

MY GAME CHANGER

- Alzheimer's disease causes **brain damage**.
- Memories of past events are clearer than recent events, **be with him in his memories**, don't try to force him into the present.
- Communication comes in many forms – **Pay attention!**
- Loose light bulb** – sometimes he seems normal other times he is completely off.
- Avoid Catastrophic Reactions** – caused by arguing, loud noises, confusion, frustration, being hurried, or tired. Adrenalin and other hormones remain elevated in the body for hours. **He won't even remember what upset him, but he will be agitated long after.**

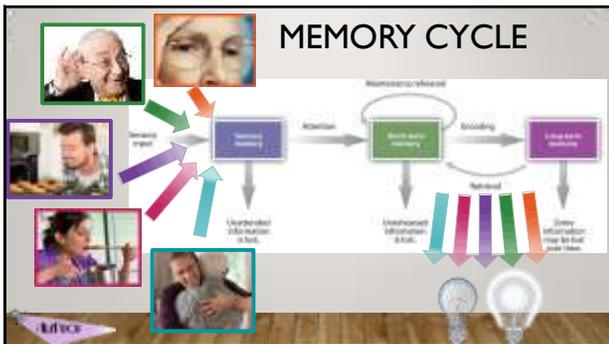
WHAT IS ALZHEIMER'S DISEASE

Alzheimer's disease is a type of dementia that causes problems with memory, thinking, and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's Disease - Symptoms & Causes | alz.org.
https://www.alz.org/alzheimers_disease_what_is_alzheimers.asp



WHAT IS MEMORY?



WHERE ARE MEMORIES STORED?



Since the early neurological work of Karl Lashley and Wilder Penfield in the 1950s and 1960s, it has become clear that **long-term memories are not stored in just one part of the brain but are widely distributed throughout the cortex.** After consolidation, long-term memories are stored throughout the brain as groups of neurons that are primed to fire together in the same pattern that created the original experience, and each component of a memory is stored in the brain area that initiated it (e.g. groups of neurons in the visual cortex store a sight; neurons in the amygdala store the associated emotion, etc.). Indeed, it seems that they may even be **encoded redundantly, several times, in various parts of the cortex, so that, if one engram (or memory trace) is wiped out, there are duplicates, or alternative pathways, elsewhere, through which the memory may still be retrieved.**

Memory Storage | Memory Processes In The Human Brain. <https://human-memory.net/memory-storage/>

MEMORIES ARE STORED THROUGHOUT THE BRAIN; RETRIEVAL MAY BE DIFFICULT

- Stress and anxiety
- Being tired, hungry, or thirsty (dehydration)
- Sensory overload (loud noises, bright lights)
- Brain damage
- Needing the toilet or constipation
- Pain
- Infection
- Blood pressure
- Low blood sugar
- Breathing problems

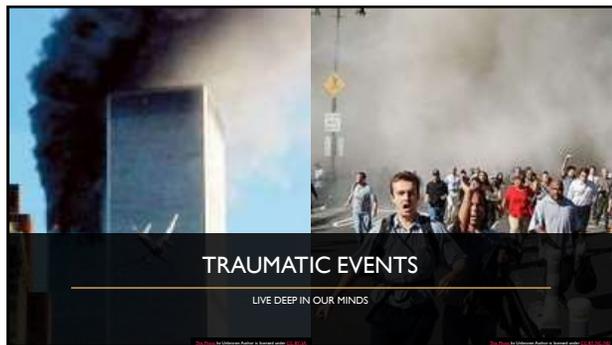
EMOTIONS CAN PLAY A ROLE ON MEMORY STORAGE

EXCITEMENT



WORRY OR STRESS





"Although the Alzheimer's disease affects neurons (brain cells) in both right and left brain, the ADL functional areas in the left brain is affected more than the right brain such as short-term memory, language, logic, executive function, math skill, etc."

Dr. Govind Bharwani
Award-Winning Neuroscience
Wright State University, Boonshoft
School of Medicine Dayton, OH

Practical Application using Behavior-Based Ergonomics
https://associationdatabase.com/avs/140/asset_manager/get_file/238140

<p>Left Brain:</p> <ul style="list-style-type: none">• Short-term memory• Language skill• Analytical skill• Talking, reading, writing• Speech comprehension• Verbal memories• Math skill• Grammar skill• Logical reasoning• Sense of time	<p>Right Brain:</p> <ul style="list-style-type: none">• Perception of faces• Emotional• Music and art• Environmental sounds• Emotional memories• Visual-spatial processing• Geometric thinking• Creative thinking• Childhood memories, prior to puberty
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Image: Dlandroid.com

**OUTPUT PROBLEMS
THE ABILITY TO COMMUNICATE**

- Loss of speech
- Saying the wrong word "NO" when they really mean "YES"
- Lack of ability to express proper emotions, e.g.: flat affect
- Confusing names
- Mistaking generations, e.g.: grandson for son, son for husband

WHAT CAN WE DO TO HELP?



Know	Know the person living with dementia
Recognize and accept	Recognize and accept the person's reality
Identify and support	Identify and support ongoing opportunities for meaningful engagement
Build and nurture	Build and nurture authentic, caring relationships
Create and maintain	Create and maintain a supportive community for individuals, families, and staff
Evaluate	Evaluate care practices regularly and make appropriate changes

ALZHEIMER'S ASSOCIATION
PRACTICE RECOMMENDATIONS
FOR PERSON-CENTERED CARE
(FAZIO, PACE, FLINNER, & KALLMYER,
2018)

Be a good detective

- Basic Needs**
 - Begin with basic needs first: such as toileting, temperature, hunger and thirst
- Listen**
 - Take in the whole scene. What else is going on in the room?
- Observe**
 - Try to figure out what they are trying to say. They may use the wrong words or no words.
- Take Time**
 - Take time to figure out what they want. If you are rushed or frustrated, they will feel it and get more agitated.
- Good Communication**
 - Develop trust by using eye contact at their level, proper tone of voice, and body language.

Get into their world Learn about their reality

Bill
born in Washington DC

Bill lost his life to Alzheimer's on 2/10 at age 76.

His mom died in 2008.

Family began to notice memory loss in 2004.

Grandchildren beginning in 1988 gave him a renewed purpose.

Last his job of 31 years. At 55, with little education had to start over. Had several jobs. Broke his ankle & could not work for several months. Suffered major back pain. Worked as a groundskeeper at the Naval Academy until age 65.

His 3rd child almost died.

Moved to Annapolis in the late 1960s & started a family. He was always close to his mother who lived down the street.

Born to Margaret and Oliver. Grew up in a large house with his mother's parents and her siblings.

Raised by a single mother. Catholic Family.

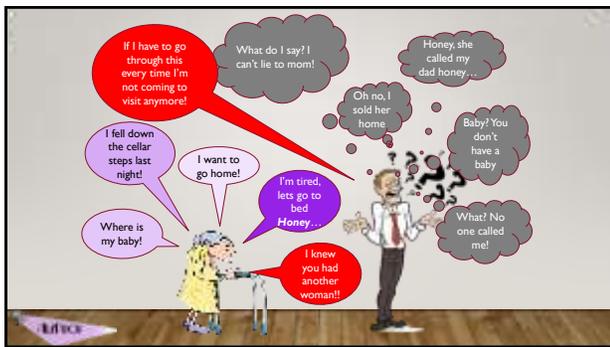
School was not his thing. Bullied by classmates. Uncle deployed WWII.

Left school in the 5th grade. Went to work to help support his family.

Joined the Navy in 1952 during the Korean War.

After the Navy, worked long hours at cold meat packing plant where he met his wife Irene. Also volunteer firefighter.





WHAT IS IMPROV?

Improv, or improvisation, is a form of theatrical performance in which the characters, scene, and story are made up in the moment.

IMPROV COMEDY



Yes, And (2015)
by Kelly Leonard and Tom Yorton



Bossypants (2011)
by Tina Fey



The Carol Burnett Show
CBS Television (1967-1978)



Whose Line is it Anyway?
ABC (1998-2004); ABC Family (2005-2007); The CW (2013-)

Rules of Improv

1. Say "Yes, And"
2. Don't be a jerk!
3. Really listen (don't just plan what you are going to say next)
4. Avoid asking too many questions
5. There are no mistakes

IMPROV PIONEERS IN DEMENTIA CARE...

Karen Scobbe "In the Moment"



<http://www.in-themoment.com/>

Teepa Snow "Positive Approach to Care"



<https://teepasnow.com/>









They may not **recall** your name or where they are right now, but that doesn't mean they have forgotten you.



Yes, and...

Rules of AlzProv

1. Relax!
2. Really listen to more than just their words: Is he tired, in pain, afraid, hungry, need the bathroom?
3. Put on your AlzGoggles & assess the scene: Loud noises, temperature, light, television?
- 4. Say "Yes, And"**
5. Avoid asking open-ended questions
6. There are no mistakes!

Questions?
