

Hear Me I'm Hurting

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KEEPING
LOVE ALIVE
AS
MEMORIES
FADE

*The 5 Love Languages® and
the Alzheimer's Journey*

Deborah Barr, MA • Edward G. Shaw, MD

GARY CHAPMAN, PhD

#1 New York Times bestselling author of *The 5 Love Languages®*

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The dementia journey can be characterized by a series of transitions and losses

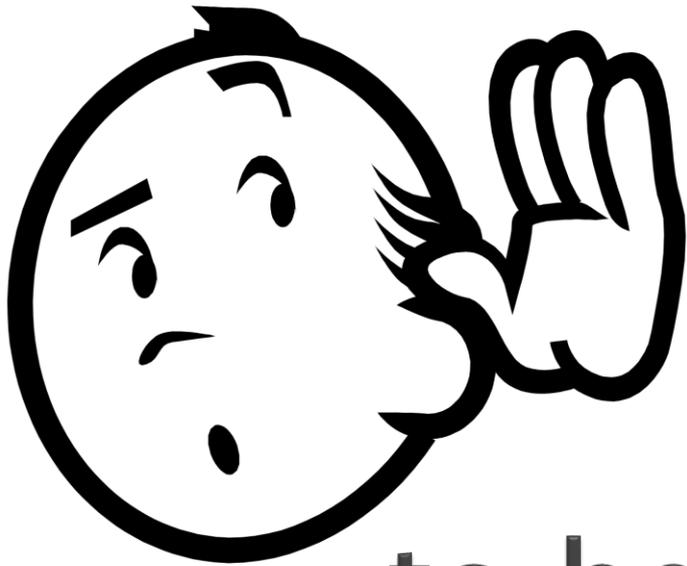


There are many who are hurting on the dementia journey. How can you supportively listen and respond to a dementia care partner and a person living with dementia?



Scenario 1

Starring Claire (care partner to Jim, who has Alzheimer's) and Ed (care partner to Rebecca, who also has Alzheimer's)



Can you learn to be a good listener

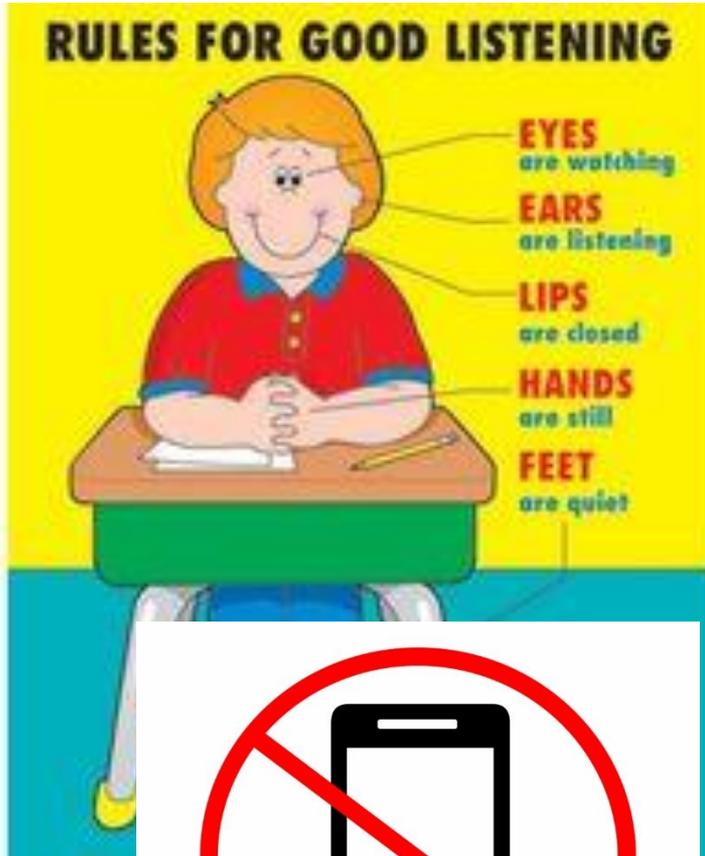
Yes! You just need to know some basic
counseling skills ...



The 3 Bees

Be present, believe in the person,
and be empathetic

Be present*



A good listener
listens with



their eyes.

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In counseling, this is called *congruence*: which means being genuine and conveying trust verbally and non-verbally

Believe in the person

In counseling, this is called *unconditional positive regard* (Carl Rogers)

- ▶ Believing every person inherently has worth
- ▶ Respecting the uniqueness of the person, even if they are different from you
- ▶ Accepting the person, even if you disagree with their thoughts, feelings, or actions



Be empathetic

Empathy (counseling and lay definition) is the ability to see another person's pain through their eyes, not yours.

There are two kinds of empathy:

- ▶ Emotional empathy – understanding another person's feelings
- ▶ Cognitive empathy – understanding another person's motives, or thinking





Basic Counseling Skills

Three basic skills that will transform your relationships!

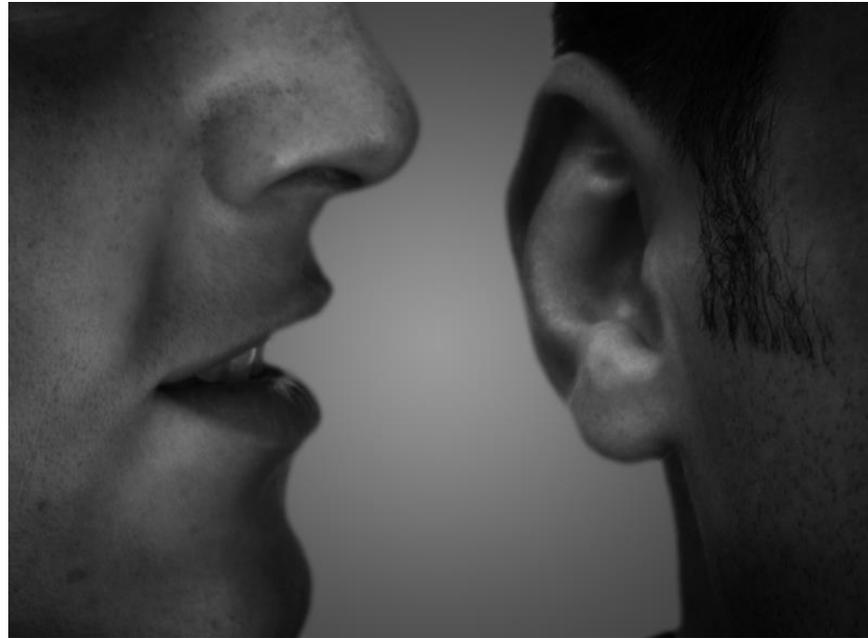
Basic Skill I



Listen

Basic Skill II

Tell Me More



Basic Skill III

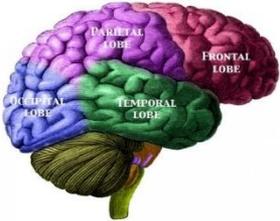
How does that
make you feel?





Back to Scenario 1

Do you notice the difference?
Try applying these skills to
your relationships.



Scenario 2

Acknowledge, Affirm, and Redirect

Frontal lobes – paranoia

I don't know, I've never seen him before.

Why he's a perfect stranger.

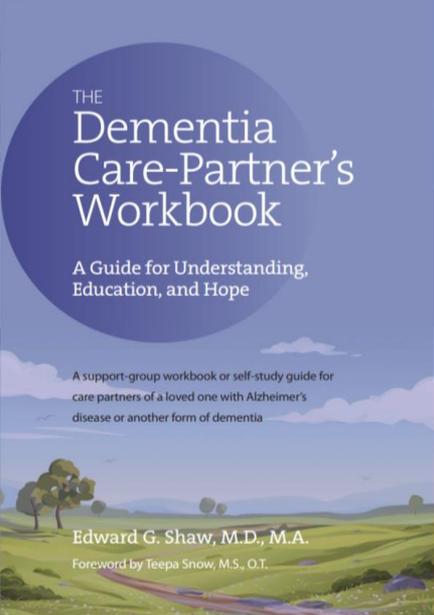
WHY OF COURSE I'M NOT, HOW DARE YOU!



Who was that man that just walked by?

It sure seemed like he knew you to me.

YOU'RE SLEEPING WITH HIM, AREN'T YOU?



Affirm, Acknowledge, Redirect (AAR)

- ▶ Easier said than done
- ▶ He's not responding this way on purpose
- ▶ Stay calm
- ▶ Keep the drama level down
- ▶ Don't take it personally
- ▶ The battle is in your mind
- ▶ Acknowledge what happened rather than ignoring it
- ▶ Affirm your love, confirm your relationship, reinforce your attachment to make them feel safe and secure
- ▶ Redirect their attention
- ▶ You can only do the best you can do and not better (you're only human)

Let's apply AAR to Scenario 2

alzheimer's association®

Thanks to the Alzheimer's Association for allowing me to present today!

Please come visit my book table in the exhibit area

Questions?

