



Positive Approaches When Caring For Someone With Dementia

Mid-East Commission-Area Agency On Aging; Project C.A.R.E.



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About Me

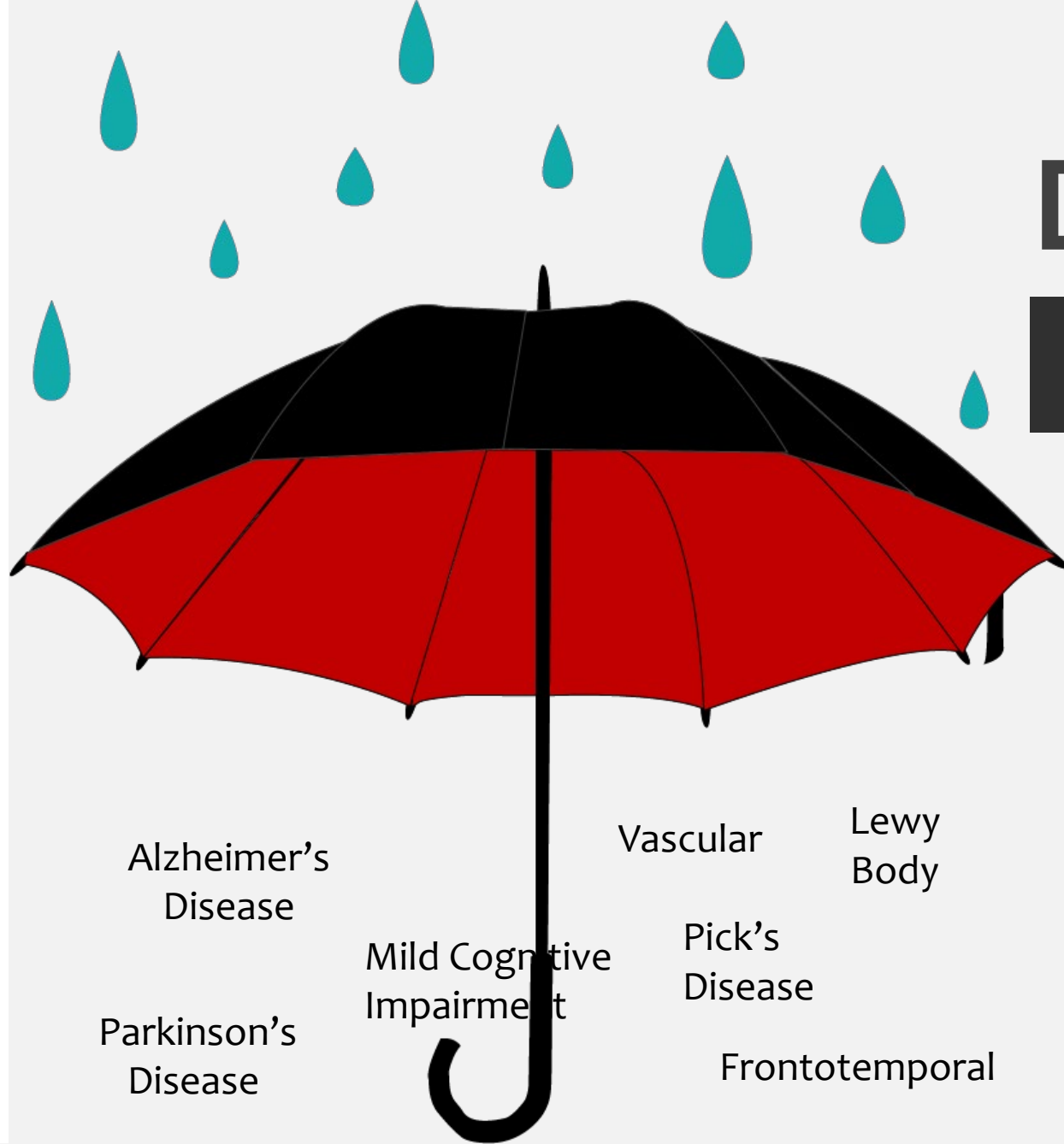
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Dementia

The Umbrella Term!

- Dementia is the loss of cognitive functioning; the ability to think, remember, or reason-to the extent that it interferes with a person's ADL's including... memory, language, visual perception, problem solving, self-care & management, ability to focus & pay attention... they can't control their emotions and their personalities may change
- Every 65 seconds, someone in the US develops dementia
- There are over 70 different types of dementia
- There are over 16 million caregivers for someone with Alzheimer's or other forms of dementia
- In 2017 Alzheimer's and other dementias cost the nation \$259billion



Dementia has a very high economic impact and it places a significant burden on caregivers, providers and the overall healthcare delivery system!!! We have to build on a collaboration care model that is patient-centered.

How Do We Do This???

The collaborative approach to providing care, be it physician led or otherwise, begins with building on a transdisciplinary team... This means to dissolve the boundaries of conventional disciplines – organize teachings and learnings around real-world problems.

The goal is to improve on the quality of life and care of the patient and maximize good health & well-being!!!

Disciplinary Teams can include:

- * PCP-primary care provider
- * Neurologist
- * Social Worker
- * RN
- * Psychologist
- * Family Member
- * Gerontologist
- * A Friend

Collaboration... It Is Essential!!!

Transdisciplinary Teams!

Sad/Depressed

Sleep Disturbances

Repetition

Pacing/Wandering

Combative/Resistant

Sundowning

Hallucinations

Suspicious/Paranoid

Challenging Behaviors!!!

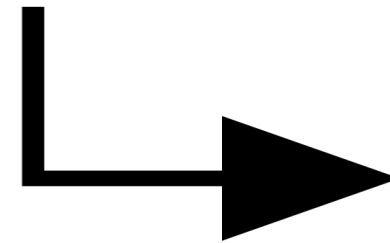
What Is Validation & Redirection!!!

Validation Therapy:

- **Validation means** to express understanding and acceptance of another person's internal experience, whatever that might be. **Validation does not mean** you agree or approve. **Validation** builds relationships and helps ease upset feelings

Redirection:

- If you **redirect someone**, you change their course or destination... That's It!!!



Redirect

DO'S

Stay calm & be understanding

Speak Slowly using a low pitch tone

Be patient & flexible, go with the flow

Step into their shoes to look for a reason

for each behavior

Ask questions using fill in the blanks

Introduce yourself "My name is xxx

and you are?"

Offer simple choices instead of asking

Respect personal space

DON'T'S

Argue instead Agree

Reason instead Divert

Shame instead Distract

Lecture instead Reassure

Say "Remember?" instead Reminisce

"I told you" instead Repeat & Regroup

"You Can't" instead Find Out What

They CAN Do!!!

Command, Demand instead yes/no questions
ask & model

Force instead Reinforce

What Does This Look Like???

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Dementia Alliance of North Carolina

9131 Anson Way Suite 206

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RESOURCES!

Alzheimer's Association

www.alz.org

Teepa Snow

Positive Approach to Care

www.teepasnow.com

**CHANGE IS GOOD...
YOU GO FIRST
By MAC ANDERSON
AND
TOM FELTENSTEIN**

**THE DASH
MAKING A DIFFERENCE
WITH YOUR LIFE
By LINDA ELLIS AND MAC ANDERSON**

READINGS!

**CREATING MOMENTS
OF JOY
By JOLENE BRACKKEY**

**MEET ME WHERE I AM
AN ALZHEIMER'S CARE GUIDE
By MARY ANN DRUMMOND**



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Thank You

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