Positive Approaches When Caring For Someone With Dementia

Mid-East Commission-Area Agency On Aging; Project C.A.R.E.
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• Has 20 years of experience in dementia care and training
  • North Carolina Certified Options Counselor
  • North Carolina Certified SHIIP Counselor
• Certified In Advance Clinical Dementia Practice w/ The University of Michigan
• Certified Virtual Dementia Tour Facilitator & Trainer w/ Second Wind Dreams

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 $259 billion

<table>
<thead>
<tr>
<th>Disease</th>
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<tbody>
<tr>
<td>Alzheimer’s Disease</td>
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<tr>
<td>Parkinson’s Disease</td>
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<tr>
<td>Mild Cognitive Impairment</td>
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<td>Vascular Disease</td>
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<td>Lewy Body</td>
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<td>Pick’s Disease</td>
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<td>Frontotemporal Disease</td>
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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
* Psychologist
* Family Member
* RN
* Gerontologist
* A Friend
Challenging Behaviors!!!

Sad/Depressed
Sleep Disturbances
Pacing/Wandering
Combative/Resistant
Suspicious/Paranoid
Hallucinations
Sundowning
Repetition
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!!!
**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???
RESOURCES!

East Commission Area Agency on Aging
1502 Suite A North Market Street
Washington, NC 27889
Project C.A.R.E. Program
252.414.3230

Dementia Alliance of North Carolina
9131 Anson Way Suite 206
Raleigh, NC 27615

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

CREATING MOMENTS OF JOY  
By JOLENE BRACKEY

READINGS!

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

MEET ME WHERE I AM  
AN ALZHEIMER’S CARE GUIDE  
By MARY ANN DRUMMOND
Project C.A.R.E.
Family Consultant

Thank You
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Mid-East Commission AAA