OVERVIEW

- ADRC Overview
- Dementia Care Specialist Role
- Dementia Friendly Community Coalition
- DICE
- Communication Tools for You
AGING & ADRC PRIMARY FUNCTIONS

- Information & Assistance
- Elder & Disability Benefit Specialist
- Prevention & Outreach
- Programs: Education, Events, Grounded Café
- Nutrition Congregate & Homebound meals
- Dementia Care Specialist

DEMENTIA CARE SPECIALIST

DEMENTIA FRIENDLY COMMUNITY COALITION

DEMENTIA CARE SPECIALIST

- WI Dept of Health Services - Dementia Re-design
  1. Dementia Capable ADRC
  2. Dementia Friendly Communities
  3. Support people with Dementia and their Caregivers

Dementia-Capable WISCONSIN
Small Changes Make a Difference Video
(3 mins)
https://www.youtube.com/watch?v=Fz8ACEu7Lo

SPARK & BARKHAUSEN SENSORY WOODS

SPARK! programs at the Neville Public Museum occur the third Tuesday of each month at 10:00 a.m. and are FREE for families to attend together in a comfortable environment. Space is limited, so please pre-register for the programs you plan to attend.

Brain Check-Up Certificate
Normal Aging...or Something Else?
Early detection is important. Treatment may be possible.

3 exercises to detect cognitive changes
• Quick with discussion that follows
• Free & Confidential
• Can share with your doctor
• Annual rescreen recommended

Redeem for one free Brain Check-Up. Contact ADRC at (920) 448-4300.
THE DICE APPROACH

Behavioral Symptoms of Dementia

Wandering
Repetitive questions
Rummaging, hoarding
Verbal outbursts – yelling, excessive vocalizations, cursing
Physical – hitting, spitting, kicking
Paranoia
Hallucinations
Sleep-wake disorders
Sundowning
Resistance to personal care
Inappropriate sexual expression
Person with Dementia Factors

- Psychiatric problems, personality issues from earlier in life
- Acute medical problems
- Sensory Changes
- Unmet needs

Environment Factors

- New or unfamiliar setting, change in routine
- Change in staff
- Noise
- Lighting
- Large number of people
- No orienting cues for way finding.

Environmental Considerations
Environmental Considerations

Caregiver Factors

Is it something I did?

• Attitude – relaxed or anxious?
  • Body language – tense?
  • Tone of voice – cheerful or demanding?
  • Facial expression – smiling?

WHAT IS THE DICE APPROACH?

ESCRIBE

INVESTIGATE

CREATE

VALUATE
DESCRIBE

• The Person with Dementia

• The Caregiver

• The Environment

A person on the street….

An old person playing an instrument…

A bag lady with instruments….

Is this a lady……?
INVESTIGATE

• This step is often left out of the management of behavioral symptoms
• Many antipsychotic medications are prescribed in a knee-jerk fashion

CREATE

The care team collaborates to Create ideas to address the behavioral problems.
• Safety First! Driving, falls, wandering, aggression
• Address medical problems; pain, sleep, blood sugar
• Behavioral and environmental interventions

BEHAVIORAL AND ENVIRONMENTAL INTERVENTIONS

Family and caregiver support:
• Education is an intervention
• Caregiver respite is an intervention
• Caregiver self-care is an intervention
• Activity is an intervention
EVALUATE

• You have worked hard to
  • Describe
  • Investigate
  • Create
  • DON’T STOP NOW

• How do you assess whether the CREATE strategies were effective???

OUTCOME COMPONENTS

• Outcome measures
  • What was tried?
  • What was implemented?
  • Did it work?

• Note:
  • Impact on the behavior
  • Change in caregiver bother or distress
  • Treatment of causal or contributory factors
  • Change in communication and teamwork by caregiver and staff
  • Adjustments in daily routine

NEXT STEPS IF SUCCESSFUL OR PARTIALLY SUCCESSFUL...

• If things looked good on evaluation, stay the course

• If things looked better but not yet a success, thing of ways to tweak the treatment plan in CREATE
IF NOT SUCCESSFUL...

- Was it really a failure of the strategies or of implementation?
- Adjust your approach!
- Repeat DICE steps and consider new strategies!

You and your loved one are a team. Your Dementia Care Specialist is part of your team.

Psychiatric Medications as a Last Resort
One size DOES NOT fit all

If you know ONE person with dementia, you know ONE person with dementia.

COMMUNICATION TOOLS FOR YOU

VALIDATE

_Person with Dementia:_ “I need to call my daughter. She was supposed to pick me up!”
_Caregiver:_ “Oh, you must be worried.”

**DO:** Begin by validating the feeling and give a word to the emotion.

**DON’T:** Dismiss the person with dementia.

_Why?_ Validation can reduce stress and agitation. The emotion is more important than the reason behind it.
**APOLOGIZE**

Person with Dementia: “Where did you put my wallet?”
Caregiver: “I’m sorry, I must have moved it.”

**DO:** Take responsibility for things even if it wasn’t your fault.

**DON’T:** Turn the blame back on the person with dementia.

**Why?** An apology is a great way to allow a person to move forward in a conversation.

---

**REASSURE**

Person with Dementia: “I’ve lost my purse. I had it right here.”
Caregiver: “Don’t worry, I’ll help you find it.”

**DO:** Ensure the person with dementia feels that help is on the way.

**DON’T:** Take the opportunity to orient the person with dementia.

**Why?** Whether a person has dementia or not, statements of reassurance are naturally calming.

---

**REDIRECT**

Person with Dementia: “I need to go to the bank and get my money out.”
Caregiver: “Yes, let’s go for a drive this afternoon. Let’s eat lunch first.”

**DO:** Respond affirmatively, then offer another activity to do first.

**DON’T:** Reorient the person and explain that they no longer need to go to the bank.

**Why?** Redirection or distraction is one of the most effective ways to change the thought process of your loved one with dementia.
**DON'T REORIENT**

Person with Dementia: “I want to go home. This is not my home.”

Caregiver: “You grew up on a farm, right?”

**DO:** Identify their request as an attempt to connect and communicate an anxiety emotion.

**DON’T:** Try to convince them that they are “home” and reorient them.

**Why?** Forcing a person with dementia to accept parts of reality that they cannot understand is harmful.

---

**BRINGING IT ALL TOGETHER**

Person with Dementia:

“Nobody is going to make decisions for me. You can go now...and don't come back!”

---

**BRINGING IT ALL TOGETHER**

Caregiver:

“I’m sorry (APOLOGIZE), this is a tough time (VALIDATE). I love you and we’re going to get through this together (REASSURE). It is important that you make your own decisions (DON'T REORIENT). You know what? I got a new recipe for banana bread (REDIRECT). I think you love banana bread.”
TIPS TO TAKE WITH YOU

EMOTION
• Respond to the emotion being communicated

REALITY
• Respect their reality, that is all they know

WE CAN
• They can’t change but we can

QUESTIONS?

Sheri Mealy
Dementia Care Specialist
448-4293
sherimealy@co.brown.wi.us
Aging & Disability Resource Center
300 S Adams St
Green Bay WI 54301

Aging Disability Resource Center
of Brown County