

Making Visits Valuable & Positive!

Making Good Moments Happen!

Laughing VS Surviving

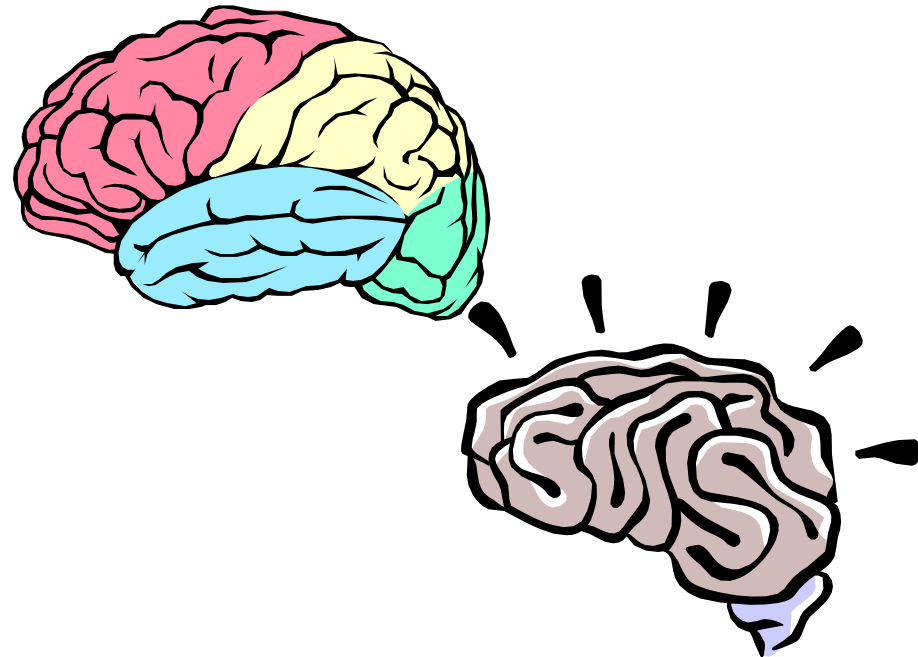
- **Our goal for you...**
 - **Understanding of what's happening with the person with dementia**
 - **Support so you can survive**
 - **Insight for moments of joy**

What Are the Most Common Issues That Come Up???

- No HC-POA or F-POA
- 'Losing' Important Things
- Getting Lost
- Unsafe task performance
- Repeated calls & contacts
- Refusing
- 'Bad mouthing' you to others
- Making up stories
- Resisting care
- Swearing & cursing
- Making 911 calls
- Mixing day & night
- Shadowing
- Eloping or Wandering
- No solid sleep time
- Getting 'into' things
- Threatening caregivers
- Undressing
- Being rude
- Feeling 'sick'
- Striking out at others
- Seeing things & people

Why Do These Things Happen?

- **EVERYTHING is affected**
 - Thoughts
 - Words
 - Actions
 - Feelings
- **It is progressive**
 - More brain dies over time
 - Different parts get hit
 - Constant changing
- **It is variable**
 - Moment to moment
 - Morning to night
 - Day to day
 - Person to person
- **Dementia is predictable**
 - Specific brain parts
 - Typical spread
 - Some parts preserved



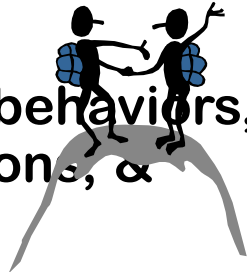
What Makes 'STUFF' Happen?

- **SIX pieces...**
 - The level of dementia ... NOW
 - The person & who they have been
 - Personality, preferences & history
 - The environment – setting, sound, sights
 - Other medical conditions & sensory status
 - The whole day... how things fit together
 - How the helper helps -
 - Approach, behaviors, words, actions, & reactions

What Can YOU Control? OR NOT!

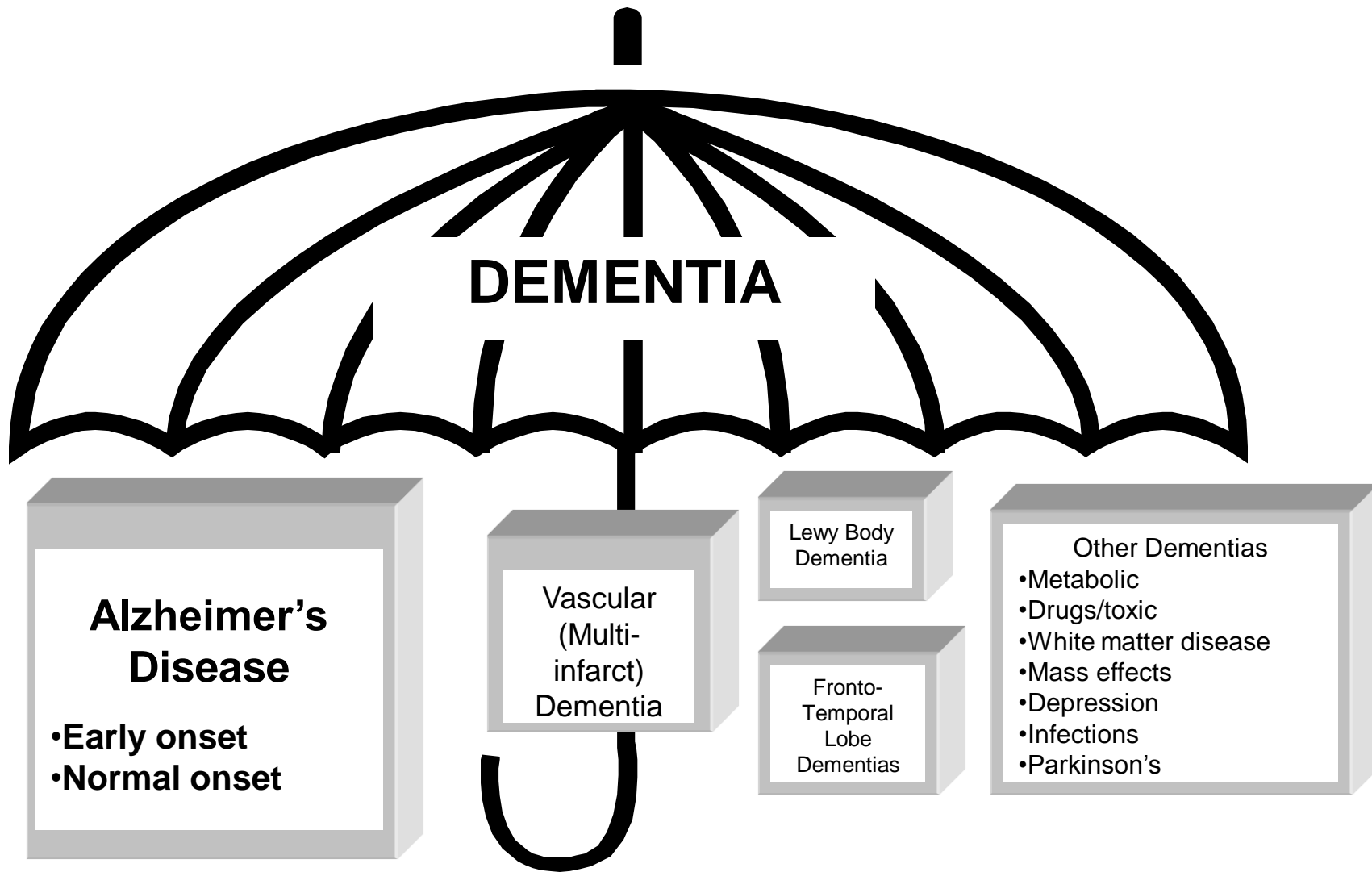
CONTROL...

- The environment – setting, sound, sights
- The whole day... how things fit together
- How the helper helps -
 - Approach, behaviors, words, actions, & reactions



NOT CONTROL

- The person & who they have been
 - Personality, preferences & history
- The level of dementia ... NOW
- Other medical conditions & sensory status



Brain Failure

The person's brain is dying

Positron Emission Tomography (PET)

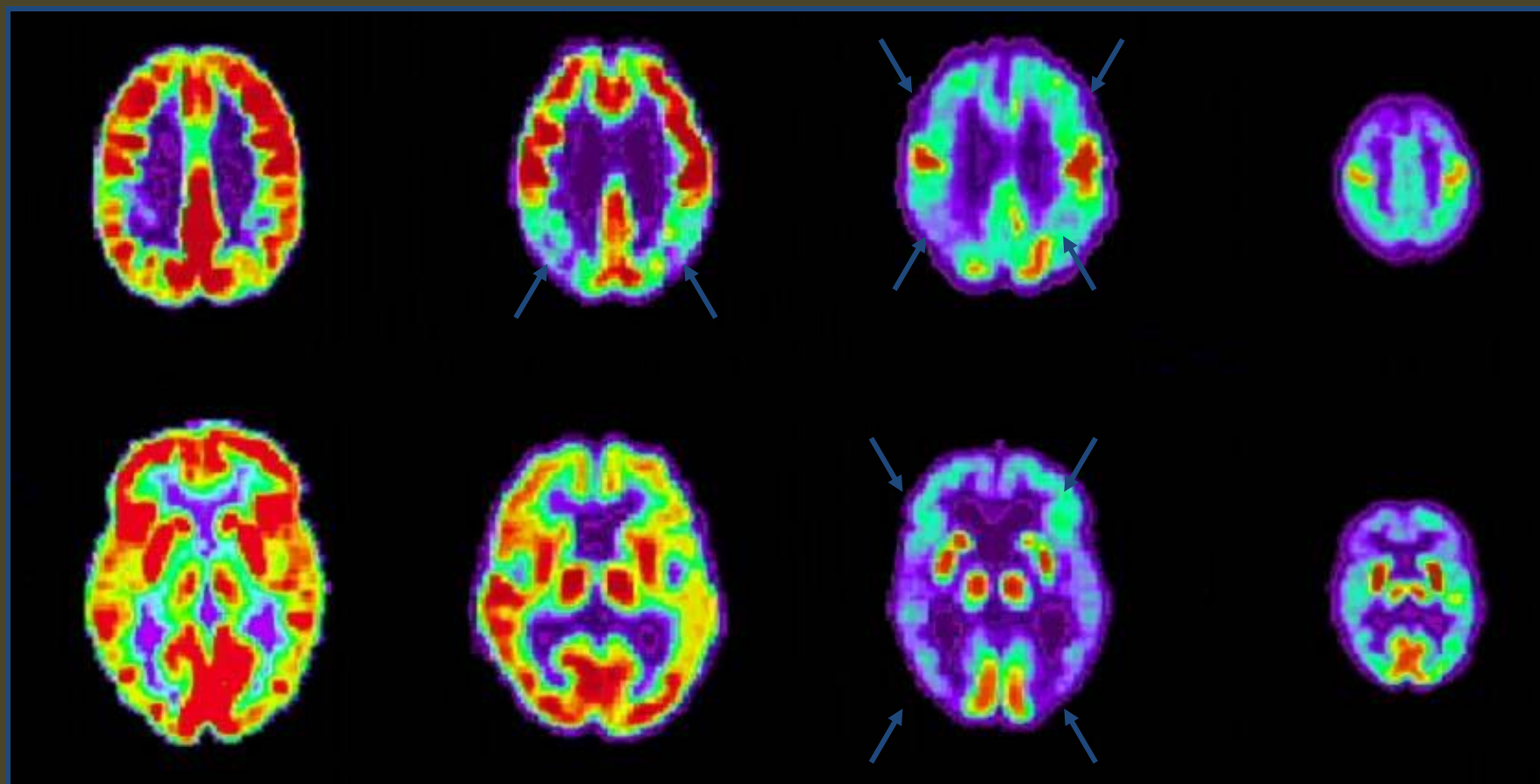
Alzheimer's Disease Progression vs. Normal Brains

Normal

**Early
Alzheimer's**

**Late
Alzheimer's**

Child

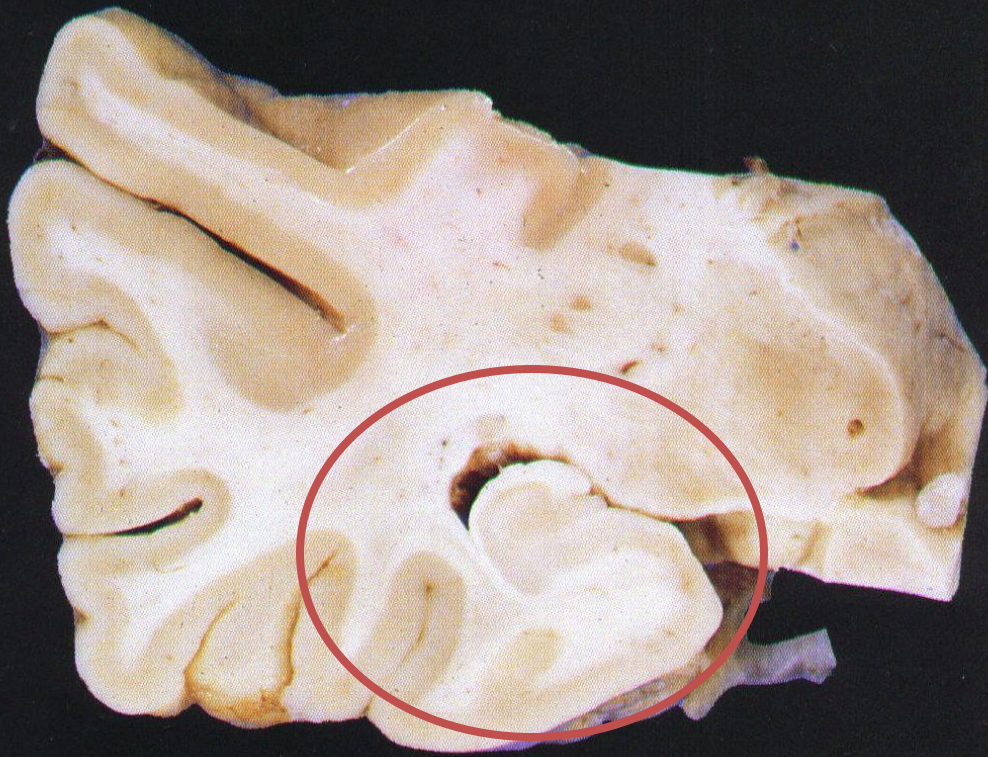




Normal Brain

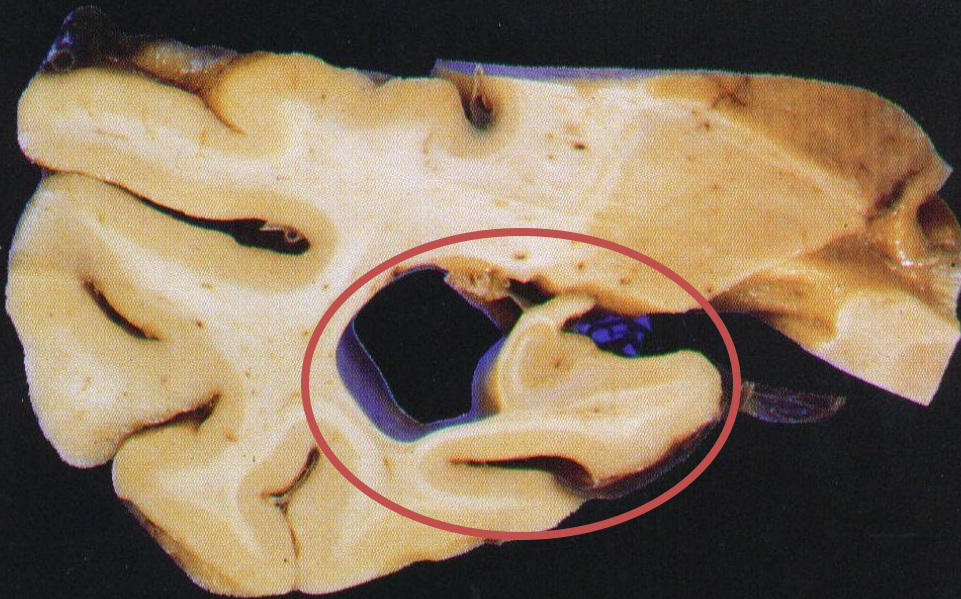


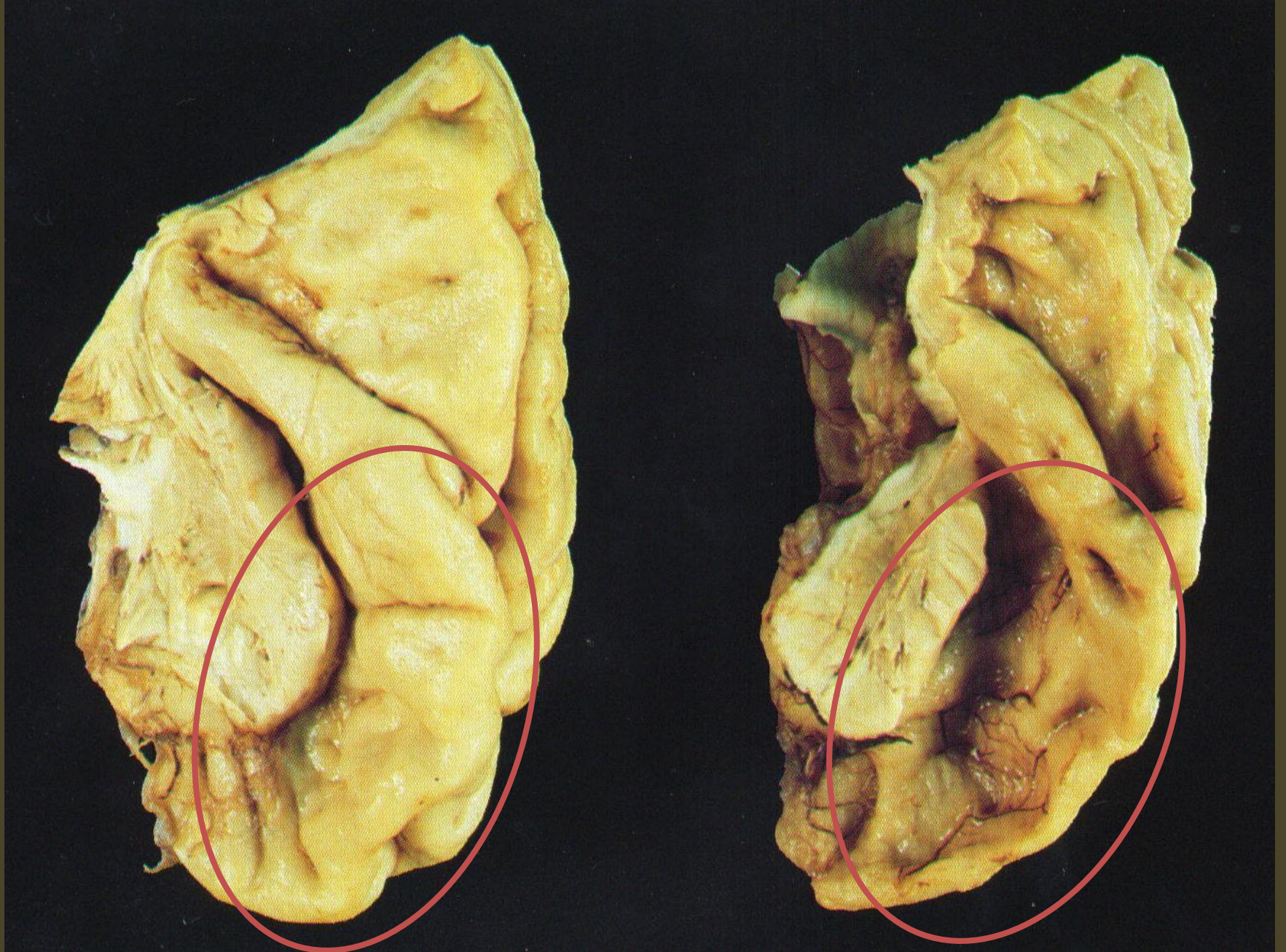
Alzheimers Brain



**Learning &
Memory
Center**

**Hippocampus
BIG CHANGE**





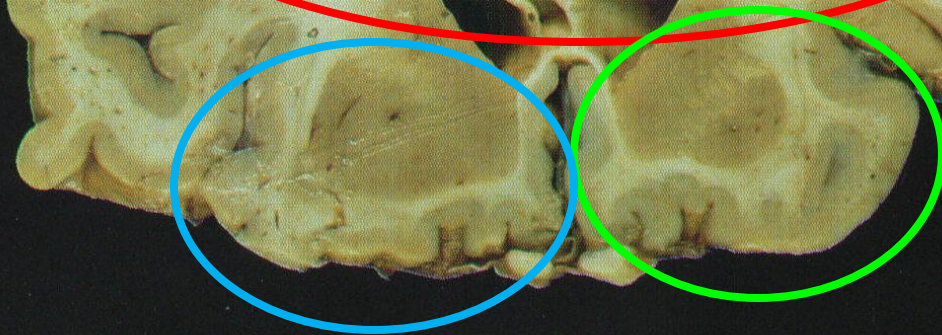
Understanding Language – BIG CHANGE



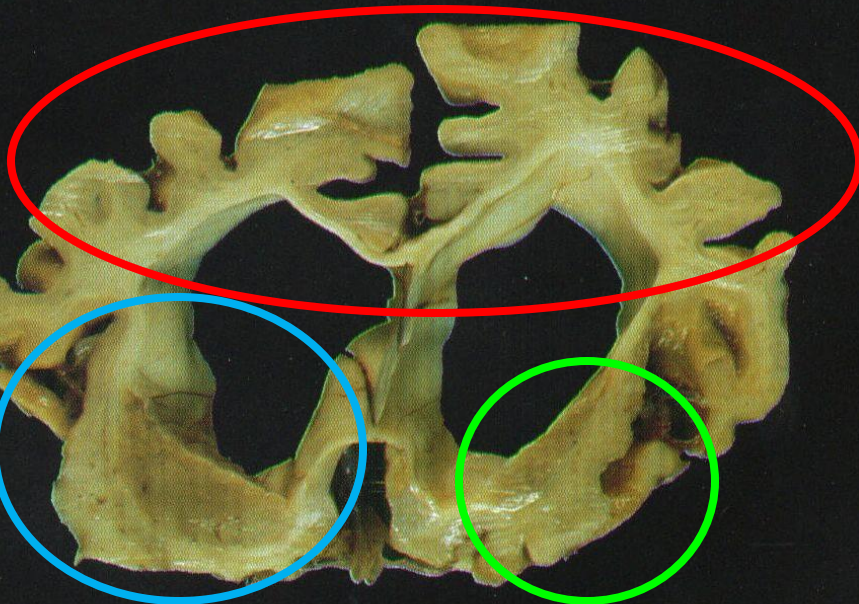
Hearing Sound – Not Changed



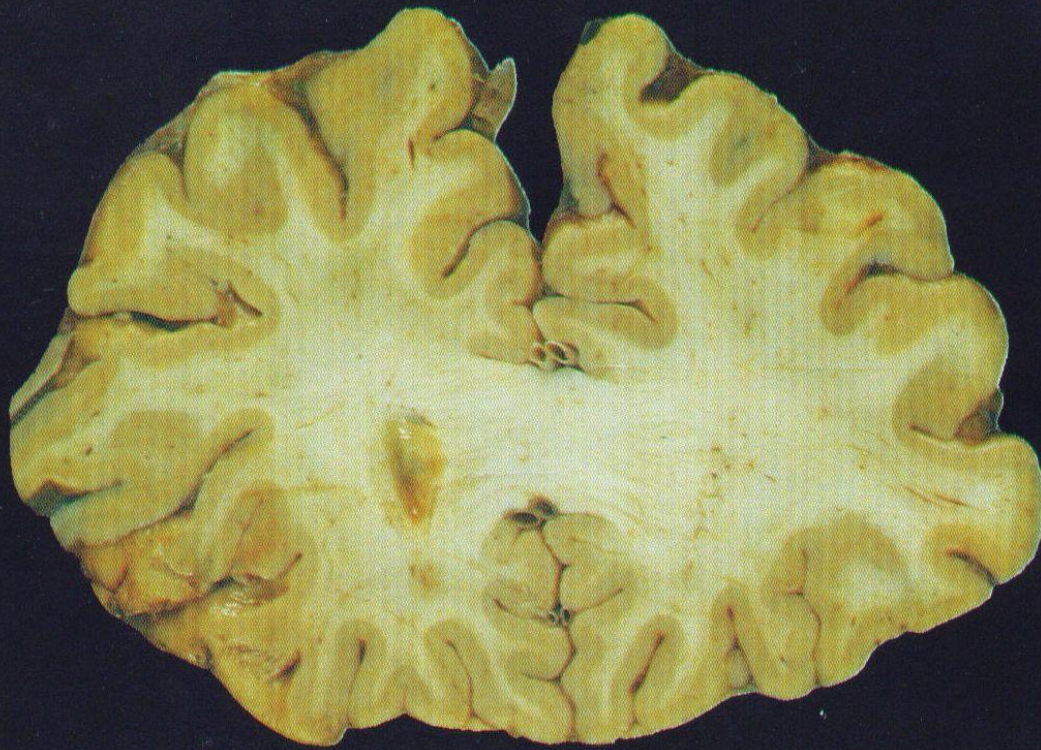
**Sensory Strip
Motor Strip
White Matter
Connections
BIG CHANGES**



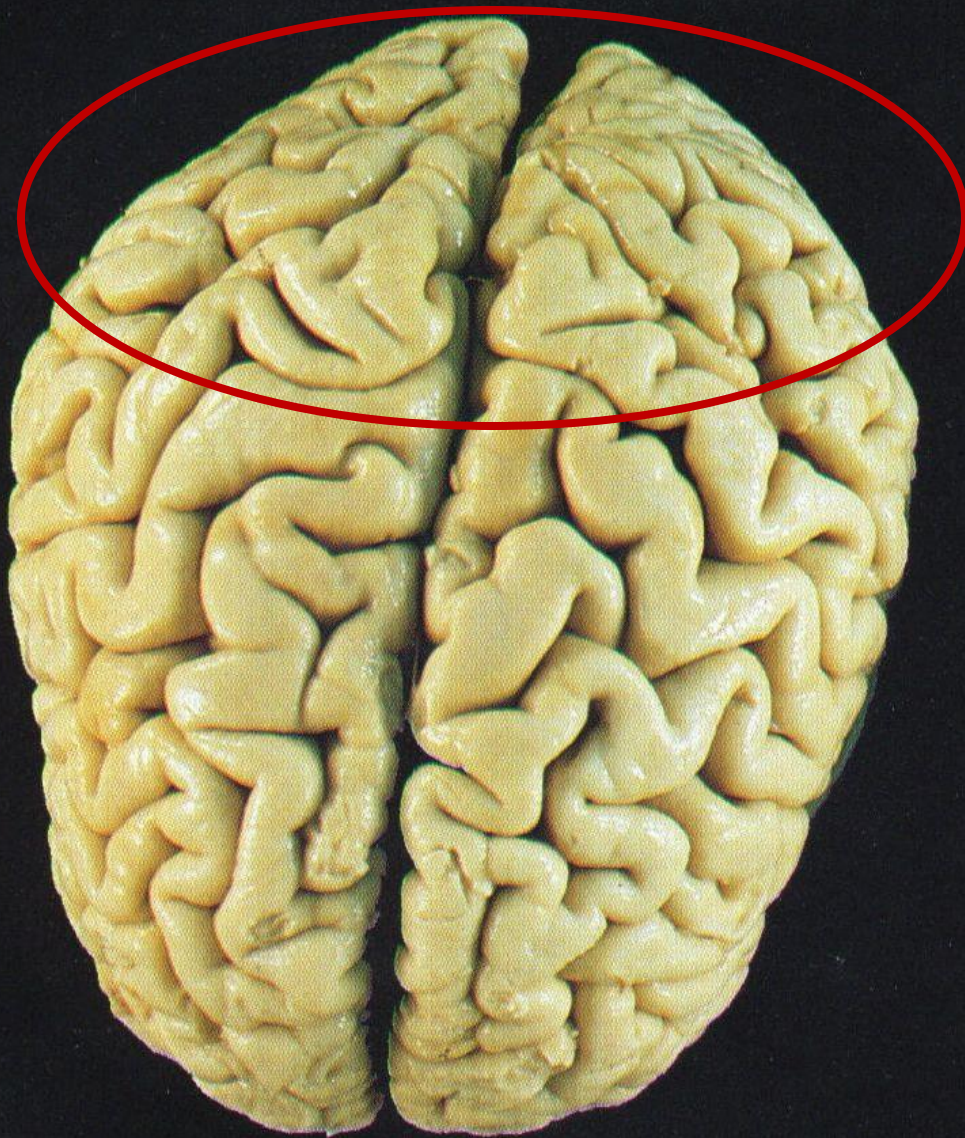
**Automatic Speech
Rhythm – Music
Expletives
PRESERVED**



**Formal Speech &
Language
Center
HUGE CHANGES**



**Executive
Control Center**
Emotions
Behavior
Judgment
Reasoning



Vision Center – BIG CHANGES

So... what 's happening to them?

- **Memory damage**
 - Can't learn new things
 - Forgets immediate past
 - Does time & space travel
 - Uses old memories like new
 - May not ID self or others correctly
 - **CONFABULATES**
 - Follows visual cues
 - Seeks out the familiar
 - Can get stuck on an old emotional memory track
- **Language damage**
 - Has very concrete understanding of words
 - Misses 1 out of 4 words – may miss “Don't...”
 - Word finding problems
 - Word salad problems
 - **COVERS**
 - Follows your cues
 - Gets very vague & repeats
 - Uses automatic responses
 - Mis-speaks

So... what's happening to them?

- **Impulse Control Problems**

- Say whatever they are thinking
- Swear easily
- Use sex words or racial slurs when stressed
- Act impulsively
- Not think thru consequences
- Can't hold back on thoughts or actions
- Responds quickly & strongly to perceived threats

- *Flight, fight, fright*

- **Performance Problems**

- Thinks they can do better than they can
- Can sometimes **DO BETTER** under pressure – sometimes worse
- Uses old habits
- Attempts can be dangerous or fatal
- They will tell you one thing and then do another...
- Families may over or under 'limit' activities

Why Might These Things *NOT* Happen?

- Dementia is individualistic
- The person ‘doesn’t have it in them...’
- The situation doesn’t come up
- Other conditions keep it from happening
- Caregivers have great skills
- The dementia isn’t bad enough yet
- You get LUCKY!

Pre-Visit

- Review possible songs & music for the event
- Gather props
- Consider history related to the event
- Think thru options to offer
- Keep it simple!
- Breathe!!!

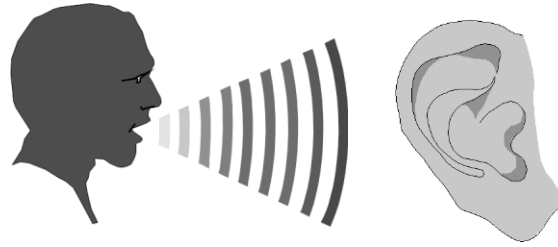
Visit

- **Its about Process NOT Product**
- **Its about Quality Time NOT Length of Time**
- **Its about Moments of Joy NOT Whole Visit Joy**

First Connect – Then Do

- 1st – Visually
- 2nd – Verbally
- 3rd – Physically

- 4th – Emotionally
- 5th – Spiritually - Individually



To Connect

Start with the
Positive Physical Approach

Your Approach



- **Use a consistent positive physical approach**
 - pause at edge of public space
 - gesture & greet by name
 - offer your hand & make eye contact
 - approach slowly within visual range
 - shake hands & maintain hand-under-hand
 - move to the side
 - get to eye level & respect personal space
 - wait for acknowledgement

A Positive Approach

(To the Tune of Amazing Grace)

Come from the front

Go slow

Get to the side,

Get low

Offer your hand

Call out the name then WAIT...

If you will try, then you will see

How different life can be.

For those you're caring for!

Supportive Communication

- **Make a connection**
 - Offer your name – “I’m (NAME) ”... “and you are...”
 - Offer a shared background – “I’m from (place) ...and you’re from...”
 - Offer a positive personal comment – “You look great in that” or “I love that color on you...”

Support to 'Get it GOING!'

- Give SIMPLE & Short Info
- Offer concrete CHOICES
- Ask for HELP
- Ask the person to TRY
- Break the TASK DOWN to single steps at a time

Give SIMPLE INFO

- **USE VISUAL** combined **VERBAL** (gesture/point)
 - “It’s about time for... “
 - “Let’s go this way...”
 - “Here are your socks...”
- **DON’T** ask questions you **DON’T** want to hear the answer to...
- **Acknowledge** the response/reaction to your info...
- **LIMIT** your words – Keep it **SIMPLE**
- **WAIT!!!!**

Just Having a Conversation

Connect

**The more you KNOW, the better it
will GO**

Take it slow

Go with the Flow

To Connect...

- **Use the PPA to get started**
- **Make a VISUAL connection**
 - Look interested
- **Make a VERBAL connection**
 - Sound enthusiastic, keep responses short
- **Make a PHYSICAL connection**
 - Hold hand-under-hand, use flat open hand on forearm or knee

Connect

- ID common interest
- Say something nice about the person or their place
- Share something about yourself and encourage the person to share back
- Follow their lead – listen actively
- Use some of their words to keep the flow going
- Remember its the **FIRST TIME!** – expect repeats
- Use the phrase “Tell me **ABOUT ...**”

CONNECT

- **Make an Emotional Connection**
 - **Later in the disease**
 - Use props or objects
 - Consider **PARALLEL** engagement at first
 - Look at the ‘thing’, be interested, share it over....
 - Talk less, wait longer, take turns , **COVER** don’t confront when you aren’t getting the words, enjoy the exchange
 - Use automatic speech and social patterns to start interactions
 - Keep it short – Emphasize the **VISUAL**

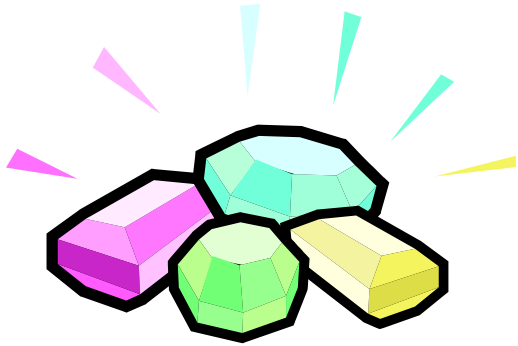
Do's

- **Go with the FLOW**
- **Use SUPPORTIVE communication techniques**
 - Use objects and the environment
 - Give examples
 - Use gestures and pointing
 - Acknowledge & accept emotions
 - Use empathy & Validation
 - Use familiar phrases or known interests
 - Respect 'values' and 'beliefs' – avoid the negative

DON'Ts

- **Try to CONTROL the FLOW**
 - Give up reality orientation and BIG lies
 - Do not correct errors
 - Offer info if asked, monitoring the emotional state
- **Try to STOP the FLOW**
 - Don't reject topics
 - Don't try to distract UNTIL you are well connected
 - Keep VISUAL cues positive

Now for the GEMS...



Diamonds

Emeralds

Ambers

Rubies

Pearls



Diamonds



Still Clear

Sharp - Can Cut

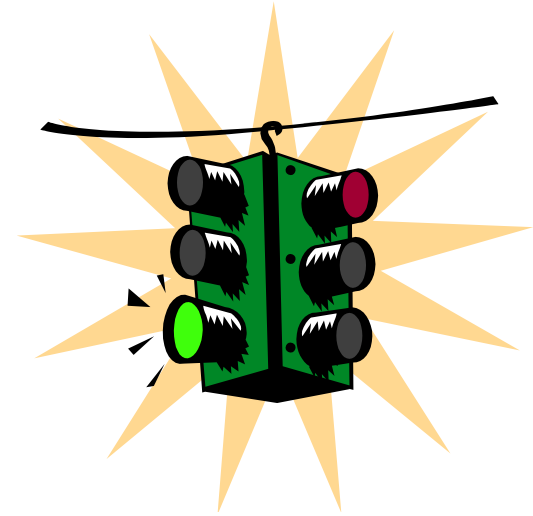
Hard - Rigid - Inflexible

Many Facets

Can Really Shine



Emeralds



Changing color

Not as Clear or Sharp - Vague

Good to Go – Need to ‘DO’

Flaws are Hidden

Time Traveling



Ambers

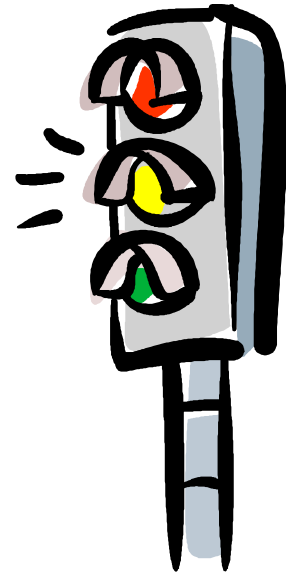
Amber Alert

Caution!

Caught in a moment

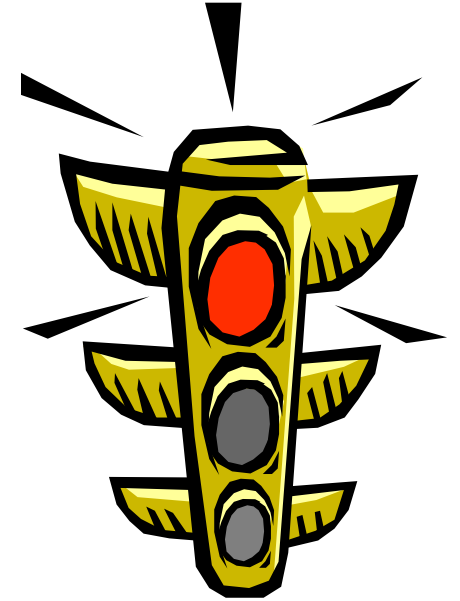
All about Sensation

Explorers





Rubies



Hidden Depths

Red Light on Fine Motor

Comprehension & Speech Halt

Coordination Falter

Wake-Sleep Patterns are Gone



Pearls



Hidden in a Shell

Still & Quiet

Easily Lost

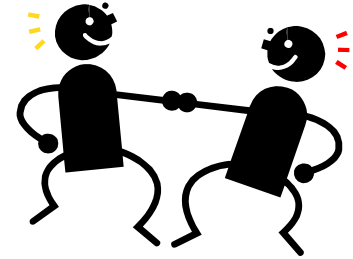
Beautiful - Layered

Unable to Move – Hard to Connect

Primitive Reflexes on the Outside

Tips for the Person with Dementia

- Take some time out to relax
-
- Do what you enjoy
-
- Consider letting people know when you need a break or are having trouble
-
- Make a list with your partner of what you would like to do this season
-
- Use the list to help keep on track
-
- Consider saying – “I know I know you, but I just can’t place you...” when someone greets you and you aren’t sure who they are to you

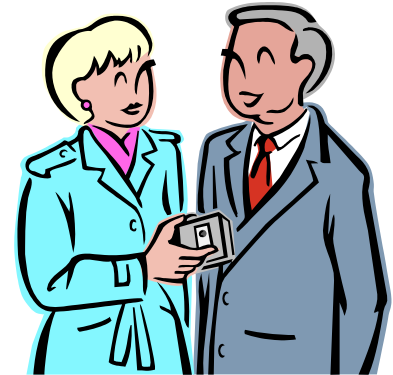


Tips for the Person with Dementia

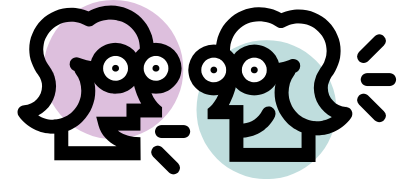
- Watch or listen to old, familiar music, movies, TV programs that make you feel good
-
- Get some exercise every day
-
- Get plenty of water each day
-
- Be careful about too many sweets or treats
-
- Work *with a partner* to do familiar and fun holiday activities – (for example: making, signing or mailing cards OR making up mixes with recipes to share or baking something and wrapping it)

Tips for the Care Partner

- **Keep gatherings smaller & visits shorter**
-
- **Offer time out**
-
- **Make a list of pleasures to do**
-
- **Encourage visitors to understand before they begin interacting**
-
- **Encourage going out and doing something fun together rather than just talking**
-
- **Ask visitors to bring old pictures, old familiar items or props, and be prepared to reminisce about old times**



Tips for the Care Partner



- Take breaks from each other
-
- Consider cutting back on traditions if they seem distressing
-
- Help visitors out by introducing them with some orienting information, if they forget to do so
-
- Get some exercise & take care of your stress levels
-
- Get a 'friend' to help the person with dementia select gifts, shop, or do something special for loved ones, including you!

Tips for the Visitor



- Start off by looking friendly and offering your hand in a handshake
-
- Introduce yourself by name, then PAUSE, if the person still doesn't seem to 'know' you, give them a little more background
-
- Use shorter phrases and PAUSE between thoughts or ideas, giving the person a chance to respond
-
- Talk about the old times more than recent information
-
- Keep memories positive if possible
-
- Accept 'general comments', don't push for specifics

Tips for the Visitor



- Don't correct errors, go with the flow of the conversation
-
- Be prepared to hear old stories over and over, use old pictures or props to bring up other old memories... *and laugh*
-
- Do something with the person rather than just talking to them
-
- *If the person says something distressing or seems worried about something, realize it may not be true, but they are not lying to you, their brain is lying to them. Check it out with the care partner before acting on it.*