

## **Frontotemporal Lobar Degeneration (FTLD) Tip Sheet (2006)**

**Frontotemporal Lobar Degeneration (FTLD):** Involves frontal lobes and/or temporal lobes. Typically signs begin to occur between 40 – 60 years of age. Slow, gradual decline. Early decline in: social behavior, personal conduct, setting appropriate limits, and show of feelings. Limited insight about personal changes. Includes: frontotemporal dementia, primary progressive aphasia and semantic dementia.

**Possible Early Symptoms:**

- personality changes
- social withdrawal – apathy; less interest in activities
- less show of emotion on face
- increased spontaneity (more restless or irritable)
- decreased insight
- bigger appetite (sweets!); mouths, chews on objects
- mild anomia (mild word finding difficulty)
- short term memory problems (very mild)
- poor judgment

**Possible Later Symptoms:**

- memory problems
- repeated behaviors
- decreased motor (movement) skills
- loss of insight
- problems communicating
- severe cognitive (thinking) deficits
- increased sleep – day and night

**Care Management:**

- KISSSSS** (keep it sweet, same, simple, short; safe)
- healthy lifestyle (good nutrition & enough water, limit or avoid alcohol, limit burden, exercise, time with friends & time for oneself, etc.)
- memory tips
- routine: schedule, ways of doing activities/care
- structured schedule
- exercise (including brain exercise)
- monitor food especially sweets
- safety (all settings; all behaviors)
- serotonergic medicine (SSRIs)

## Resources

### Information on Internet sites and Toll Free Phone Numbers

**Association for Frontotemporal Dementias:** [www.ftd-picks.org](http://www.ftd-picks.org)

**ALSA (Amyotrophic Lateral Sclerosis Association);** [www.alsa.org](http://www.alsa.org) or  
[info@alsa-national-org](mailto:info@alsa-national-org); (800)782-4747

**National Aphasia Association:** [www.aphasia.org](http://www.aphasia.org); (800)922-4622

**Society for Progressive Supranuclear Palsy:** [www.psp.org](http://www.psp.org); (800)457-4777

### General Resources for Information about Progressive Memory Disorders

▶ Alzheimer's Association (USA): [www.alz.org](http://www.alz.org) or [www.alzheimers.com](http://www.alzheimers.com);  
(800)272-3900

▶ Alzheimer Society of Canada: [www.alzheimer.ca](http://www.alzheimer.ca)

▶ Alzheimer's Society (United Kingdom): [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

▶ AlzOnline (at University of Florida): [www.AlzOnline.net](http://www.AlzOnline.net)

▶ American Academy of Neurology: [www.aan.com](http://www.aan.com); [www.thebrainmatters.org](http://www.thebrainmatters.org)

▶ Family Caregiver Alliance: [www.caregiver.org](http://www.caregiver.org); (800)445-8106

▶ Helpguide, Aging Issues: [www.helpguide.org/elder/lewy\\_body\\_disease.htm](http://www.helpguide.org/elder/lewy_body_disease.htm)

▶ Los Angeles Caregiver Resource Center: <http://geroweb.usc.edu/lacrc>;  
(800)540-4442

▶ National Institute of Neurological Disorders and Stroke:  
[www.ninds.nih.gov/disorders](http://www.ninds.nih.gov/disorders)