

## **Focusing on Quality of Life to ease the Burden of Caregiving**

Presented by Stephen Vozzella ACC  
Memory Care Director Emeritus at  
Pikesville

## **Objectives**

- 1. Identify cognitive and functional changes that occur in persons with dementia and how the caregiver can assist the person with dementia in achieving success.
- 2. Identify the components of an assessment of a person with dementia and its application to daily work experiences
- 3. List steps to enhance the dining experience for the person with dementia
- 4. List different types of activity programming that is successful with the dementia population
- 5. Describe techniques you can use to work family members of the person with dementia
- 6. Identify techniques for dealing with the behaviors problems of a person with dementia

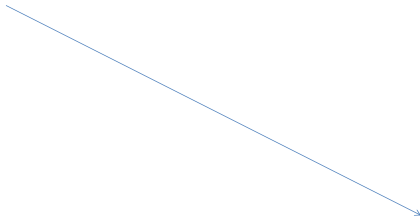
## **Is Dementia a Disease?**

- Dementia is a syndrome which is a set of symptoms

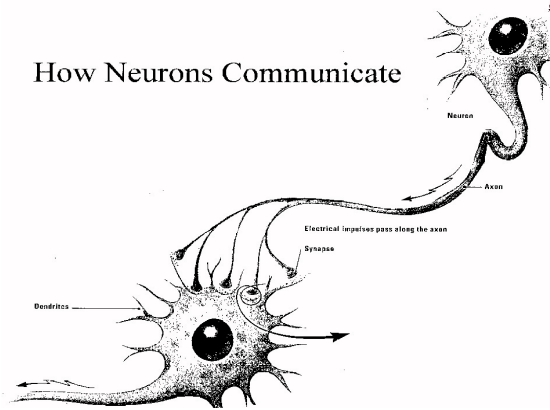
## **What is the most common form of dementia?**

- Alzheimer's
- Vascular Dementia
- Parkinson's Disease
- Dementia with Lewy Body's
- Front Temporal Dementia
- NPH
- Pick's Disease

## Alzheimer's Disease



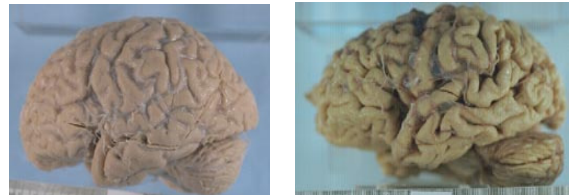
## How Neurons Communicate



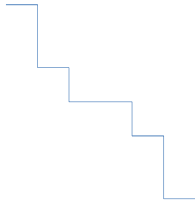
## Demonstrate the breakdown

- Need some volunteers
- You do not need to speak
- You will be passing a ball to one another

## *Brains of a Normal Centenarian (left) and a Patient with Alzheimer's Disease (right)*



### Vascular Dementia



### The 4 A's

- Amnesia
- Aphasia
- Apraxia
- Agnosia

### Amnesia

- Memory loss
- Short Term Memory Loss
- Long Term Memory Loss
  
- Residents may benefit from 20's, 30's, 40's, 50's - long term memory
- Fortunately you can re use material

### Aphasia

- Receptive = has difficulty receiving messages
- Expressive = has difficulty sending the message
  
- Utilize short and simple statements
- Utilize non-verbal communication
- Prepare to repeat

### Apraxia

- It is the inability to carry out purposeful movements
- For severely impaired we must try interventions even though response may be limited
- Utilize visual objects
- Extra Patience needed = to allow the person time

### Agnosia

- The inability to recognize objects, people, sounds, shapes
- Try to use familiar items
- Go where the person is
- Mirror there comments
- Do not correct

### Inability to...

- Recall what they like to do
- Remember how to do things they enjoy
- Initiate!
  
- This is where the caregiver becomes accountable!

### Assessment

- Assessment helps plan the programs for residents.
- In traditional long term care resident can vocalize what they want to participate in, they can plan the calendar.

### Resident A

- Born in Westminster, MD – He is 65
- Lived all of his life in Westminster
- Married and has 3 children they all live in Maryland
- Has 9 Grandchildren
- One brother who lives in Maryland as well
- 2 friends that keep in touch
- Worked as a college administrator
- Bachelor Degree

### Resident A

- Speaks English
- Milestones – had professional baseball tryout, helped administratively to build athletic arena at college, built his family home
- Previous routine – was active all day rarely napped would go to bed around 11 pm, liked to be busy
- Communication issues – limited vocabulary, will not keep glasses on

### Resident A

- Likes to eat – Italian food especially spaghetti and pizza, no known food allergies
- Right handed

### Resident A - Interests

- Used to read paper daily
- Did not read books or magazines
- Movies – likes action, thrillers, horror films
- TV – sports, news, sitcoms, movies
- Does not collect anything
- Used to have dogs such as Poodle and a Pekinese
- Liked to clothes shop in the past

### Resident A - Interests

- Played board games with grandkids
- Card games such as canasta, rummy, war
- Use to do jigsaw puzzles and never did crosswords
- Liked to do chores, dishes, mowing lawn, described by spouse as “handy”
- Used to draw with kids, things like snowmen

### Resident A - Interests

- He used to paint the house and do some woodworking
- Not a big computer user
- Had a vegetable garden
- Liked to go to Italian buffets
- Traveled – Grand Canyon, Ocean City, Florida
- He was an active voter

### Resident A - Interests

- Volunteered – church, umpiring, coaching baseball
- Humor – wife described him as a someone that play tricks on the grandkids
- Like to be around kids
- Likes to reminisce about Ocean City, golf, college
- He is catholic and attends services

### Resident A - Interests

- Likes musicals
- Likes 1950’s music, country
- Sports – bowling, golf, baseball, skiing, fishing, camping, horseshoes, basketball, weightlifting
- Fan of golf and the orioles

### Resident A

- He needs an escort to attend activities
- He needs maximum encouragement to participate
- Does better in the afternoon
- Can participate with assistance has difficulty initiating his activities

### Resident A – What has Worked

- Putting
- Men’s Breakfast
- Basketball
- Parachuting
- Exercise
- Church
- Helping to clean up

### Lets Assess Your Assessment

- Are there any categories you would add?
- Is there something you assess for that is not on the list?

### Care Plans

- Specific to the resident
- Based on resident ability
- Should be measurable
  - Problem/Strength/Need
  - Goal
  - Approaches
  - Updates

### Service Plans

- Describe the service provided to the person
- Should be specific to the resident

### What is it?

- Provide Playing Cards for the resident.
- Resident will be active in 50% of the sensory activities he attends.
- Resident will be active in 50% of the music programs she attends.
- Provide escort to church services.

### Pass the Assessment Around

- Distributed for all caregivers to read
- Diagnosis, communication, elimination, diet
- Favorite activities, behavioral approaches, name that brings comfort, skin care
- Personal information, mobility, safety, restorative
- Activity, 1:1 assignments
- Enhancers, clothing, sleep
- The plan is ongoing – add and subtract

### Stress Free Dining

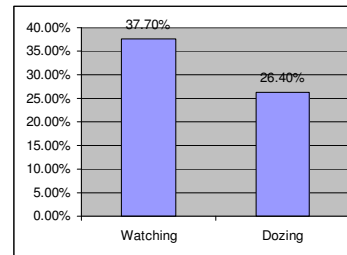
- Dining has to be structured
- There needs to be multiple opportunities for hydration and consumption
- When are you going to eat?
- What about snacks?
- Create an atmosphere for dining!



### Dining Musts!

- Minimize distractions – no TV
- Time has to be given - no rushing
- One course at a time
- Must highlight the persons interests
- Multiple times for intake
- Dining must be adult - clothing protectors, etc..
- To reduce caregiver burden must be structured and organized

### Watch vs. Doze



### TV – What should you do differently?

- Educate
- Assess Residents
- Evaluate – use, location
- Use Technology

### Planning Activities for Everyone

- Rely heavily on your assessments - adaptation
- Themes – What are some good themes?
- Use domains – great way to test calendar
- Activity leader ownership
- Less demonstration more involvement
- Brainstorming
- Keep, Stop, New
- Resources to help are....

### 5 Types of Activities

- Group
- Individual
- Spontaneous
- Drop – off
- Environmental

### Domains

- Artistic
- Chores/Jobs
- Events
- Intellectual
- Physical
- Sensory
- Spiritual

### Group Poetry

- What do you see?
- Read it together.
- Make a copy.
- Publish it!

### Snowball Toss

- Fresh Snow
- Styrofoam Balls
- Hot Cocoa

### Shopping for Supplies

- What do you need?
- Make a list
- Decide who can handle the store experience
- Determine how much help you need to be successful
- Have fun!!

### Table Ball

- Roll ball across table
- Attempt to keep ball on table without dropping
- Bounce instead of roll
- Different sizes or textures

### Spring Sensory

- Picture of Daffodil Field
- Fresh Onion
- Glass of Ice Tea
- Birds Chirping - CD
- Grass Clippings
- Baseball Mitt
- Garden Shovel

### Potato Chip Sensory

- Different Flavor Chips
- Beer or Soda
- History of the Potato Chip

### Easel Art

- Adult oriented
- Inspiration or an assistance
- Non-toxic paints
- Place to hang works

### Hershey's History

- Tell the story of the Hershey Company
- Print pictures from web
- Ask people for their memories of Hershey
- Finish with some Hershey's Taste Testing

### Macaroni and Cheese

- Lots of Steps
- Water, Noodles, Cheese
- Stirring
- Grating
- Mixing
- Baking
- Eating

### Horseshoes

- To keep score or not to keep score.
- Rubber horseshoes.
- Talk about where the participant played.
- Beverages.
- Play outdoors if you can.

### Fine Art Discussion

- Pictures of Famous Paintings
- Biography of Artist
- Be Quiet – let the picture create the discussion

### Crosswords

- Keep it simple.
- Give them half the answer.
- Fill in the blank questions.
- Design your own - dry erase board.
- Theme topics.
- Consult the net.

### Hymn Sing

- Traditional Hymns.
- Have recording of song if necessary.
- Pray together.

### Sock Basket

- Socks from dollar store
- Lots of different colors
- Separate and mix
- Let the fun begin

### Noodle Hockey

- Two different colors noodles, 6 inch ball
- Red Team on one Side Blue on the other
- Goals at each end with a noodle of that teams color
- 4 quarters 5 minutes a quarter
- Have a Blast!!!

### Facts in Five

- Categories
- Letters
- Definitely more suited for Moderate or Early stages

### Planning - Take your interview and turn it into

- Artistic
- Chores/Jobs
- Events
- Intellectual
- Physical
- Sensory
- Spiritual
- 

### High Functioning Activities

- Exercise – standing optional
- Water aerobics
- Painting class
- Glaze ceramics
- Museum trips
- Crossword puzzles
- Bingo
- Shopping trips
- Reading to children
- Reading
- Bible study

### Moderate Functioning Activities assistance from activity leader

- Water colors
- Dull coat ceramics
- Cooking
- Walking groups
- Putting Golf Balls
- Floor basketball
- Music trivia (give them half the answer)
- Trips to restaurants
- Gardening
- Folding clothes, papers, etc
- Car wash

### Low Functioning Activities assistance from activity leader

- Hand massages
- Smelling spices
- Looking at pictures
- Listening to music
- Music sing a longs
- Cooking basic recipes – jell-o, applesauce, cookies
- Ball toss, balloon toss
- Chair dancing
- Short walks
- Prayer readings, musical hymns

### Evaluating the Activity Leader

- Pre-planning of activity program is evident. Room is large enough.
- Goal for residents is evident – encourages independence
- Leader makes eye contact with all residents
- Introduction of activity - greeting of each resident
- Leader shows enthusiasm
- Sensory involvement – visual, touch, taste, smell, hearing
- Leader uses visual cues to stimulate participation
- Leader uses verbal cues to enhance participation
- Attempt is made to involve each resident
- Program modifications are made to accommodate special needs of residents
- Free from interruptions
- Leader properly concludes the activity – review, praise, thanks

### Interviewing Candidates

- Go back one slide

### It takes a village

- Focus on the fact that you and the family member have to work together
- The family member educates the caregiver
- The caregivers guide the family
- Organize an orientation for families

### Take time to Ask, Observe

- How is it going?
- Practice active listening
- Observe the interactions between the person and their family member
- Look for opportunities to educate
- Educate, Educate, Educate

### Family Council

- Planned time for family members
- Focus on general issues
- Specific issues should be tabled for private meetings

### Difficult conversations have to happen

- Sex
- Not Eating
- Incontinence
- Falls
- Hoarding
- Lost Items
- Forget who I am
- Hospice
- This is why we need to celebrate the good times



### Document the Good Times

- Photos
- Writing notes
- Letter
- Caregiver comments

### Final Thoughts

- Be Honest
- Practice Good Customer Service
- Respond within 24 hours, sooner if it is an emergency
- Have a plan for concerns
- Take Responsibility

### What are some common behaviors?

- Wandering
- Hoarding
- Attempting to elope
- Paranoia, Delusions, Hallucinations
- Taking clothes off
- Flat affect, depression
- Following others
- Repetitive behaviors
- Lack of boundaries
- Destructive
- Self Centered
- Verbal Hurtfulness

### What are some of the causes?

- Poor Vision
- Sick – UTI, etc...
- Boredom
- Stress
- Stimulation – up or down
- Medication
- Disease
- Caregivers
- Tired

### How do we respond?

- Stay calm
- Talk quietly
- Listen to the person attentively
- Observe the persons body language
- Use touch
- Change the environment
- Remove the person form the environment
- Introduce a job
- Never argue
- Be prepared to protect others and yourself

### If the person is violent

- You need to be ready because it can happen right now
- Have resources and plans in place
- Know the people you are caring for – rely on assessment
- Try interventions
- If they do not work what do you do?
- Review so you can learn for future

### Conclusion

- 1. Identify cognitive and functional changes that occur in persons with dementia and how the caregiver can assist the person with dementia in achieving success.
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### Any Questions

- Email me at [Pikesville-MCD@emeritus.com](mailto:Pikesville-MCD@emeritus.com)
- Thanks for attending!!!