

You Can Live Well With Dementia

NOW AND IN THE FUTURE



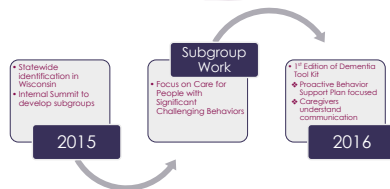
Overview

- The Dementia Tool Kit
 - A Tool for Self-Advocacy
 - A Tool used to Improve Quality of Life



2016 Photo by Unknown Author is licensed under CC BY-SA

Why was the Toolkit Developed?



What Is the Dementia Tool Kit?

THE TOOL KIT CONSISTS OF 5 DOCUMENTS:

- Script for Use
- My History Form
- My Future Form
- Observation Form
- Behavioral Communication Flow Chart
- Plan of Action

Why Use The Dementia Tool Kit?

- PROMOTE SELF-ADVOCACY IN PREPARATION FOR WHEN INDIVIDUALS NO LONGER ARE ABLE TO DO SO
- SO LOVED ONES LIVING WITH DEMENTIA CAN HAVE PERSONALIZED SUPPORTS
- FOR CAREGIVERS TO UNDERSTAND THE PREFERENCES OF THE INDIVIDUALS THEY SUPPORT

The Dementia Tool Kit Support Understanding:

- The type & level of dementia ... **NOW**
- The person & who they have been
 - **Personality, preferences & history**
- Other medical conditions & sensory status
- The environment – setting, sound, sights
- The whole day... how things fit together
- People - How the helper helps -
 - **Approach, behaviors, words, actions, & reactions**

Does the Dementia Tool Kit Work?

Care Plans w/ Dementia Focus

In a test population of 145 individuals:

- **63%** had plans of care created w/ dementia focused supports

Dementia Related Incidents

Partial Tool Kit completed (no Action Plan):

- **53%** fewer occurrences

Full Tool Kit completed

- **73%** fewer occurrences

Use of As Needed Medications

Additional **reduction** reported in use of medications for:

- Anxiety
- Agitation
- Aggression

How Is The Toolkit Used?

- ❑ THE INDIVIDUAL CAN COMPLETE THE MY HISTORY AND MY FUTURE FORMS FOR THEMSELVES
- ❑ THE INDIVIDUAL'S FAMILY/ LEGAL DECISION MAKER CAN COMPLETE THE PERSONAL HISTORY AND MY FUTURE FORMS FOR THE INDIVIDUAL
- ❑ YOU AND YOUR WORKERS MAY PARTNER TO COMPLETE THE PERSONAL HISTORY AND MY FUTURE FORMS

My History & My Future Forms

- ❑ THE GOAL IS FOR INDIVIDUALS TO RECEIVE QUALITY CARE AND CONTINUED QUALITY OF LIFE EXPERIENCE.
- ❑ ADVOCACY IS AN ESSENTIAL STEP IN QUALITY OF CARE.
- ❑ IT IS KEY THAT INDIVIDUALS HAVE A VOICE IN HOW THEIR SUPPORT NETWORK COMMUNICATES HOW CARE NEEDS ARE MET.

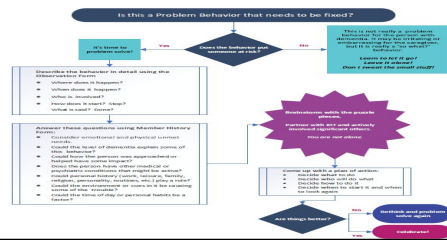
[illegible]

Behavioral Communication

- Individuals **communicate** using their words, hand/body gesturing and behaviors to express unmet needs such as discomfort or pain, anxiety, sadness feelings of loss, fear and positives such as excitement, joy, wonderment.
- When it becomes a **"problem"** is when the caregiver struggles to fully understand the communication from someone with a dementia dx to best support them and meet their needs.

- Individuals **communicate** using their words, hand/body gesturing and behaviors to express unmet needs such as discomfort or pain, anxiety, sadness feelings of loss, fear and positives such as excitement, joy, wonderment.
- When it becomes a **"problem"** is when the caregiver struggles to fully understand the communication from someone with a dementia dx to best support them and meet their needs.

Flow Chart



Action Plan

- TIES EVERYTHING TOGETHER
- PROACTIVE PLANNING
- PROVIDES CONSISTENCY IN CARE
- FLUID RESPONSES

DEMENTIA TOOL KIT

Plan of Action

1. To what is the person's personality?

2. What are their interests?

3. What are their fears?

4. What are their strengths and weaknesses?

5. What are their needs and desires?

6. What are their goals and dreams?

7. What are their values and beliefs?

8. What are their preferences?

9. What are their dislikes?

10. What are their likes?

DEMENTIA TOOL KIT

Effective Approaches (List of useful and/or frequently used items. These are strategies to use)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Effective Approaches (List of useful and/or frequently used items. These are strategies to use)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Resources

- SUGGESTIONS FOR STARTING YOUR EXPLORATION IN UNDERSTANDING DEMENTIA:
- Websites
- Assessment Tools
- Pod Cast
- Videos

(This is a list of some resources available to assist individuals diagnosed with dementia and their caregivers. The list is not intended to encompass all the various great resources available, and we encourage you to explore your community networks and the internet to find additional resources focused on topics important to you.)

• Alzheimer's and Dementia Alliance of Wisconsin (www.alzwc.org)

- [illegible]

- [Firearms and Dementia: How Do You Convince A Loved One To Give Up Their guns?](#) (NPR Article)
- [The Resilient Caregiver: Empowering Those Who Serve People Diagnosed with Dementia](#) (Apple podcast)
- [Worried About Grandpa's Guns? Here's What You Can Do.](#) (KFF Health News Article)



Next Steps To Make This Work For You

Questions?

Becki Mein
Associate Director- Family Care
Phone 715-236-5051
Becki.Mein@inclusa.org

LUSA