

# 3<sup>rd</sup> National Homecare Cooperative Conference

Tuesday, November 13, 2018



# Foundations of Dementia Care

- **Introduction:** April Stevens, Cooperative Care
- **Presented By:** Diane Vance, Program & Services Manager, Alzheimer's Association National Capital Area Chapter

# About Dementia: Dementia Basics

Campaign for Quality Residential Care

# Objectives

1. Define dementia and its symptoms.
2. Discuss how these symptoms affect the ability to function of people with dementia.
3. Describe some basic ways we can help people with dementia.

# Flowers

Pansies

Mums

Tulips

Daisy

Roses

# Dementia

Brain tumor

Pick's disease

Vascular dementia

Lewy Body Disease

Alzheimer's Disease

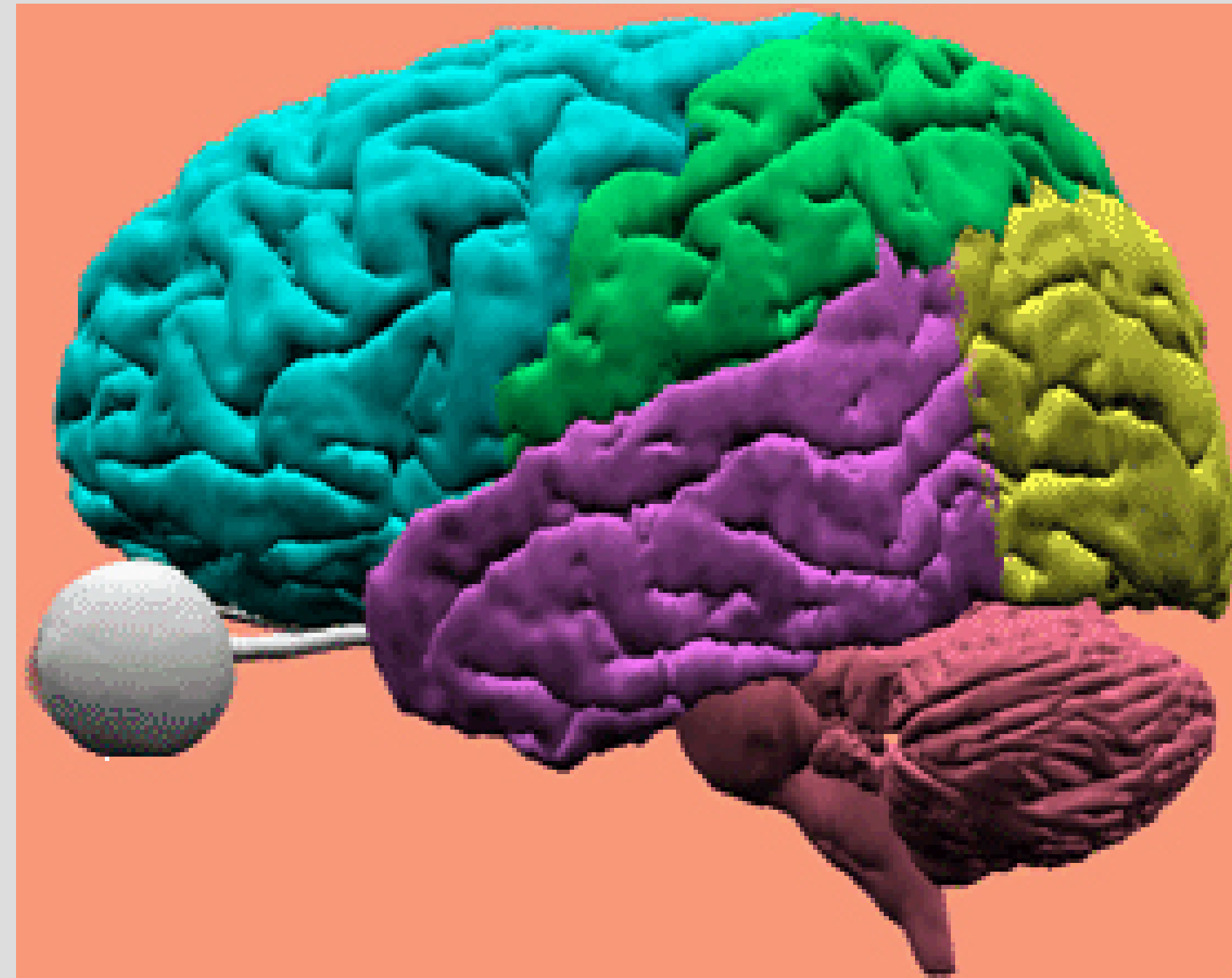
# Alzheimer's Disease

- Prognosis
- Diagnosis
- Cause
- Treatment

# Features of the Brain

- 1) Although the brain can be quite damaged, there's usually much more that's NOT damaged.
- 2) Some days are better than others.
- 3) Different parts of the brain actually have different jobs to do.

# Lobes of the Brain



Reproduced with permission from the Digital Anatomist Project University of Washington

# Brain Size

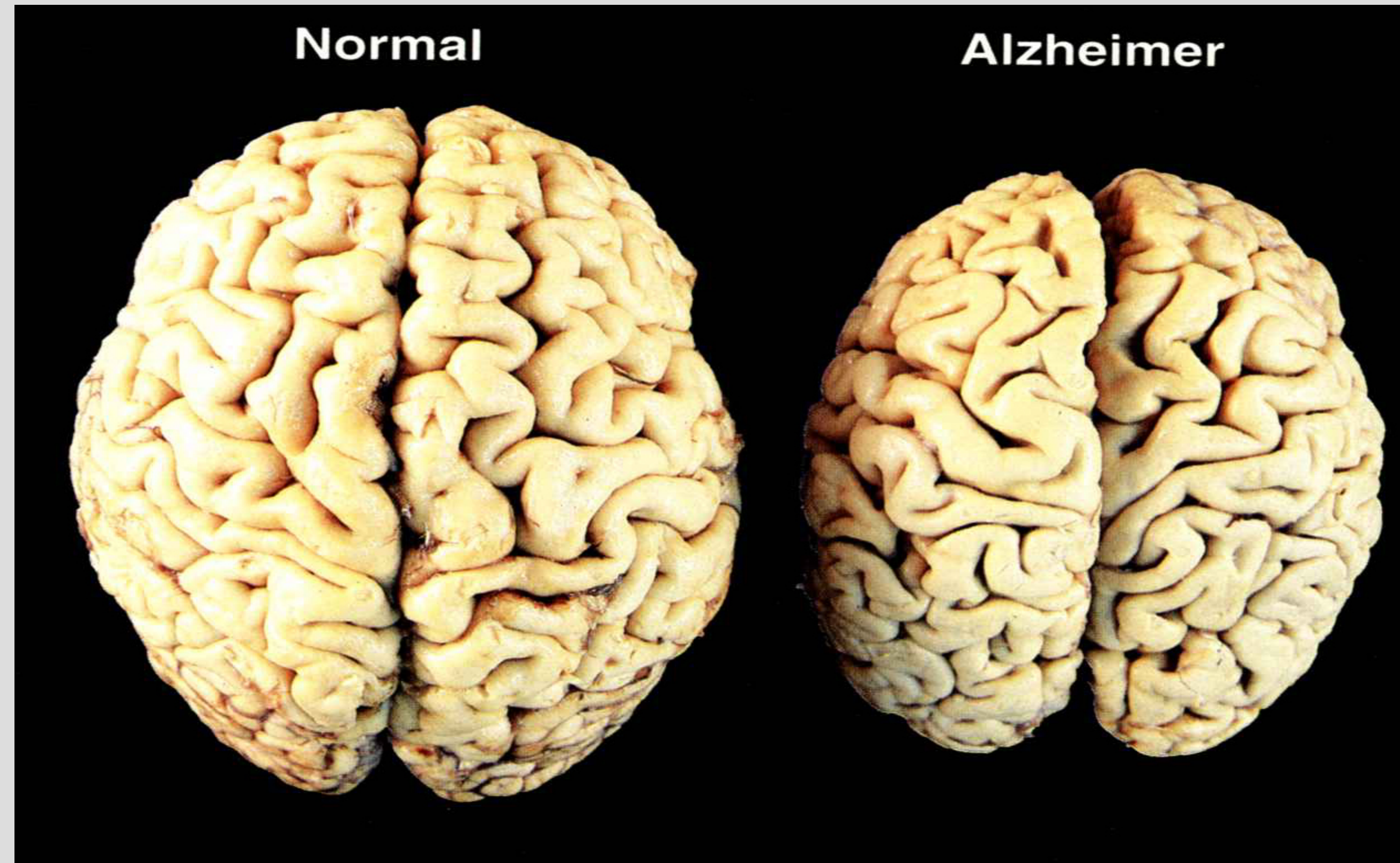
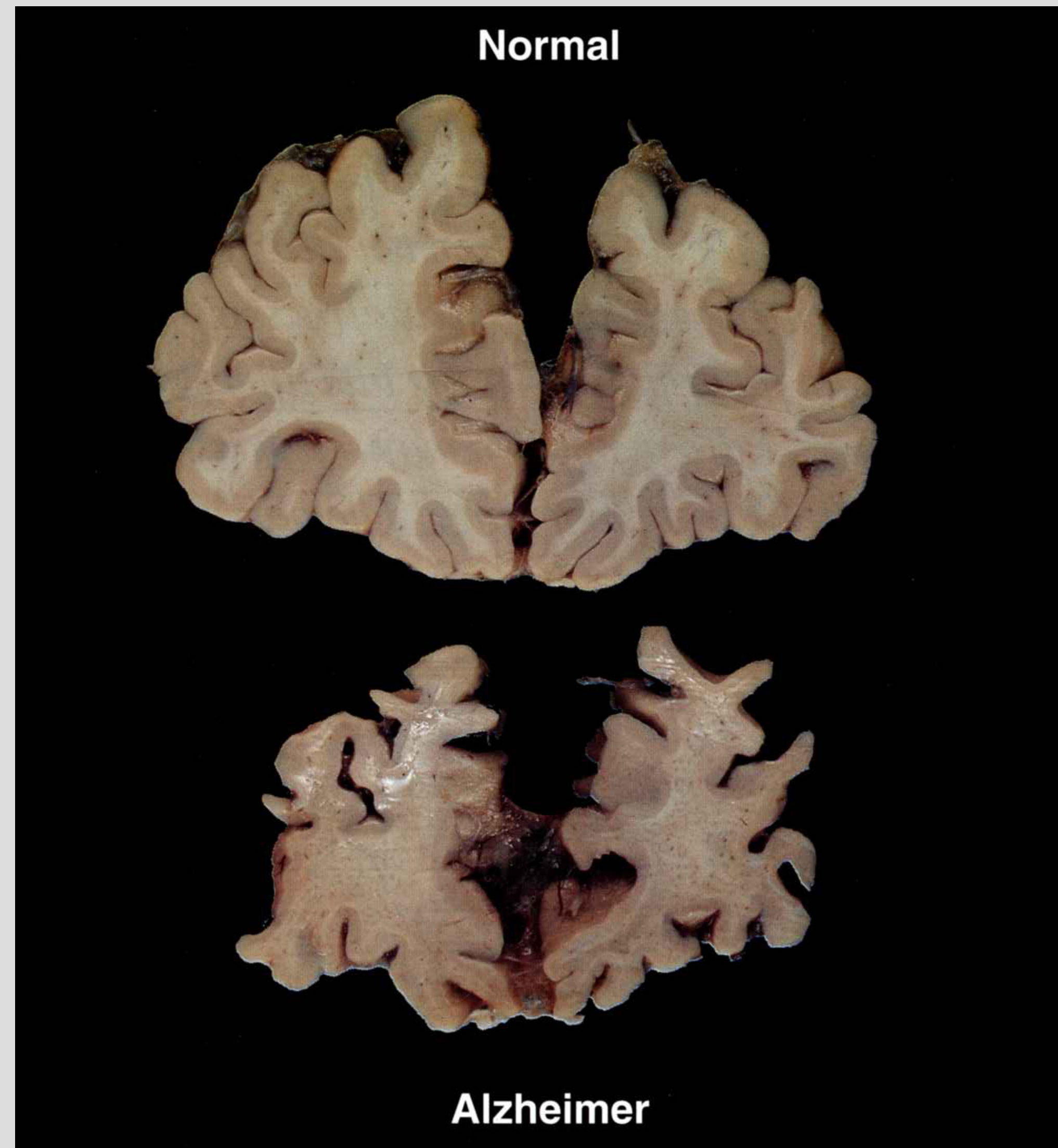


Image appears courtesy of Dr. Richard E. Powers,  
Director of the Alabama Bureau of Geriatric Psychiatry, [alzbrain.org](http://alzbrain.org)

# Brain Size

Image appears courtesy of Dr. Richard  
E. Powers, Director of the Alabama  
Bureau of Geriatric Psychiatry,  
[alzbrain.org](http://alzbrain.org)



# Symptoms of Dementia

- Memory loss
- Disorientation
- Problems doing complicated tasks
- Language problems

# Common Language Problems

- 1) Word findings
- 2) Make up words
- 3) Can't speak in complete sentences
- 4) Forget English, if it is a second language
- 5) May not understand
- 6) Inability to speak
- 7) Problems reading and writing

# Symptoms of Dementia

- Memory loss
- Disorientation
- Problems doing complicated tasks
- Language problems
- Lack of concentration
- Loss of visuo-spatial skills

# Loss of Visual Spatial Skills

- 1) Getting lost
- 2) Seeing a dark carpet as a hole
- 3) Seeing a shiny floor as wet
- 4) Finding climbing stair frightening
- 5) Seeing shadows as threatening

# Symptoms of Dementia

- Memory loss
- Disorientation
- Problems doing complicated tasks
- Language problems
- Lack of concentration
- Loss of visuo-spatial skills
- Difficulty with old skills
- Personality changes

# Summary

1. Define dementia and its symptoms.
2. Discuss how these symptoms affect the ability to function of people with dementia.
3. Describe some basic ways we can help people with dementia.

# About Dementia: Improving Communication

Campaign for Quality Residential Care

# Objectives

- Communication challenges with dementia.
- Non-verbal communication strategies
- Positive Physical Approach
- Ten guidelines for improving verbal communication

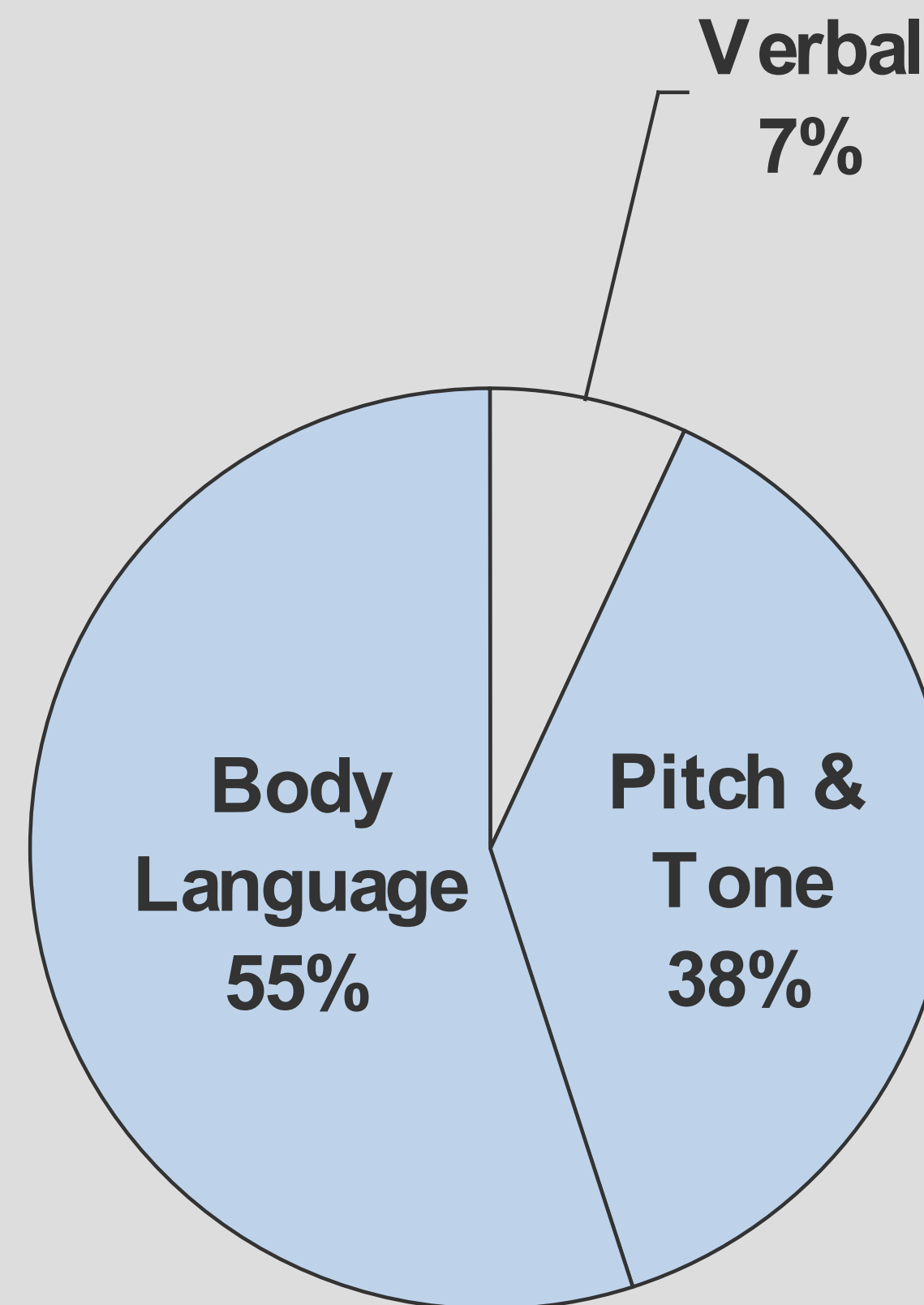
# Communication Challenges

- Word-finding difficulty
- Repetition
- Loss of reading and writing ability
- Revert to native language
- Loss of ability to speak in clear sentences
- Loss of ability to understand
- Unable to use words

# Overview of Communication

- Verbal
  - Word choice
  - Sentence structure
  - Slang
- Non-verbal
  - Tone
  - Loudness
  - Body language

# Verbal vs. Non-Verbal



Source: Albert Mehrabian,  
Ph.D.

# Making a Positive Physical Approach

- Come from the front
- Go slow
- Get to the side
- Get low
- Offer your hand (palm up)
- Use the person's preferred name
- Wait for a response

# Communication Guidelines

1. Call the person by the name she prefers
2. Talk to her as an adult
3. Give simple directions, one step at a time

# Mrs. Jones

“Good morning, Mrs. Jones. I’m Sue, filling in for Nancy.  
How are you this morning? Are you ready for your  
shower?”

# Communication Guidelines

4. Use the same words
5. Avoid pronouns

# Communication Guidelines

6. Speak slowly and clearly
7. Don't argue
8. Ask for what you want
9. Say exactly what you mean
10. Offer multiple cues

# Summary

- Communication challenges with dementia.
- Non-verbal communication strategies
- Positive Physical Approach
- Ten guidelines for improving verbal communication

# About Dementia: Understanding Behavior

Campaign for Quality Residential Care

# Objectives

- Ways dementia affects behavior
- Why residents with dementia may behave in certain ways
- How to decide if behavior is a concern
- Use the Cues and Clues model to solve the problem

# Common Signs of Dementia

- Memory loss
- Disorientation to time, place and people
- Language problems
- Decreased ability to concentrate
- Visual spatial and perception problems
- Difficulty with complex tasks and learning new concepts
- Personality changes

# Common Behaviors

- Walking about
- Exiting or trying to leave
- Wanting to go home
- Showing fatigue as the day progresses
- Sleep disturbances
- Looking or searching for things
- Gathering
- Shopping
- Expressing discomfort
- Having hallucinations or delusions
- Being suspicious or paranoid
- Repetitive actions
- Loud verbalizations that may not be coherent

# A Different Way of Looking at It

Wandering	Walking about or mobile
Sundowning	Tired at the end of the day
Rummaging	Gathering/Exploring
Hoarding	Shopping
Resistance to care	Feeling uncomfortable

# Know the Person Better Than the Disease

- Preferred routines
- Habits
- Likes/dislikes
- Preferences
- Pet peeves
- Surefire smile-makers

# When Is Behavior a Problem?

- It violates the rights of others
- It poses a threat to someone's health and safety (including his/her own)

# The Cues and Clues Model

- Who is the person?
- What is the behavior that concerns us and what is it related to?
- When does it happen?
- Where does it happen?
- Who is with the person when it happens?
- Why does it happen?
- Does the action need to change or can we live with it?
- If it needs to change, what can we do? How many potential solutions can we come up with?

# Three Keys to Quality Interactions

1. Affirm the person's feelings. Show empathy.
2. Solve the problem whenever possible.
3. Distract and/or relocate.

# The Cues and Clues Model

- Who is the person?
- What is the behavior that concerns us and what is it related to?
- When does it happen?
- Where does it happen?
- Who is with the person when it happens?
- Why does it happen?
- Does the action need to change or can we live with it?
- If it needs to change, what can we do? How many potential solutions can we come up with?

People With Dementia Can Be a Puzzle,  
but It's One Worth Putting Together.