



What Does the Behavior Say?

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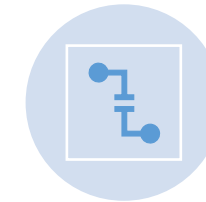
The Five A's of Dementia



Amnesia – loss of memory



Aphasia – loss of ability to communicate



Apraxia – loss of the ability to coordinate movements or manipulate objects



Agnosia – loss of ability to recognize people and objects



Anosognosia – lack of awareness of own condition

First In, Last Out



Abilities that are acquired first in childhood remain for a long time in persons with dementia. Abilities that are acquired later in childhood are the first abilities lost with dementia.

The person moves backward in time in memory and ability.

Behavioral Expressions

Wandering

Shadowing

Repetition

Aggression

Resistance

Hoarding

Rummaging

Strange
behavior

Strange
sounds

Sundowning



Auditory Challenges with Dementia



- Perception and discrimination
 - Can't filter noise – intermixed sounds
 - Disembodied voices
 - Lose ability to know what to focus on
 - Temporal lobe damage
 - Setting priorities for attention
- Processing
 - Foreign language
 - Finding the meaning



- Startle response
 - Attention lost
 - Distractions – can't recover
- Sensitivity
 - Loud noise tolerance
 - Buzzing or ringing sounds in head

What Happens



- Agitation, Anger, Frustration, Fear
- Confusion/Misinterpretation
- Disorientation
- Physical Pain
- Escape
- Social Isolation
- Safety Compromised

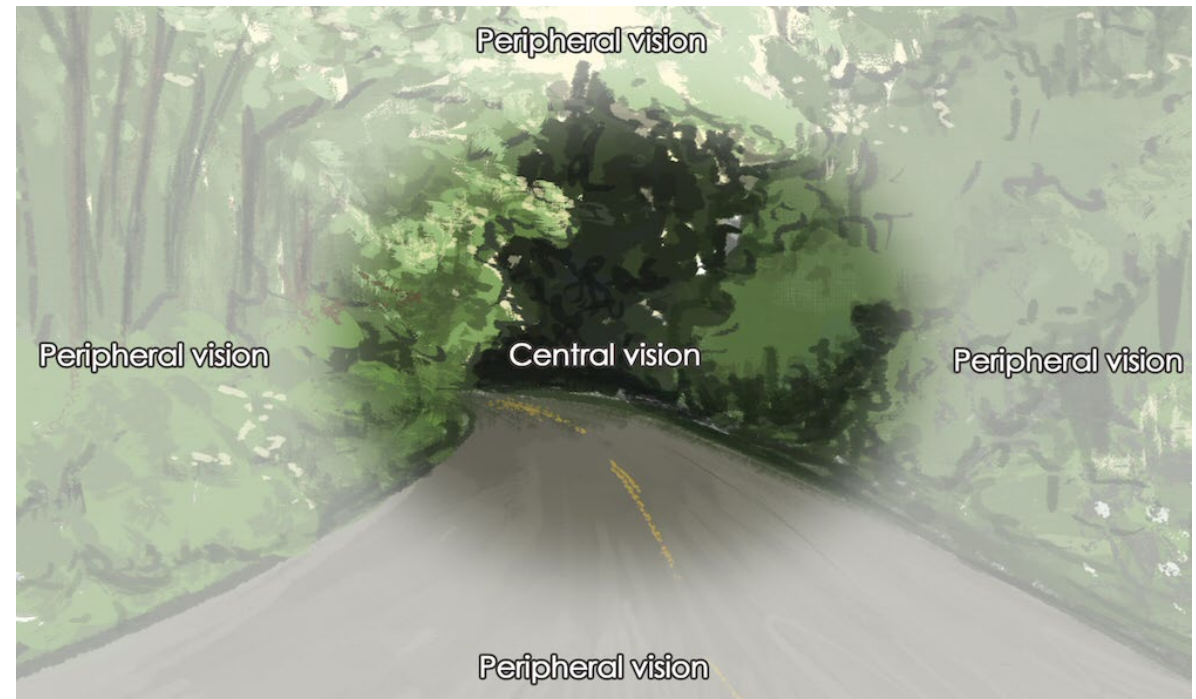
What Can We Do?

- Reduce background noise
- Eliminate distractions
- Slow down and allow time to process
- Body language – get in front, facial expression
- Don't shout or use high pitch voice
- Check for understanding
- Provide quiet spaces and times



Dementia Related Challenges

- Delayed constriction/dilation of pupils
- Loss of peripheral vision
- Sometimes see flashes from sides
- Misinterpretation of objects



Entire Visual Field in One Eye

What Can We Do?

- Contrasting colors
- Bright lighting (without glare)
- Slow down when taking person from light level to another
- Large print
- Use their line of sight for eye contact
- Avoid clutter
- Make sure person has their glasses



Four things to Remember

1. The person is with dementia is not giving you a hard time. The person is having a hard time.

2. The person with dementia can do no wrong.

3. All “dementia behaviors” are normal human behaviors.

4. We are responsible for **successful** communication with people who live with dementia.

Five “Rs” of Dementia



Reinforce



Reassure



Rescue



Redirect



Reassess

Reinforce

Tell them they are doing well, and you are proud of them.

This can be done with a touch and soothing words no matter the stage they are in.

A great deal of reinforcement is necessary.

This can be difficult for an adult child to do with a parent, but without it, loved ones tend to give up and withdraw, which can lead to depression.

Reassure

When things are not going well, and you are having a rough time, reassure them that everything is fine, and you will be with them no matter what.

Rescue

Sometimes people with the best intentions place your loved one in an awkward position by asking questions in social situations that would be difficult for them to answer.

Jump right in and rescue them with the answer and reinforcement.

Redirect

There are times when it is better to change the subject or activity and move on to something else.

By redirecting, the slate is wiped clean for your loved one.

Reassess

People with dementia are unable to tell us when noises are too loud, interruptions are causing frustration, too many movements through their space.

Are they avoiding certain areas, is the light too dim, is there too much noise from the TV, is it too hot or cold?

Constantly reassess the environment for compatibility with your loved one.

PEP Approach



Rule out in order:



1. **P**hysical cause:

Is there a physical event that is triggering the behavior, e.g., hunger, thirst, pain, constipation, full bladder, etc.?



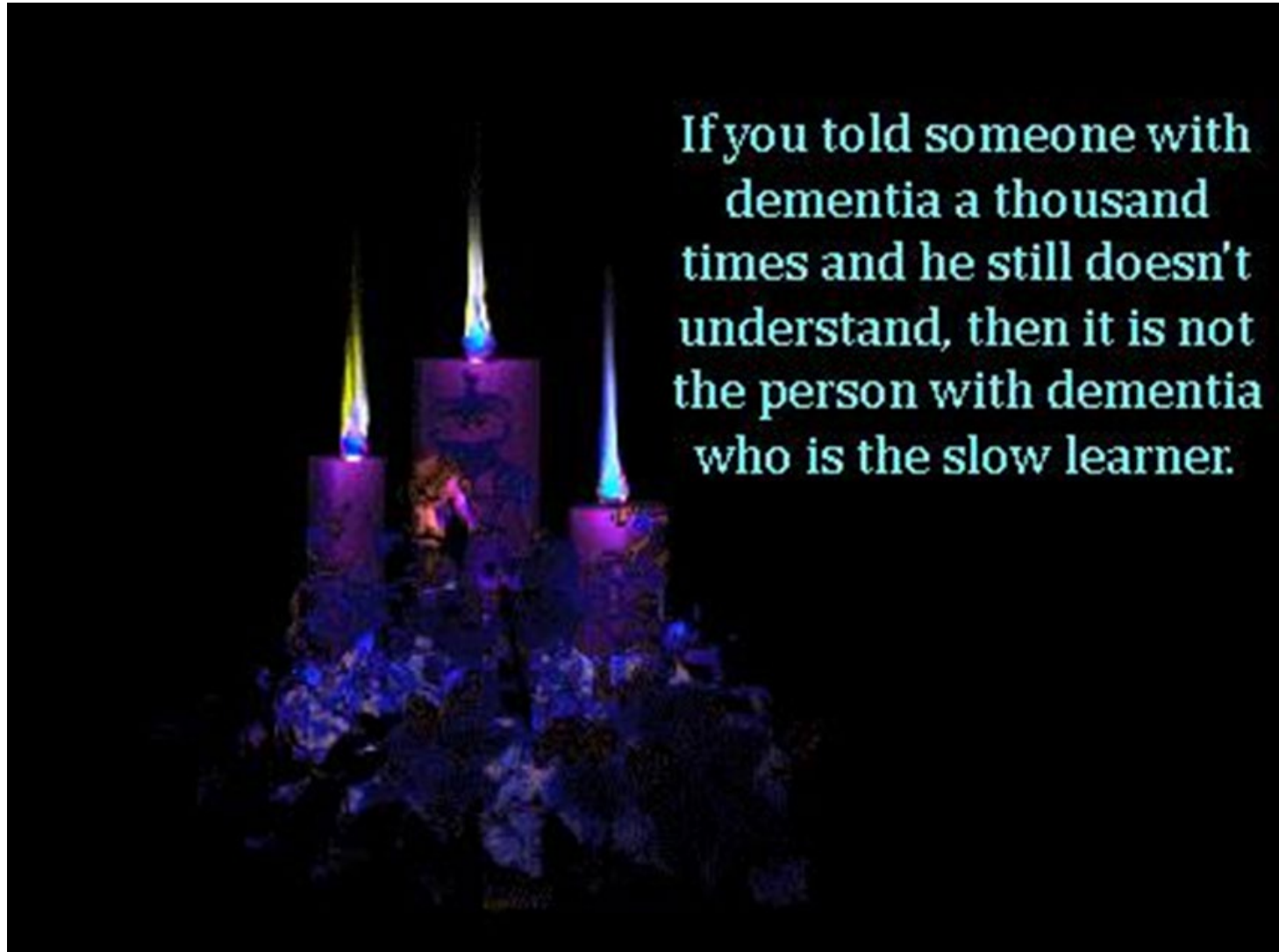
2. **E**nvironmental cause:

Is there something in the environment that is triggering the behavior, e.g., too much noise, rearranged furniture, unfamiliar surroundings, new people, etc.?



3. **P**sychological cause:

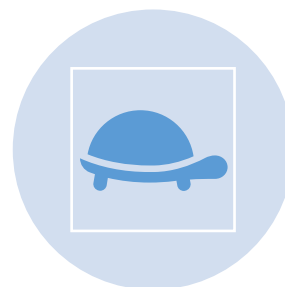
If there is no physical or environmental trigger that can be determined, then evaluate for a psychological cause.



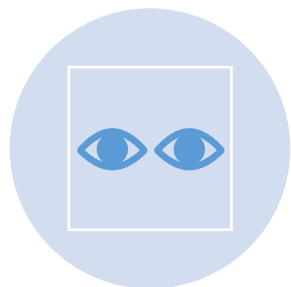
Non-Verbal Communication



Be aware of your feelings and attitudes – they can be conveyed in your tone, expression and posture.



Try to act unhurried, even you are in a rush.



Maintain eye contact.



Focus on feelings, not facts.

Things to Do

Listen	Listen carefully, including to what is not said
Help	Help a person fill in the blanks
Ask	Ask opinions
Give	Give compliments
Enjoy	Enjoy the person in every way possible
Use	Use a person's life story regularly
Rely on	Rely on humor
Keep	Keep language simple

General Recommendations

- Give Control Back
- Guarantee Success
- Make Things as Familiar as Possible
- Make Concrete (visual) Choices Available
- Create Calm and Safety
- Encourage/Reassure Frequently
- Keep Them Busy – Things to Get Into
- Take Cues from Them and Adjust Accordingly
- Adjust TIME Expectations



Thank you!

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