

Compassion in Care

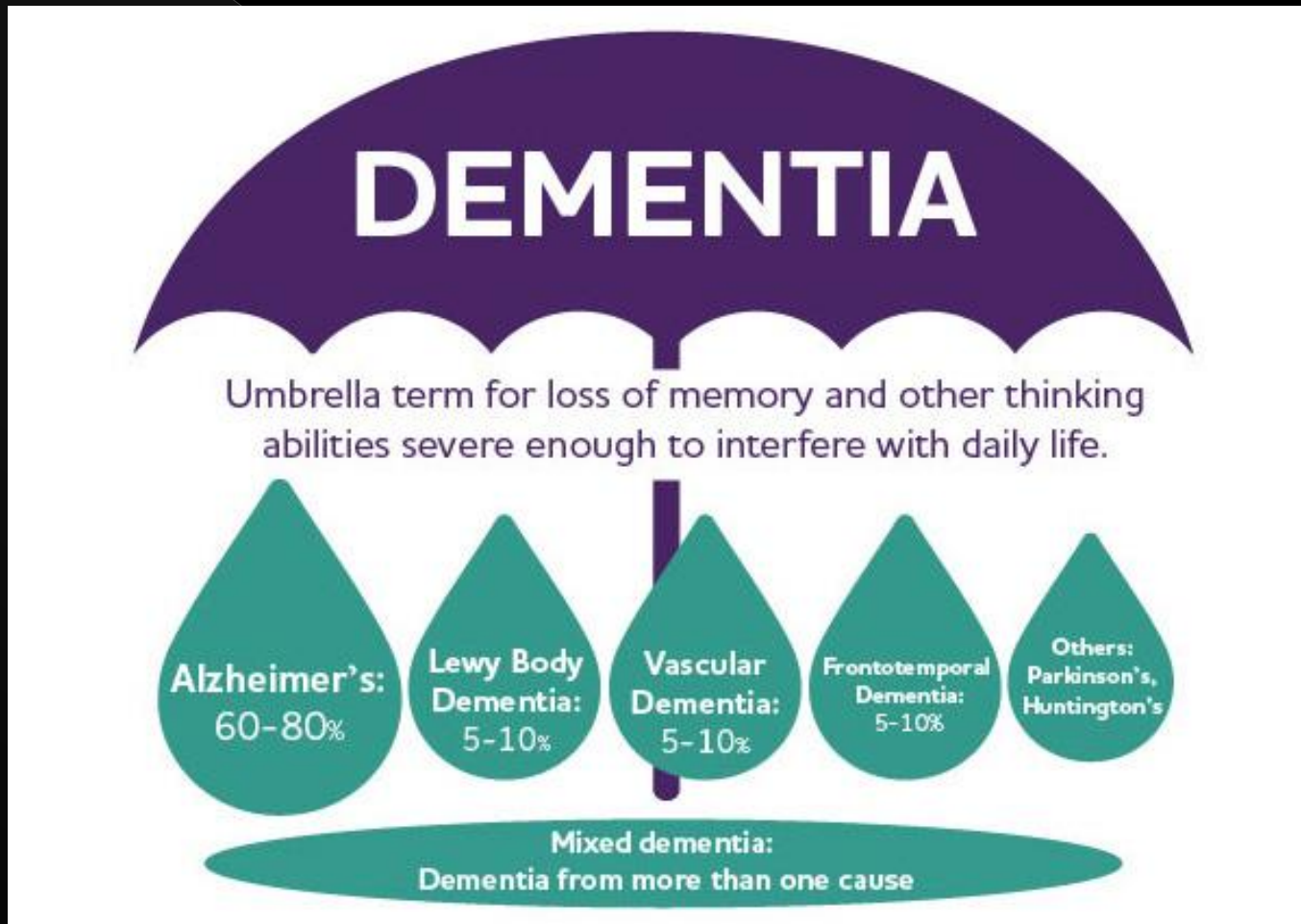
**Social and cognitive supports for your
Dementia Spectrum patients**

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“Those with dementia are still people and they still have stories and they still have character and they are all individuals and they are all unique. And they just need to be interacted with on a human level” Carey Milligan



The Dementia Spectrum





5 Common Types of Dementia

Dementia is the broad term used to describe a number of different conditions affecting the brain



Alzheimer's Disease

One of the most common forms of dementia, Alzheimer's is an abnormal shrinkage of the brain that affects every brain function and causes significant changes, particularly in behaviour and interpersonal relationships.



Dementia with Lewy Bodies

Also known as "cortical Lewy body disease" or "diffuse Lewy body disease" it's similar to Alzheimer's in that it can cause tremors and stiffness. It may be accompanied with sleeping disorders and visual hallucinations.



Vascular Dementia

Also referred to as "multi-infarct dementia" or "post-stroke dementia," stroke or vascular accidents cause brain damage and tissue loss. Alzheimer-like symptoms can appear, such as memory disorders, bad decision making, and difficulty in planning.



Frontotemporal Dementia

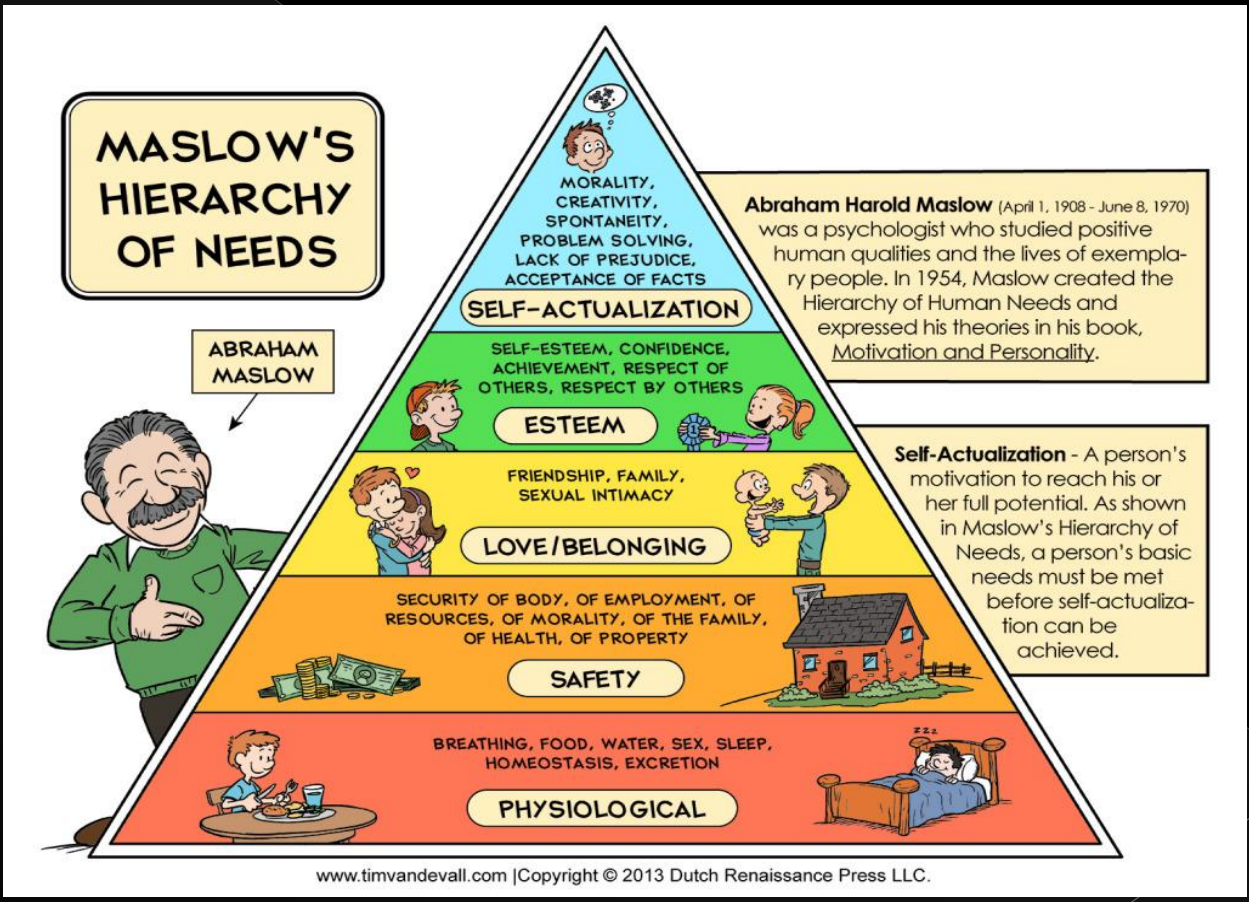
When the neurodegeneration affects frontal and temporal lobes of the brain, it causes changes in behaviour and personality. It is marked by more emotional changes than cognitive impairment.



Mixed Dementia

When someone is affected by two types of dementia, such as Alzheimer's disease with vascular dementia, it is referred to as Mixed Dementia.

Understanding the basic needs of Dementia Spectrum Patients



10 Requests from a Person with Dementia

- 1. Please be patient with me. Remember that I have an organic brain disease for which I have no control.**
- 2. Talk to me. Even though I cannot always answer you, I can hear your voice and sometimes comprehend your words.**
- 3. Be kind to me. For each day of my life is a long and desperate struggle. Your kindness may be the most special and important event of my day.**
- 4. Consider my feelings for they are still very much alive within me.**
- 5. Treat me with dignity and respect as I would have gladly treated you.**
- 6. Remember my past for I was once a healthy, vibrant person full of life, love and laughter with abilities and intelligence.**
- 7. Remember my present. I am a fearful person who misses my family and home very much.**
- 8. Remember my future. Though it may seem bleak to you, I am always filled with hope for tomorrow.**
- 9. Pray for me for I am a person who lingers in the mists that drift between time and eternity. Your presence may do more for me than any other outreach of compassion you can extend to me.**
- 10. Love me. The gifts of love you give will be a blessing from which will fill both our lives with light forever.**

Adapting to someone else's reality

- It's not about you. It's about them.
- Understanding your personal experiences and bias
- Meet them where and when they are
- Be mindful of all the realities you will have to navigate
- Be adaptable
- Understand your own triggers and how the reality of other's may effect you

Developing a successful Dementia Program: Assessments

- ◉ Adequate assessment of history, trauma, and pleasurable experiences
 - > History
 - What was their life like? Culture? Influences? Education? Self-identity
 - > Trauma
 - Trauma triggers? What makes them sad?
 - > Happy Place
 - What always makes them happy? Smells? Touch? Music?
 - > Love language
 - How do they give and receive affection?

Developing a successful Dementia Program: Person- Centered Emergency Kits

- Kits should be made available to all staff working with your Dementia Spectrum residents
 - > Proper training would be beneficial as well
- Kits should include
 - > A mini resident bio with important information to know about the resident
 - > Person-centered activities
 - > Person-centered music available
 - > Favorite snacks and drinks

Developing a successful Dementia Program: Activities

◉ Reminiscing Activities

- > Person-centered videos
- > Relevant movies
- > Pictures
- > Questions & Answers
- > Show and Tell

Benefits

- It provides historic connections
- Person-centered
- Validates their experiences and reality
- Promotes coping mechanism and self-smoothing techniques
- Meaningful connections
- Can help with depression and the grieving process

Developing a successful Dementia Program: Activities

◎ Music Therapy

- > Painting class
- > Color by numbers
- > Jewelry making
- > Making cards

Benefits

- Stimulates senses
- Relieves stress
- Promotes physical strength
- Pride and accomplishment
- Reduction in behaviors
- Improves quality of life

Developing a successful Dementia Program: Activities



MUSIC THERAPY



Music Therapy is searched more than **33,000** times a month on Google.¹



Study Shows: Listening to music for 1 hour over a period of 7 days increased feelings of power and decreased pain, depression, and disability related to chronic back, neck and/or joint pain.²



The average PERSON listens to **25 songs** PER DAY.³



The 1st music therapy degree program in the world was founded at Michigan State University.⁴

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.⁵

Your Brain On Music

Listening to music causes the brain to release dopamine, a feel-good chemical.⁶

Music with a strong beat can stimulate brainwaves. Slow beats encourage the slow brainwaves that are associated with hypnotic or meditative states. Faster beats may encourage more alert and concentrated thinking.⁷

Music occupies the mind with something familiar and soothing.⁸

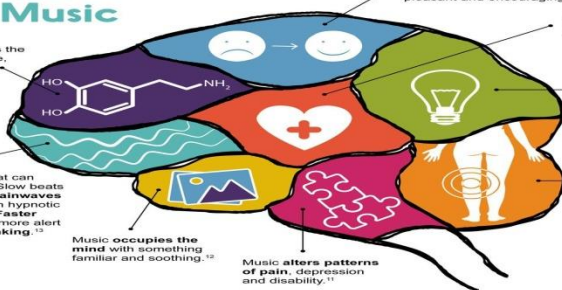
Music alters patterns of pain, depression and disability.⁹

Music acts as a distractor, focusing the attention away from negative stimuli to something pleasant and encouraging.⁷

Music has the ability to alter breathing and heart rate.⁵

Music also has the power to improve your state of mind. This helps keep things like depression and anxiety at bay.⁵

Music can help reduce the perception of pain.¹⁰



Try music therapy at home:

- 1 Choose your music based on the purpose of your therapy. For example, choose soft instrumental music or ocean sounds to relax. For pain management, look for music that focuses your mind on things other than your pain and discomfort.
- 2 Sit back and relax. Take deep breaths, close your eyes and let the sound of the music take over your thoughts.
- 3 Listen and concentrate. Enjoy the music for 10-15 minutes and you allow your mind and body to relax and rejuvenate.

Music therapy can involve:

- making music
- listening to music
- writing songs
- talking about lyrics

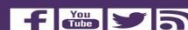
Add a little music to your day!

- Humming is often recommended for calming the mind and relieving stress.¹⁴
- Experts believe that rhythmic drumming can aid health by promoting a sense of relaxation, reducing stress and lowering blood pressure.¹⁵
- Playing an instrument for just six months can improve memory, verbal fluency, cognitive function, and planning and organizing abilities.¹⁶



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¹Google Analytics
²Bedeck, S. L., & Ciolek, M. (2008). Effect of music on power, pain, depression and disability. *J Adv Nurs*, 64(9), 858-61.
³Billboard
⁴American Music Therapy Association
⁵National Music Therapy Association, 2008
⁶Nelson, N., Binkowski, M., Michel, B., Brown, K., Lischer, A., Alan, D., & Robert, J. (2010). Antagonistic dorsal dopamine release during aversive and appetitive music. *PLoS ONE*, 5(12), e15000.
⁷Ulrich, R. S., & Nelson, R. N., PhD. "The Anxiety- and Pain-Reduction Effects of Music Interventions: A Systematic Review." *ACRN JOURNAL*.
⁸Spasman, Emily. 2008. "Symposium looks at therapeutic benefits of musical rhythm." *Stanford News Service*.
⁹Bedeck, S. L., & Ciolek, M. (2008). Effect of music on power, pain, depression and disability. *J Adv Nurs*, 64(9), 858-62.

¹⁰Hain, X., "Wong, C. J., Super, D. M., & Fraumeni, R. B. (2010). The efficacy of music therapy for decreasing pain, anxiety, and muscle tension levels during burn dressings changes: a prospective randomized crossover trial." *Burn Care Res*, 31(4), 590-7.
¹¹Bedeck, S. L., & Ciolek, M. (2008). Effect of music on power, pain, depression and disability. *J Adv Nurs*, 64(9), 858-62.
¹²White, M. State of the science of music interventions: Clinical care and geriatric rehabilitation. *Geriatr Nurs Clin Pract*, 2009, 13(2), 118-28.
¹³Ulrich, R. S., & Nelson, R. N., PhD. "The Anxiety- and Pain-Reduction Effects of Music Interventions: A Systematic Review." *ACRN JOURNAL*.
¹⁴Ulrich, R. S., & Nelson, R. N., PhD. "The Anxiety- and Pain-Reduction Effects of Music Interventions: A Systematic Review." *ACRN JOURNAL*.
¹⁵Diarmid Cole. 2014. "Your Aging Brain Will Be in Better Shape if You've Taken Music Lessons." *National Geographic*.

Developing a successful Dementia Program: Activities

◉ Music Therapy

- > Sing-a-longs to common songs
- > Play instruments
- > Live music
- > Listen to person-centered playlist
- > Guided musical/visual experience

Benefits

- Stimulates senses
- Relieves stress
- Improves cognition
- Bridge to motivational memories
- Promotes healthy mental health
- Connection to their “old” life

Developing a successful Dementia Program: Activities

◎ Exercise

- > 30 minutes of physical activity
- > Time sensitive walks
- > Gardening
- > Dancing
- > Chair based workouts like yoga or Tai Chi

Benefits

- Promotes health sleep patterns
- Stabilizes mood
- Helps with motor skills
- Reduces falls
- Promotes healthy mental health

Developing a successful Dementia Program: Activities

● Social Contribution

- > Volunteering in the community
- > Group activities
- > “Job” connected to their previous work life
- > Person-centered outings
- > Family and friend engagement

Benefits

- Increases quality of life
- Gives residents a sense purpose
- Encourages “structured” independence
- Decreases adverse emotional struggles

Developing a successful Dementia Program: Activities

◉ Sensory Stimulation

- > Cooking/Baking
- > Folding clothes
- > Organizing junk drawers
- > Caring for artificial babies and animals
- > Fidget blankets/items
- > Comfort items
- > Puzzles
- > Outdoor activities
- > Interactions with live animals and/or plants
- > Games

Benefits

- Increases their concentration
- Memory recollection
- Mood stabilizer
- Decreases adverse emotional struggles

Developing a successful Dementia Program: Calming Engagement

- Essential Oils
- Aromatherapy
- Touch
- Pet therapy
- Routines
- Hand massages
- Nail care
- Hair care
- Anti-stimulating sounds like water fountains
- Light therapy

Developing a successful Dementia Program: Staffing Support

- Ongoing de-escalation training
- Compassion Experience
- Self care and understanding staff history
- Practice the Pause
- Adapt to the pace of the resident(s)
- Limit distractions
- Maintain a “Yes” mentality
- Debrief with staff
- Grieve support
- Continuing education in best and evidence based practices.

“I have learned that people will forget what you said. People will forget what you did, but people will never forget how you made them feel” Maya Angelou



Recommended Reading

- ◉ The Spectrum of Hope by Gayatri Devi
- ◉ The Long Goodbye: Dementia Diaries by Margaret R. Miles
- ◉ Learning to Speak Alzheimer's by Joanne Koenig Coste
- ◉ Still Alice by Lisa Genova
- ◉ Surviving Alzheimer's: Practical Tips and soul-saving wisdom for caregivers by Paula Spencer Scott

Resources