


The header of the slide is a dark purple banner with a wavy bottom edge. It contains two overlapping circles: a larger light purple one and a smaller, semi-transparent light purple one. A small, solid magenta rectangular shape is positioned in the top right corner of the banner.

Objectives

- Understand how abilities change as someone progresses through dementia
- Understand the importance of keeping the individual engaged
- Designing daily activities for people living with dementia
- Understand the different types of activities



EARLY STAGE

EARLY STAGE

- DEPRESSION
- WITHDRAWN FROM FAVORITE ACTIVITIES OF INTEREST
- CAN STILL DO MOST ACTIVITIES BUT can become UNCOMFORTABLE DOING SO
- COMING UP WITH THE RIGHT WORD
- REMEMBERING NAMES WITH INTRODUCED TO NEW PEOPLE
- DIFFICULTY PERFORMING TASKS IN SOCIAL/WORK SETTINGS
- FORGETTING MATERIAL THEY JUST READ
- LOSING OR MISPLACING VALUABLE OBJECTS
- INCREASED TROUBLE PLANNING OR ORGANIZING
- Difficulty keeping up with Appointments
- Gets easily frustrated when things don't go well or others won't "behave right"
- Running on routine, easily frustrated in changes in plans or routine



MIDDLE STAGE

- ❑ FINE MOTOR SKILLS LOST
- ❑ MORE FORGETFUL OF EVENTS/PERSONAL HISTORY
- ❑ TENDENCY TO WANDER AND BECOME LOST
- ❑ UNABLE TO RECALL INFORMATION SUCH AS ADDRESS, PHONE NUMBER, ETC
- ❑ CONFUSION ON WHAT DAY IT IS
- ❑ REQUIRING HELP TO SELECT APPROPRIATE CLOTHING FOR THE SEASON/OCCASION
- ❑ DIFFICULTY WITH BLADDER/BOWLS
- ❑ CHANGES IN SLEEP PATTERNS (SLEEPING MORE DURING DAY; RESTLESS AT NIGHT)
- ❑ PERSONALITY/BEHAVIORAL CHANGES
- ❑ DIFFICULTY WITH ABSTRACT OR PULLING INFORMATION WITHOUT PROMPTS
- ❑ Difficulty expressing thoughts; may see some word jumbling or word substitutions
- ❑ Becomes upset if unable to figure out what should or needs to be done
- ❑ Can follow simple gestures and demonstration
- ❑ Touches/handles anything visible
- ❑ Often will imitate you
- ❑ Responds to tone of voice, body language, and facial expression
- ❑ Language is poor and comprehension is limited

LATE STAGE



LATE STAGE

- DECLINE IN PHYSICAL FUNCTION INCLUDING WALKING, SITTING, AND SWALLOWING
- PLACING THINGS IN EDIBLE OBJECTS IN THEIR MOUTH
- REQUIRING ROUND THE CLOCK CARE WITH PERSONAL CARE
- LOSE AWARENESS OF RECENT EXPERIENCES AS WELL AS SURROUNDINGS
- DIFFICULTY COMMUNICATING; WORD SALAD OR UNABLE TO COMMUNICATE VERBALLY AT ALL.
- UNABLE TO INITIATE ENGAGEMENT
- FOCUS ON SENSES
- Often they will not remember what you said but will remember how you made them feel!
- They CAN look and listen at times, when awake
- May hold objects or rub with assistance and guidance
- May repeat movements
- May make facial grimaces for stimulation or in response to them
- Limited awareness of others
- Poor swallowing or eating
- Startles easily
- Tip: keep voice deep as you give care in a slow manner

CARE PARTNERING

- REMEMBER WITH EACH STAGE WE ARE TO BE CARE PARTNERS.
- WE ARE DOING THINGS WITH PEOPLE VERSES TO PEOPLE

What is an Activity?

- ▣ We talk a lot about medicines and about ADLS (activities of daily living) Walking, talking, eating, dressing, bathing. All incredibly important as we age and as we progress through this journey this disease takes us on.
- ▣ However, how often do we really look at what it is in our daily lives that makes up the **WHO of WHO WE ARE**. This is the essence and importance of activities. You need to examine those things when planning a meaningful routine for your loved one.
- ▣ Our lives are made up of MOMENTS. While the entire day may not be perfect and joyful we can create and experience perfectly wonderful moments. A smile on their face, a shared laugh together.
 - ▣ People NEED to be Needed

What is an Activity

- EVERYTHING IS AN ACTIVITY!
- Consider the start of your day to the end of your day-
 - What is it made up of?
 1. **Self Care Activities**-Wake up, brushing hair, brushing teeth, getting dressed. When these things start to have impairment it can affect the persons ability to feel independent. Encourage them to participate, use hand under hand to help support/guide.
 2. **Productive/Work Activities**-going to work, taking care of kiddos, lawn care, cleaning up the house, fixing a broken shelf, etc these are activities that show to ourselves and others that we are competent, skilled, and valid members of our families and communities.

(I'M AN IMPORTANT PERSON)

What roles and responsibilities did they have

Ex: a businessman/woman-sort papers, socialize with others, make phone calls, make visits a housewife/husband may bake, clean, do laundry, sweep

Ex: helping others, supervising, recycling, fixing things, sanding, taking a part or putting together pic pipe
 3. **Restorative/Rest Activities**- These are activities that promote re-energizing/revitalization Examples include rocking, petting animals, napping, praying, etc
 4. **Leisure/Fun Activities**-These can include physical activities, passive activities, solitary activities, social activities.

Things you do for fun and enjoyment, and often the highlight of our day. Activities we do because we WANT to.

Example: singing, playing cards, puzzles, grading, etc
- Everything we do throughout the day from the time we wake up to the time we call asleep is a TYPE of activity. Many times people think activity and they think of just the things we do for enjoyment
- Remember getting Alzheimer's does NOT eliminate the need to be needed and to be seen as valued members of our communities and families. According to Teep

Structuring & Selecting an Activity

- **ALWAYS** focus on the engagement not the completion or perfection of the activity!
- What skills are needed to do the activity? How can that activity be adapted to help your loved one be and feel successful.
 - Example: Bingo
 - Early stage. Can play independently, may require encouragement as they tend to shy away from activities they used to enjoy. Afraid of failure or someone else recognizing their "mistakes". This is a huge self esteem issue for many of our loved ones in the early stage. You often see bouts of depression here.
 - Middle Stage: Use hand over hand to guide them to the number or just silently point to the number. This allows them to be guided and supported but not directive which keeps their independence and dignity in tact.
 - Late stage: talk to them about the bingo cards and chips, let them feel the weight and texture of the chips. Talk to them about what's going on in the game.

Structuring & Selecting an Activity

- What is and was your loved ones likes, hobbies, work life?
- What steps/skills are needed, what cues or modeling will the person need.
- Look at what times of the day is best for that activity
- ROUTINE & CONSISTENCY
- MAKE GRADUAL TRANSITIONS TO DECREASE ANXIETY
- Where are they in the disease progression?
 - Example: Early stage-People tend to withdraw from activities of interest. Can be dealing with self esteem issues, frustration, depression
 - EXAMPLE: "I should know the name of this"
 - NOTE: Dementia can change interest, personality, and senses. It's important to be flexible to changes. Just because he/she used to be a group and outgoing person doesn't mean that is the case any longer. Be flexible to his/her needs
- ▣ WE HAVE THE HEALTHY BRAINS NAD WE HAVE TO BE THE ONES TO ADAPT!

- Its all about finding a balance
- Have a variety of each type of activity daily
- REMEMBER TO INCLUDE TIME FOR YOU!

HELPING HANDS

- **CAN YOU HELP VS WOULD YOU HELP**
- **NEVER UNDERESTIMATE THE VALUE AND POWER IN THIS SIMPLE PHRASE!**
- **CREATES VALUE, MEANING, AND PURPOSE**
- Example: often the selected activity from a skill standpoint is appropriate for a child. We want to preserve their dignity, promote value/meaning, as well as maintain the skills they have. I would ask a client to help me put together simple wooden trains. However, I would tell them we are giving them away to children at Christmas who do not have anything. I might even ask a client to put something together because " I couldn't figure out how to do it"

Structuring and Selecting an Activity

- **JOIN THEIR JOURNEY!**

Common “Behaviors” AKA REACTIONS

- ▣ *I like the word “reactions”verses Behaviors as the majority of the time they are REACTING to a trigger*
- ▣ 1. Wandering-Often people who wander are looking for something familiar. It can help to create spaces for them to plunder through
- ▣ 2. Hoarding-If its not dangerous just let them have it. If you need to remove the item try trading what they have
- ▣ 3. Aggressiveness/Combativeness/Paranoia/Anxiety
 - ▣ -Always VALIDATE THEIR FEELINGS BEFORE REDIRECTING
- ▣ 4. Sexual Inappropriateness-remember this is a need they are feeling-be aware of what you maybe unintentionally communicating through affection and/or body language.
- ▣ Yelling Out
- ▣ Crying

Tips & Techniques

- ▣ **BREATHE,**
 - ▣ _take a look at what potentially could be causing their reaction. Is the behavior a risk to that person or others
 - ▣ What basic needs are possible being unmet at that moment. Are they hungry, thirsty hot/cold, need to go to the bathroom.
- ▣ TALK SLOWLY , be patient, guide, and support. They will pick up very quickly on a “rushed” feel to our stress and actions. This could cause escalation.
- ▣ Be a good detective : Describe the behavior: WHO, WHAT, WHERE, WHEN, WHAT makes it worse, How frequent is it happening.
- ▣ They May not understand what you need or want them to do.
 - ▣ Often non-verbal cues can help communicate. Examples include visual, touch, and or modeling what you are asking them to do. A client no longer recognizes what silverware is and looks at their bowl of cereal like it’s a foreign object. I DO NOT want to inadvertently take that skill away from them by rushing in and just feeding that person. Instead, I sit in front of them with a bowl of cereal and I start to eat my cereal. This is called modeling. That client started feeding themselves. They just needed a visual cue to know what was happening.

Tips & Techniques

- ❑ Simplify the information you are giving them. A good rule of thumb is if you have to use the word "AND" in the sentence you have given too much information at one time. This can lead to frustration for your loved one and the caregiver.
 - ❑ Do you prefer the red shirt or the blue shirt? This keeps your loved one still in control but prevents the decisions from becoming overwhelming
- ❑ Always Emphasize on what they STILL can do its ABILITY verses Disability!
- ❑ Avoid phrases such as "Don't you remember" or "I Told You".
- ❑ Avoid pointing out Mistakes and Errors
- ❑ NEVER EVER ARGUE-join their journey NEVER ignore their feelings, no matter how repetitive they are. The feelings in that moment and/or hallucinations are VERY real for them. Remember Join their Journey!
- ❑ Always encourage, reassure and praise
- ❑ NEVER REASON and Rationalize-Always Acknowledge then Redirect
- ❑ ALLOCATE FOR TIME & STRUCTURE
- ❑ Be cautious of Television. TV can be restorative however, be selective of programming as it can be interpreted as reality and become a trigger instead of an engaging activity.
- ❑ BE A GOOD DETECTIVE; TAKE NOTE IF YOU SEE ANXIETY. WHAT IS THE ACTIVITY, TIME OF DAY, ENVIRONMENTAL TRIGGERS

TEEPAs TIPS

- ❑ TEEPA SNOW
 - ❑ Learn to DANCE with our Partner
 - ❑ WE must be willing to CHANGE ourselves, be flexible to their needs, skills, and changes
 - ❑ WE met be willing to STOP and BACK OFF; be willing to try something new, different
 - ❑ Be willing to FAIL and TRY again!
 - ❑ By managing our own behavior, actions, words, & REACTIONS we can change the outcome of an interaction!
 - ❑ Ask yourself is this "behavior" a Problem or is this a "SO WHAT" behavior
 - ❑ Be a Partner not a Boss
 - ❑ Do WITH me , not for me or to me

The Positives

- It's a matter of perspective
- It's a matter actively looking for those moments
- Plan & Create those moments
 - Loved ones living with Dementia often have a difficult time initiating conversation and activities. Which puts the responsibility on us! We have to tap into that Long Term Memory to trigger those moments!

Moments of Joy:

- When your parent no longer remembers who you are--Ask questions about his/her child/children; through that you'll hear the love they feel. Focus on how much they express that they love their child/children. Relish in the joy and love they still have for you.
- When the skilled musician cannot recall how to play his/her instrument any longer but picks up a straw and blows and moves his/her fingers as if he/she was playing. Find Joy in that Moment they are still connecting to who they are but expressing it differently.

Finding Joy

- When he/she squeezes your hand and smiles because they can no longer verbalize that comfort you are providing them. That's Joy in the Moment
- When your spouse of 60+ years pops you on the behind and says "Are you seeing anyone?" Take Joy in that your spouse still finds you attractive.
- When your best friend that you have known since you were both kids has forgotten who you are but you remember your favorite song "Don't Sit Under the Apple Tree" and they join in and all of a sudden recall that song. Initiate that conversation, start telling them about how they had this friend and they used to sing this song all the time. Likely they will join along and tell you how they did those same things. Take JOY in that moment

Finding Joy

- Some of my favorite moments that have enriched my life and professional career has been through spending these moments with those living with Dementia.
- I LOVE how I can come in on a Monday morning and my precious friend would say to me " OH HOW I HAVE MISSED YOU, even though she couldn't recall my name she KNEW she trusted me and there was safety in that feeling.
- I loved the moments where a client shared that she used to care for her parent who had Dementia and she was so embarrassed that I had to help her to the restroom. I got to share with her that everyone needs a little help from time to time and that she shouldn't take my blessing away by not allowing me to help.
- I loved connecting the retired teacher with children for story time and her helping me read to the children as a volunteer
- I loved the moments when I danced in the rain with the client who was a 60s baby with younger onset and it helped her just be free and enjoy being silly in the rain

Finding Joy

- I found joy in the client who no longer talked but I could connect my MP3 player with padded headphones and she would start to tap her feet and smile
- I loved the moments where the artist no longer could do skillful paintings but could flip through a picture book of beautiful pictures of landscape and artwork. I took joy in knowing that she was making a connection to who she is and the things she once loved
- I loved the moments with the meticulous gardener who raked insistingly in her yard to get all the pine straw out but now helps me water the raised garden beds or gets her hands dirty when we just pull weeds
- I love some of the last moments I shared with a client who was in so much pain and hurt and cried all the time that I was able to sit beside her and stroke her hair so that she could rest even if it was only for 20 minutes
- I love moments of Laughter we share when we reminisce about how crazy and dark some of the nurse rhymes sound that we sang to our littles.

Finding Joy

- I loved the moments when the pilot could no longer fly but I rode him to the airport and we sat and just watched the planes
- I loved the moments when an angry veteran with a very short fuse would sing "let me call you sweetheart" even in his last days he was able to sing that with me
- I love the moments with the veterinarian who no longer could walk could stroke a puppy and show me how to listen with a stethoscope. I even chuckled when he insisted on checking his gentiles! (Sometimes you just have to go with the flow!)
- I loved the moments with the orchestra musician who forgot that she played but when I took her to hear a live concert she closed her eyes and just embraced the music.
- I loved the moments when someone says they can no longer do "x,y, and z" and they surprised them. (ability verses disability)
- I Loved the dancer who was told she would never ballroom dance again, followed the steps better than most when she heard the music and had a partner.

Finding Joy

- Dementia: All kinds is a difficult journey for your loved one and their families. We MUST actively seek the moments of joy.
- FOCUS on what the CAN Do
 - They can laugh
 - They can love
 - They can help
 - They can have moments of independence

MOMENTS OF JOY

- ACTIVITIES MAKES UP OUR DAILY LIFE HELPTS TO SHAPE AND MAKE UP THE WHO OF WHO WE ARE
- ENGAGING ACTIVITIES ARE USED TO GIVE BACK MOMENTS OF JOY, HAPPINESS, AND IMPROVED QUALITY OF LIFE
- THE DIFFERENCE BETWEEN SIMPLE ENTERTAINMENT AND ENGAGING ACTIVITIES THAT CAN STIMULATE THE BRAIN

Busy Hands

- Stuffing Envelopes
- Polishing Silverware
- Sorting Silverware
- Folding Napkins
- Watering Plants
- Sorting Buttons
- Snapping Beans
- Shucking Corn
- Sorting jewelry
- Sorting change
- Sorting Coupons
- Rolling Yarn

Arts & Crafts

Goals/Benefits

- 📄 Hand/Eye coordination
- 📄 Fine motor skills
- 📄 Outlet for expression
- 📄 Coping for anxiety/stress
- 📄 Relaxation
- 📄 Social Skills if in a group setting

Arts & Crafts cont..

- ▣ Sometimes arts and crafts can be challenging because the skill doesn't always match up to the type of project that would be age appropriate. I have always found it beneficial to create an environment where the person feels needed and has a purpose. For example I might would ask them to put together a wooden airplane. This is geared for the skill level of a 5 year old so technically its not "age appropriate"
- ▣ however, because the skill level is there in order to preserve their dignity and give purpose to the activity. I would ask if they could help me put this together to give the children at the hospital, or for my nieces and nephews, or even an orphanage.

Men

- ▣ Men can be particularly challenging at times. They are traditionally the "work horse" of the family and generally viewed as the "provider".
- ▣ Handouts:
 - ▣ Plumbers Puzzle
 - ▣ Nuts and Bolts
 - ▣ Mr. Fix It
 - ▣ Locks Puzzle
 - ▣ Sanding Wood pieces
 - ▣ Polishing Shoes

Cognitive Activities

📌 Goals/Benefits

- Tapping into Long Term Memory
- Attention Span
- Increase Problem Solving Skills
- Maintaining Current Cognitive Abilities

Handouts

- Shopping List Scavenger Hunt
- Easy Crossword puzzles (CAT, RED, TWO, etc)
- Themed Picture Books (Flowers, Landmarks, Famous People, Animals, etc)
- Silverware Sorter
- Finish the saying/Proverbs
 - Adaptation just put a recipe together verbally

Physical Activities

📌 Goals/Benefits

- Maintain or increase range of motion
- Maintain or increase flexibility
- Increase or maintain balance
- Strengthening Muscle and bones
- Muscle Control/ Fall Prevention

Sensory Activities

📌 Goals/Benefits

- Focuses on taste, smell, touch, hearing, and visual stimulation
- Can promote Relaxation and comfort
- Increase appetite
- Tap into long term memory

Music Activities

□ Goals/Benefits

Music is one of the last skills to leave; music is stored in a separate part of the brain. Research shows there is a connection between emotions, motor skills, and music.

- It can be calm us or energize us
 - Make note of how your loved one responds, sometimes too much noise can become a trigger
 - Can be used to increase movement
 - Help with transfers, mobility, and shuffling
 - Increase attention
 - Improve mood
 - Can tap into Long Term Memory
-
- Example: I worked with a gentleman once who had identified a favorite song a Memory Community had and every morning they played "You are my Sunshine" while getting ready for breakfast. It became so habitual that when they played that song over the speaker system residents came to breakfast on their own verses the staff having to go gather them.

Music & Memory Resources

- <https://musicandmemory.org/>

Resources

- **Good News Network-Nothing** but positive stories. This is particularly good for those who enjoy the news but doesn't need to be exposed to the violence that is sometimes reported.
- Easy Puzzles amazon or cereal boxes



Resources

- Painting:
 - Tape Painting, Aqua Painting

