Underserved Population (UP) Network Webinar

presented by

Home Health Quality Improvement (HHQI) National Campaign
UP Network Webinar

A New Way of Understanding Dementia

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A New Way of Understanding Dementia©

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Sandwich Caring

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More than five million Americans have Alzheimer’s.

1 in 9 older Americans, those age 65 and older, have Alzheimer’s.

One third of people age 85 and older have Alzheimer’s.

Numbers projected to double by 2050

Alzheimer’s Association Facts and Figures 2014

Most people—nearly 79%—who need Long-Term Care live at home or in community settings.

caregiver.org

And…..
• It’s a complicated disease.

• It involves the mind and behavior changes.

• Sleep cycles may totally change.

• The person will eventually need 24 hour care.

• It can last a very long time.

• Proper training is crucial to the well being of the person with the disease as well as to the person providing care.
Dementia – a general term used to describe the loss of intellectual functions such as thinking, remembering and reasoning to an extent that it interferes with the individual’s ability to carry out normal functions such as daily self care; caused by physical changes in the brain
Alzheimer’s Disease
the most common form of dementia

Others include:

Vascular dementia – strokes – impaired judgment more than memory loss
Alcohol induced dementia
Lewy Body dementia – sleep disturbance, hallucinations, gait issues
Picks Disease or FTP (Frontal Temporal Dementia) – changes in personality
Creutzfeldt Jakob – rare and rapid, coordination problems
Parkinson’s related dementia – rigidity, tremors
Huntington’s disease
HIV AIDS
In 1906, German Psychiatrist Dr. Alois Alzheimer first documented the condition in a 51-year-old woman named Auguste Deter.
Where does it start?
Does it get worse?
Is it fatal?

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Alzheimer cells

healthy cells
It shrinks!!

Loses about 20% of its size
It’s not the same “old” Alzheimer’s!

The term “Younger-Onset” refers to Alzheimer’s that occurs in a person under age 65.

Experts estimate that some 200,000 people in their 30’s, 40’s and 50’s have Alzheimer’s.
Ten Warning Signs of Alzheimer’s

1. Short term memory loss that disrupts daily living. (But not, “where did I put my keys?)

2. Changes in planning or solving problems

3. Difficulty completing familiar tasks

4. Confusion to time and place

5. Trouble with visual images and spatial relationships

6. New problems with words or speaking

7. Misplacing things and losing the ability to retrace steps

8. Decreased or poor judgment

9. Withdrawal from work or social activities

10. Changes in mood or personality
Medications

Aricept (donepezil)
Exelon (rivastigmine)
Razadyne (galantamine)
Namenda (memantine)
YOU!
Behavior or behaviour (see spelling differences) refers to the actions or reactions of an object or organism, usually in relation to the environment. Behavior can be conscious or subconscious, overt or covert, and voluntary or involuntary.

Human behavior (and that of other organisms and mechanisms) can be common, unusual, acceptable, or unacceptable.
If it’s sudden, it’s not the dementia.
People with dementia DO communicate, but in different ways than they may have before.
The “problem” is not the person with dementia; the problem is the disease.

We can’t change the disease, but we can change how we “read” or interpret and how we respond.
“It drives me crazy when Mom keeps talking about when we used to live in the house next door. We NEVER lived in that house, and I tell her that over and over.”
“She keeps asking for her husband, and he died five years ago. I told her that he would be here later. **She asks for him every 15 minutes.**”
He wants to go home.

I tell him, "You are at your home, Mr. Smith."

He asks again and again and again.
Mom needs to remember she’s diabetic and must take her insulin.
Dr. Phil loves to say, “So, how’s that workin’ for you?”
Person-Centered Care

“…a standing or status that is bestowed upon one human-being, by others, in the context of a relationship and social-being. It implies recognition, respect, and trust.”
Dementia Management:
Lifelong well-being for the person with dementia
Three Golden Rules
... or maybe five!

1. Stop asking questions
2. Never contradict
3. Let them be the expert

4. When they start to speak, YOU be quiet!
5. It’s about the feeling, not the fact

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Find the CORRECT answers...

... that provide longer satisfaction
... that create a green feeling
... that allow them to make sense of the present
... that give them a good reason to be dependent
Or – like watching a movie with subtitles – you must read the subtitles

Vamanos al cine
We never lived in that house.

I want my husband.

I want to go home.
Peaceful Dementia Mantras

• Feelings are more important than facts.
• A good feeling is better than any bad feeling.
• The person with dementia leads the way.
• The caregiver holds the keys to the peace.
• LISTEN to the person with dementia.
• Count to three and say “you are right!”
• NO questions if you can possibly avoid them.
• Remember, last in is first out of the photo album.
• Approach from the front and speak slowly.
• Learn to love repetition!
• “Silly me!” not “Silly you!”
• No right or wrong… just what works best for the person with dementia.
• Validate before you ever orientate. NEVER distract on a red.
• A gesture is worth a thousand words.
• Learn to make a “present of the past”.

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Additional Resources

• National Institute of Health
  – Alzheimer's Caregiving Tips: Coping with Agitation and Aggression
  – Alzheimer’s Caregiving Tips: Managing Personality and Behavior Changes
  – Alzheimer’s Disease: Unraveling the Mystery book
  – Forgetfulness: Knowing When to Ask for Help
    • English & Spanish (patient handouts)
Additional Resources

- Hartford Institute for Geriatric Nursing; New York University, College of Nursing; and the Alzheimer’s Association
  - Mental Status Assessment of Older Adults: The Mini-Cog™
  - Eating and Feeding Issues in Older Adults with Dementia
    - **Part I: Assessment**
    - **Part II: Interventions**
  - Assessing Pain in Older Adults with Dementia
  - Home Safety Inventory for Older Adults with Dementia
Additional Resources

- AD8 Dementia Screening Interview (Washington University) – permission granted as tool is written only for research use

- Cornell Scale for Depression in Dementia (Cornell University)
  - Administration & Scoring Guidelines

- Seven Stages of Alzheimer's (Alzheimer’s Association)
Additional Resources

- **Alzheimer’s Association** (alz.org)
  - Resources and information
    - Patients, caregivers, and professionals
  - Education
  - Research updates
    - Including clinical trials
  - We Can Help tab
    - Local chapters
    - E-learning, certifications, and online training
Next UP Network Event

• Wednesday, June 11, 2014: 3-4PM (ET)

*The Universal Language of Caregiving: What We Need to Know Now*

• Keynote Speaker: Kim Linder
  Certified Senior Advisor, Caregiver Coach, Radio Talk Show Host, Consultant

• Register now at:
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THANK YOU!

Please Complete the Evaluation

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