIVITY:**

Pacing, restlessness, repetitiveness, and hoarding



## **VERBAL AGGRESSION:**

Screaming, using profanity, and asking repetitive questions

## **PHYSICAL AGGRESSION:**

Hitting, kicking, punching, biting, and throwing things

1. Halpern R, et al. Int J Geriatr Psychiatry. 2019;34(3):420-431.
2. Alzheimer's Association 2023. Alzheimers Dement. 2023;19(4):1598-1695.
3. Antonsdottir IM, et al. Expert Opin Pharmacother. 2015;16(11):1649-1656.
4. Anatchkova M, et al. Int Psychogeriatr. 2019;31(9):1305-1318.
5. Kales HC, et al. BMJ. 2015;350:h369.
6. Sano M, et al. Int Psychogeriatr. 2023;1-13.
7. Rabinowitz J, et al. Am J Geriatr Psychiatry. 2005;13(11):991-998.

# Agitation in Patients With Alzheimer's Dementia Has Been Associated With High Caregiver Burden Which Increases With Severity<sup>1</sup>

**AAD is a risk factor for burnout, reduced workability, and generally weaker health among caregivers<sup>2</sup>**



AAD, agitation in Alzheimer's dementia.

1. Schein J, et al. J Alzheimers Dis. 2022;88(2):663-677.
2. Palm R, et al. J Alzheimers Dis. 2018;66(4):1463-1470.
3. McCarty EF and Drebing C. J Nurses Staff Dev. 2002;18(5):250-257.
4. Kales HC, et al. BMJ. 2015;350:h369.
5. Mohamed S, et al. Am J Geriatr Psychiatry. 2010;18(10):917-927.

6. Isik AT, et al. Int J Geriatr Psychiatry. 2019;34(9):1326-1334.
7. Brodaty H and Hadzi-Pavlovic D. Aust N Z J Psychiatry. 1990;24(3):351-361.
8. Thomas P, et al. Int J Geriatr Psychiatry. 2006;21(1):50-56.
9. Patrick KS, et al. Psychogeriatrics. 2022;22(5):688-698.
10. Cohen-Mansfield J. J Psychiatr Res. 2008;43(1):64-69.



# Some Common Causes of Caregiver Burnout<sup>1</sup>

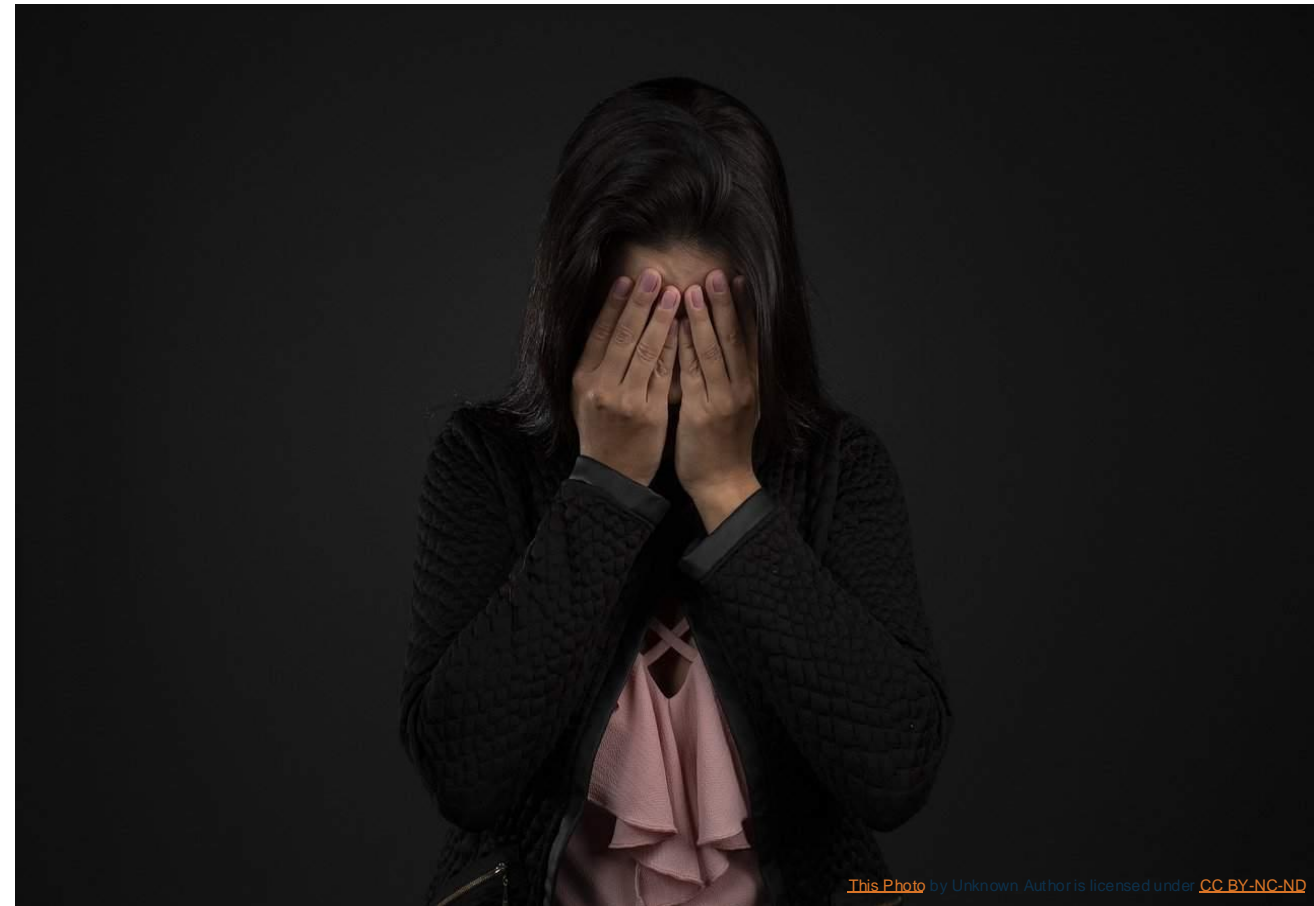
Role Confusion

Unrealistic Expectations

Lack of Control

Unreasonable Demands

Other Factors



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1. American Medical Association. Caring for the caregiver: A guide for physicians. [Caring for the Caregiver \(ama-assn.org\)](#). Accessed on August 2024.

# Current Approaches and Unmet Needs in Recognition of Agitation in Alzheimer's Dementia

## Caregivers



- Are often the **first to encounter** agitation behaviors<sup>1,2</sup>
- **Do not recognize** the full breadth of agitation behaviors<sup>3,4</sup>
- **Do not understand** that treatment of agitation differs from treatment of Alzheimer's dementia<sup>5</sup>
- **Do not readily talk** about agitation behaviors with HCPs<sup>3,6</sup>

## HCPs



HCPs often rely on caregivers to report agitation behaviors<sup>3</sup>:

- Learn about agitation symptoms from caregivers
- Agitation symptoms may not be easy to detect in an office setting, especially when subtle



**Early detection using the AASC® may<sup>7</sup>:**

- Encourage discussions with HCPs about agitation symptoms
- Improve recognition and overall management of agitation in patients with Alzheimer's dementia
- Assist HCPs in making a diagnosis of agitation in Alzheimer's dementia

HCPs=healthcare providers.

1. Lindeza P, et al. BMJ Supportive & Palliative Care. 2024;14:e38–e49.
2. Gallego-Alberto L, et al. Clin Gerontol. 2022;45(5):1295-1303.
3. Stella F, et al. Int J Geriatr Psychiatry. 2015;30(12):1230-123
4. Sano M, et al. Int Psychogeriatr. 2023:1-13.
5. Gilmore-Bykovskiy A, et al. Gerontologist. 2020;60(5):896-904.

6. Richler LG, et al. Harv Rev Psychiatry. 2023;31(1):22-27.

7. Clevenger C, et al. The Gerontological Society of America Annual Scientific Meeting; November 8-12, 2023; Tampa, FL

# The AASC® was created with caregiver feedback along with agitation in Alzheimer's dementia clinical experts and a patient representative

The AASC® is the **first clinical tool** based on standard definition of agitation in cognitive disorders

**AASC®**  
Agitation in Alzheimer's Screener for Caregivers

A person with Alzheimer's dementia may become easily upset, frustrated, or angry. These feelings may be associated with agitation, a common symptom of Alzheimer's.

The following questions ask about behaviors associated with agitation that you may have observed in the individual for whom you provide care.

Your answers to these questions can help you talk with your person's healthcare professional. Please select one response for each question.

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

1. Are you noticing any of the following that represent a change from the individual's usual or past behavior?

	Yes	No
a. Repeating motions or behaviors (e.g., rocking, raising fist, pointing finger)	<input type="checkbox"/>	<input type="checkbox"/>
b. Pacing or restlessness (cannot be still)	<input type="checkbox"/>	<input type="checkbox"/>
c. Cursing/using profanity or lashing out verbally	<input type="checkbox"/>	<input type="checkbox"/>
d. Raising voice or yelling or screaming	<input type="checkbox"/>	<input type="checkbox"/>
e. Resisting assistance or care	<input type="checkbox"/>	<input type="checkbox"/>
f. Throwing or hitting or breaking things	<input type="checkbox"/>	<input type="checkbox"/>
g. Trying to hurt self or others (e.g., grabbing, kicking, hitting, biting)	<input type="checkbox"/>	<input type="checkbox"/>

2. Do any of these behaviors **negatively affect** the individual's relationships, activities, or willingness to receive care?

	Yes	No
	<input type="checkbox"/>	<input type="checkbox"/>

Disclaimer: This screener was developed by Otsuka Global Medical Affairs along with a panel of multidisciplinary experts and was funded by Otsuka Pharmaceutical Development & Commercialization, Inc. The AASC® is a screening tool and is not a diagnostic tool.

Agitation criteria based on the International Psychogeriatric Association (IPA) definition (Sano et al., 2023).

References: 1. Clevenger C, et al. One Minute to Recognition: The Agitation in Alzheimer's Screener for Caregivers (AASC®). The Gerontological Society of America Annual Scientific Meeting, November 8-12, 2023, Tampa, FL. 2. Sano M, Cummings J, Auer S, et al. *Int Psychogeriatr*. 2023;1-13.

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Items screen for both the **presence** and **impact** of agitation behaviors

Can be completed in **<1 minute**

**Simple** to score

## Goals of the AASC®



To **educate caregivers** about agitation behaviors



To **facilitate caregiver-HCP conversations** about agitation



To **assist HCPs** in **screening for agitation** in Alzheimer's dementia and thus assisting with early and accurate diagnosis

The AASC® Website: <https://theaasc.com/>



# A Resource for Caregivers

Agitation in Alzheimer's Screener for Caregivers (AASC) Brochure  
&  
A Caregiver's Guide: Identifying and Managing Agitation  
Associated with Alzheimer's Dementia



# Closing

# Get Your Resources On The Go



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