

**How You Say It:
Making Matters Worse
(or Better)
by How You Communicate**

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THE BRAINS BEHIND SAVING YOURS™

Our Speaker



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Outline

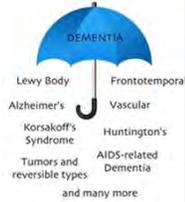
- ▶ Define Dementia
- ▶ Communication tips
 - Sensory systems approach
 - Environment
- ▶ Care partner's role
- ▶ Quality of life focus

Dementia Defined

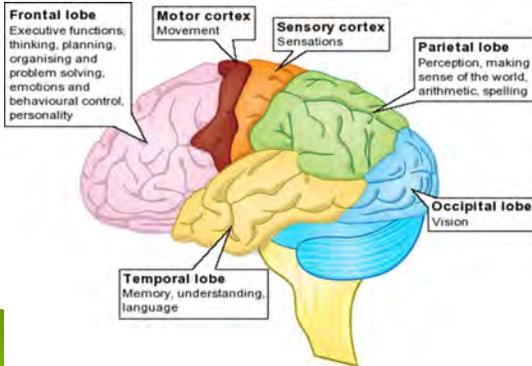
"Dementia is a general term that describes a group of symptoms—such as loss of memory, judgment, language, complex motor skills, and other intellectual function—caused by the permanent damage or death of the brain's nerve cells, or neurons," (Alzheimer's Foundation of America, 2015)

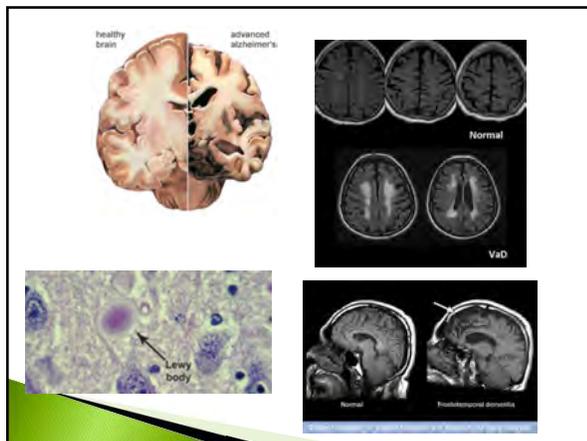
Types of Dementia

- Alzheimer's Dementia
- Vascular Dementia
- Lewy Bodies Dementia
- Frontotemporal Dementia
- Several other causes and similarities



The brain controls everything





Dementia Effects:

- ▶ Memory
- ▶ Communication and language
- ▶ Ability to focus and pay attention
- ▶ Reasoning and judgment
- ▶ Visual perception
- ▶ Motor planning and function



Meet Rose

- ▶ 82 yo female, frail, ~90lbs
- ▶ Locked dementia unit, PCF
- ▶ Hallucinates, non-verbal, spends most of day staring at walls and standing in corners
- ▶ Rigid, difficulty with coordination
- ▶ Defecating on floor during mealtime in dining room
- ▶ Takes 4-5 staff to help Rose to the toilet and shower due to extreme fighting, agitation and aggression



Communication Tips

- ▶ A multi-sensory approach is best for communication
- ▶ Sensory systems:
 - Sight
 - Sound
 - Smell
 - Taste
 - Touch
 - Pressure
 - Movement



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Sight	Sound
<ul style="list-style-type: none"> ▶ Color awareness fades; use high contrast, Reds and bright greens ▶ Decreased awareness to peripherals and above 48" from floor ▶ Depth awareness decreases, dark colors on floor look like holes in the ground ▶ Pictures may help when verbal communication goes down 	<ul style="list-style-type: none"> ▶ It can take up to 90 seconds to process what they hear --SLOW DOWN-- ▶ Allow for pause and their response ▶ They may only pick up 1 out of every 3 words ▶ Music is calming, sing while offering care ▶ Use music from their golden years (15-25 years old) ▶ Nature sounds are soothing

Smell/Taste	Touch
<ul style="list-style-type: none"> ▶ Perception of smell may decrease, but chemical reaction still occurs in brain—ensure pleasant smells ▶ Lavender is calming, citrus is alerting ▶ Sugar may help people eat more food 	<ul style="list-style-type: none"> ▶ Deep touch is can be calming and light touch can be alerting ▶ Hold hands often ▶ Stand to the side and offer your hand to help ▶ Encourage touching environment

Pressure	Movement
<ul style="list-style-type: none"> ▶ Calming input throughout the lifespan ▶ Massage ▶ Hand over hand ▶ Gentle Joint Compressions 	<ul style="list-style-type: none"> ▶ Walking should be encouraged several times throughout the day ▶ Rocking is calming ▶ Stretching is calming ▶ Use hand under hand approach with other hand on person's back when encouragement to walking is needed



Let's Talk about Rose

- ▶ She most likely suffers from....
Lewy Bodies Dementia
- ▶ Has a fear of the bathroom, repeats "Please don't hurt me" as soon as we walk in
- ▶ The bathroom: poor lighting, rarely has on glasses, no contrast from toilet, floors, walls, shower, grab bars
- ▶ Begins yelling, hitting, pulling away with gentle approach for toilet transfer

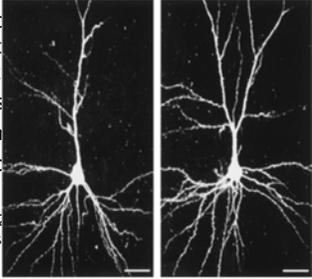
Unable to successfully use bathroom

Environmental Enrichment

- ▶ **Sensory Stimulation**—specific release of acetylcholine in cortex and hippocampus (Inglis, 1995)
- ▶ **Physical Exercise**—neurotrophic changes leading to neurogenesis and synaptogenesis; specific neurogenesis in hippocampus (Kleim, Jones, Schallert, 2003; Mustroph, et al., 2012)
- ▶ **Social** - Social activity is a key element
- ▶ **Cognitive Activity**—saliency, building neurological pathways

Neuroplasticity of Environmental Enrichment

- Produces new neurons that span in hippocampus, parietal, and occipital lobes in humans
- Increases dendritic branching
- Life time
- Creativity



(Diamond, 2006; Spitsch & Hannan, 2006)



Be an Investigator!



How we helped Rose using PEOP

- ▶ Person: Primed her body using sensation-lavender throughout her room, 5lb vest, rocking chair ~10 min prior to toileting, music, trained caregivers to talk slower and different commands
- ▶ Environment: Closed bathroom door, BSC with restroom sign, lime green tape on rails and seat, lavender, calming music
- ▶ Occupation: Moved task out of bathroom due to trauma response, decreased staff to 1 or 2 for comfort, used a towel warmer for hygiene
- ▶ Performance: Rose began using toilet for first time in 2 years, continued this as long as new routine was used without agitation or aggression

As their care partner:

- ▶ Encourage Participation—They may need help starting an activity
- ▶ Use smiling faces, friendly voices—pay attention to your breathing and your own emotions—they will become your mirror
- ▶ Use empathy rather than demands
- ▶ Remember to SLOW DOWN
- ▶ Talk with your doctor or therapy if you have concerns regarding behaviors

Quality of Life Really Matters

- ▶ Boredom leads to unwanted behaviors
- ▶ Encourage regular group exercise and movement
- ▶ Nostalgic things from their 15–25 years of age are valued throughout the lifetime
- ▶ They are older adults that have lived a successful lifetime, use respect, empathy, and age appropriate approaches

A few examples:

- ▶ Difficulty with showering:
 - Use colored towels to add contrast
 - Warm towels prior to de-robing to offer warm comfort
 - Play music and sing while helping them
 - Offer them wash cloth to help participation
- ▶ Difficulty with feeding:
 - Offer assistance to start feeding, often they can finish themselves
 - Provide contrast on the plate and table
 - Cut the food into bite size pieces if needed

A few more examples

- ▶ Restless and wandering may be a result of boredom
 - Go for a walk inside or outside
 - Dance or do some exercises
 - Set up an activity with the 'just-right challenge'
- ▶ People do best with routines
 - Establish self care routines so that it become predictable and they can help participate
 - Use times to help establish routines
 - Write out daily routines to help them remember

Questions and Comments?



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