Dementia training

with Jo Allchin

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Learning Outcomes

- Recognise everyone’s experience of dementia is different.
- To be able to describe what is meant by dementia.
- To understand dementia is not a natural part of aging.
- To be able to support the individual in a way that is best for their life and their dementia.
- Find effective strategies to communicate efficiently.
- To ensure you can provide a service that promotes choice and independence.

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The Importance of Home Care for People with Dementia

- A recent Alzheimer's Society poll found 85% of people would choose to stay at home for as long as possible if diagnosed with dementia.
- People with dementia can maintain a higher quality of life by receiving care in a familiar environment.
- Remaining at home offers more peace of mind & safety.
- Maintaining a routine to help with daily tasks reduces anxiety and confusion & helps them navigate their homes that much more smoothly

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ACTIVITY 1

WHO’S RIGHT?

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Mental Capacity Act 2005

- Assume a person has the capacity to make a decision themselves unless it’s proved otherwise.
- Wherever possible, help people to make their own decisions.
- Don’t treat a person as lacking the capacity to make a decision just because they make an unwise decision.
- If you do make a decision for someone who doesn’t have capacity, it must be in their best interests.
- Treatment and care provided to someone who lacks capacity should be the least restrictive of their basic right and freedoms.

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What is Dementia?

- The word dementia describes a set of symptoms that may include memory loss, difficulties with thinking, problem solving or language.
- Dementia is not a normal part of aging.
- It is caused when the brain is damaged by diseases.
- There are many diseases that result in dementia. The most common types of dementia are:
  - **Alzheimer's disease**
  - **Vascular dementia**
  - **Dementia with lewy bodies**
  - **Frontotemporal dementia**

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Most Common Types of Dementia

Alzheimer's

Accounts for 60-70% of cases

Vascular dementia

The second most common type of dementia, caused by restricted blood flow to the brain

Dementia with Lewy's bodies

A common type of dementia caused by abnormal protein deposits in the brain

Frontotemporal dementia

Most common in under 65s and affects the frontal and temporal lobes of the brain

ALZHEIMER'S AWARENESS

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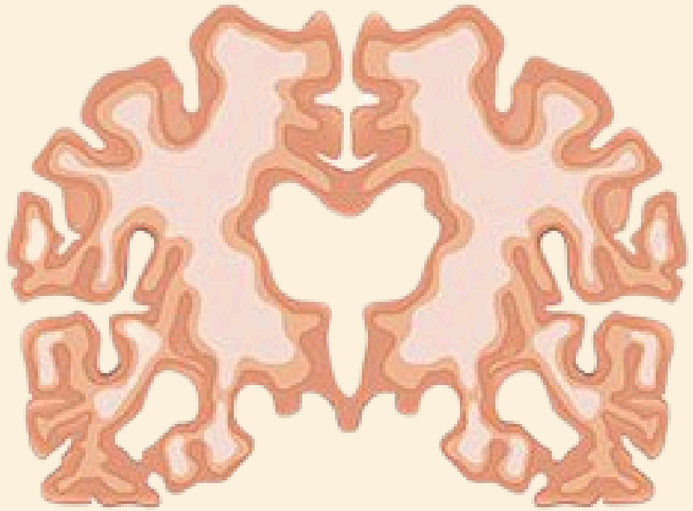
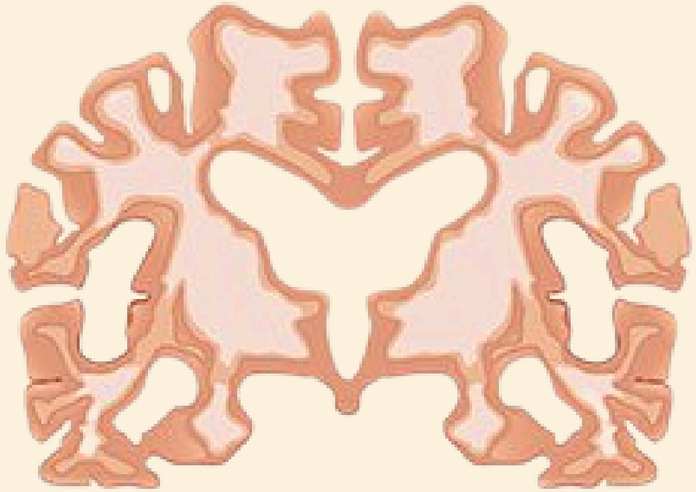
Progression of Alzheimer's Disease

Healthy Brain



Mild Alzheimer's Disease



Severe Alzheimer's Disease

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Common Symptoms

- Difficulties recalling events that happened recently.
- Difficulty concentrating, planning or organising. Difficulties making decisions, solving problems or carrying out a sequence of tasks (example- making a cup of tea or getting dressed).
- Difficulty finding the right word for something, or difficulties following a conversation.
- Visuospatial skills – problems judging distances (e.g. on the stairs) and seeing objects in three dimensions.

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Other conditions that may cause similar symptoms

- Physical illness, such as urinary tract infection
- Dehydration
- Side effects of medication
- Mental illness
- Depression
- Vitamin B1 deficiency
- A long-term alcohol problem
- A tumour

Always record and report any changes immediately so that the individual can receive medical attention.

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Risk Factors

- Age
- Gender
- Ethnicity
- Genetics
- Severe head injury
- Heart Disease
- Stroke
- Diabetes
- Hearing loss
- Severe depression
- High blood pressure
- High cholesterol
- Smoking
- Poor diet
- Sedentary lifestyle
- Obesity
- Excessive alcohol
- Social isolation
- Lack of mental stimulation

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Dementia does not discriminate

- Dementia mainly affects people over the age of 65, though dementia can affect younger people too.
- Around 70.800 people in the UK are living with young-on-set dementia, which is when symptoms of dementia develop before the age of 65.
- It is estimated that there are currently 982,000 people in the UK living with dementia.
- The number of people with dementia in the UK is expected to increase to 1.4 million by 2040.

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ACTIVITY 2

MISSING WORDS

YOUR DAUGHTER HAS THIS MORNING AND HOW YOU ARE IS

THERE YOU WANT BRINGING TO WHEN SHE LATER.

I SAID I SURE AND SHE IS TO CALL BACK IN AN SO IF YOU CAN OF

ANYTHING YOU YOU CAN LET HER.

PERHAPS YOU COULD CLEAN AND SOME MORE.

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MISSING WORDS

I HEAR THAT TO BE A IN A PRIMARY SCHOOL.

THAT MUST HAVE LOVELY JOB.

I CAN STILL MY FAVOURITE SCHOOL.

SHE WAS VERY BUT FAIR AND FUN THINGS ON A FRIDAY AFTERNOON.

DID YOU HAVE PUPILS OR CAN’T YOU TO THAT.

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Good Verbal & Non-Verbal Skills

VERBAL

Simple and Direct – Treat people with respect and dignity

Announcements – Clearly let the person know what you are going to do before you start it

Break **instructions** down to actions and tasks

Watch for response and allow time to digest

Check for signs of the person's wellbeing.

NON- VERBAL

Smile – your face is the best communicator

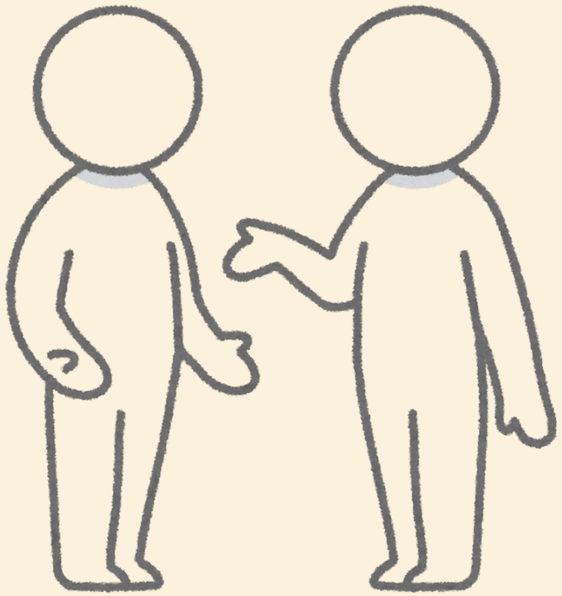
Physically get to their level

Eye contact is vital –window to the soul

Posture – tells whether you are interested in a person

Gestures – may encourage the other person to respond likewise

Tone of voice – use a tone that signals equality, rather than change.



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Listening skills

> The biggest communication problem is we do not listen to understand.
>
> We listen to reply

L I S T E N

Look interested, get interested

Involve yourself by responding.

Stay on target

Test your understanding.

Evaluate the message.

Neutralise your feelings.

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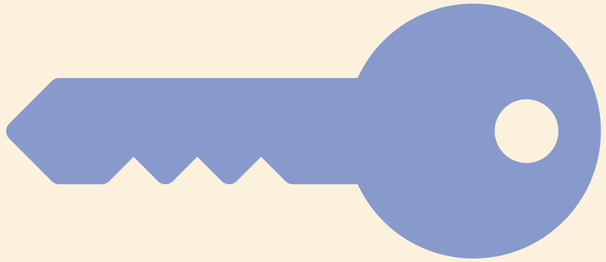
Consistency in Communication

EVERYONE must work the same way and use the same communication approaches and tools, to ensure that the person with dementia receives consistent messages.

CONSISTENCY IS



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Dealing with difficult Questions

Where is
my husband?

Do you know where my
mother is?

When are we
going home?

Responding to the individual when they ask questions. Sensitivity is important.

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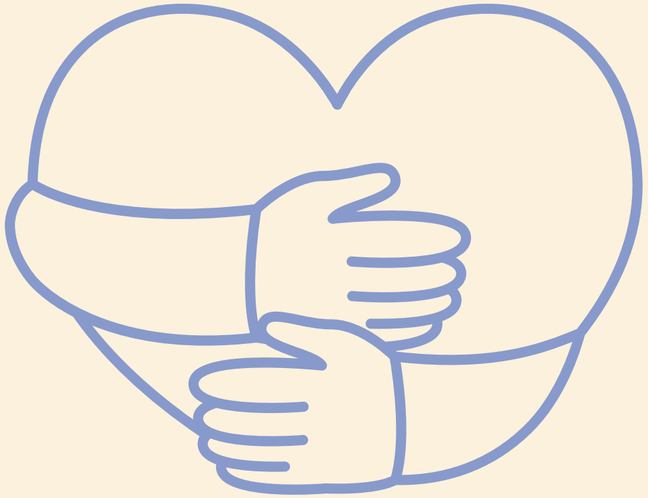
Support with everyday activities

Depending on the care package the individual has, you may be supporting with:

- Personal care
- Medication
- Providing food and drink
- Moving and handling
- Companionship
- Activities

HOW CAN WE HELP?



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Resources

Gladys Wilson and Naomi Feil - Memorybridge - www.youtube.com/watch?v=CrZXz10FcVM

Former Ballerina with Alzheimer's performs swan lake - www.youtube.com/watch?v=IT_tW3EVDK8

Alzheimer's Disease International (ADI) - https://www.alzint.org/

Alzheimer's Society (UK) - https://www.alzheimers.org.uk/

Dementia UK - https://www.dementiauk.org/

NHS (UK) - Dementia - https://www.nhs.uk/conditions/dementia/

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