



Dementia:

Beyond The Diagnosis

The
Wellbeing
& development hub



Before We Start...

Welcome to Dementia: Beyond The Diagnosis. This comprehensive training, designed by the Springbank Care Home team for use across the group, will equip you with essential knowledge and skills to provide exceptional care to our residents.

The training is divided into two parts: a video presentation and this supporting booklet. As you watch the video, you'll be guided through interactive exercises in the booklet. Look for the page indicators on the left of your screen to stay on track. The training will also refer to 'Barbara's Story', you can watch this through the QR Code below.

Get ready to learn, engage, and make a positive impact on the lives of our residents. Let's begin!

Training Video...



Barbara's Story



Welcome to Dementia: Beyond The Diagnosis

This training aims to:

- Improve understanding of dementia and how to respond to some of the behaviours that may challenge.
- Increase awareness of different types of dementia.
- Increase awareness of different perspectives of the person with dementia.
- Increase awareness of ways to improve communication and reflect on how we meet the needs of people living with dementia during a hospital admission.



Activity 1

Rate your own knowledge of the following on a scale of 1-10 (10 being you feel you have excellent knowledge, 5 being you feel you have adequate knowledge, and 1 being poor):

	Score
 Types of dementia	<input type="text"/>
 Symptoms of dementia	<input type="text"/>
 Understanding behaviour	<input type="text"/>
 Responding to behaviours	<input type="text"/>
 Positive Behavioural Management	<input type="text"/>
 Documenting/recording behaviours	<input type="text"/>

Barbara's Story

Barbara's Story, a dementia training film that has changed attitudes around the world.

The film is being used to improve compassionate care across the NHS.

“ Barbara's story is a powerful reminder of just how important everyone's contribution is when it comes to creating a safe and positive environment. ”

After watching the story, think about the questions below:

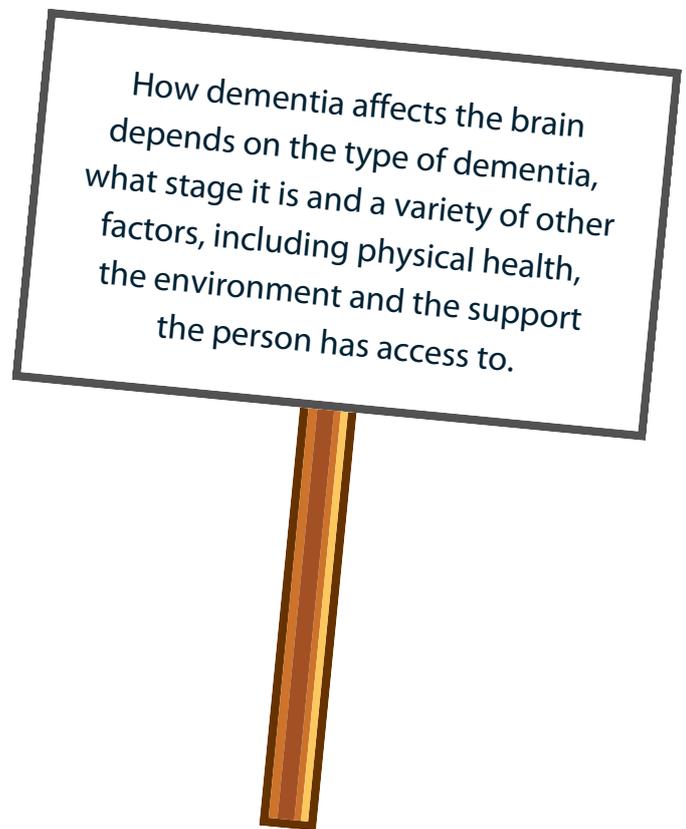
- Do you think it was a good representation of the experiences you have seen for those living with dementia?
- What good examples did you see of someone being supported?
- What poor examples did you see of supporting someone living with dementia?



Dementia Factsheet

Common Symptoms

- Loss of memory
- Disorientation to time, place, person
- Personality changes
- Mood changes
- Suspiciousness or paranoia
- Perceptual difficulties
- Misinterpretation of words or actions



What is dementia?

Dementia is used to describe a collection of symptoms caused by disorders affecting the brain.

There are more than 100 different types, some of the most common are:

- Alzheimer's (62%)
- Vascular (17%),
- Lewy body (4%)
- Fronto temporal (2%)

Parts Of The Brain

Dementia prevents parts of the brain from working. This is what causes problems in thinking, feeling and behaviour.

Different parts of the brain are responsible for different things, so symptoms can differ between people depending on areas of the brain affected.

For example, damage to the frontal lobe can result in changes to behaviour and the person's ability to control this.

Activity 2

Spend a few moments to think about the things in your life that are the most important to you. Not food, water or air, but the other things that are important which make you feel good or improve your quality of life...

What is important to you?

1. _____
2. _____
3. _____

The things listed will be different for each of us but there are also common themes for all of us. Family and friends are often listed as the most important, and pets, job, hobbies and home are also frequently included.

What if you had to give up one of the three things on your list? Which one would you choose? How easy is it to choose?

For the thing you have chosen, think about what it would be like if you were never able to see this person, have this thing or do this activity again?

One of the experiences of dementia as it progresses is loss of abilities, activities, people and the things that are important to the person. How we support this person can contribute to their experience of loss or help them to adjust and develop ways to do things differently.

What would your care plan look like?

The better we know our residents and reflect this in our care plans, the better care we will deliver.

THINK - What would your Sleeping Plan look like?

Do you like one pillow or two?

Do you like a warm drink or supper before bed?

Do you like to read or watch TV before bed?

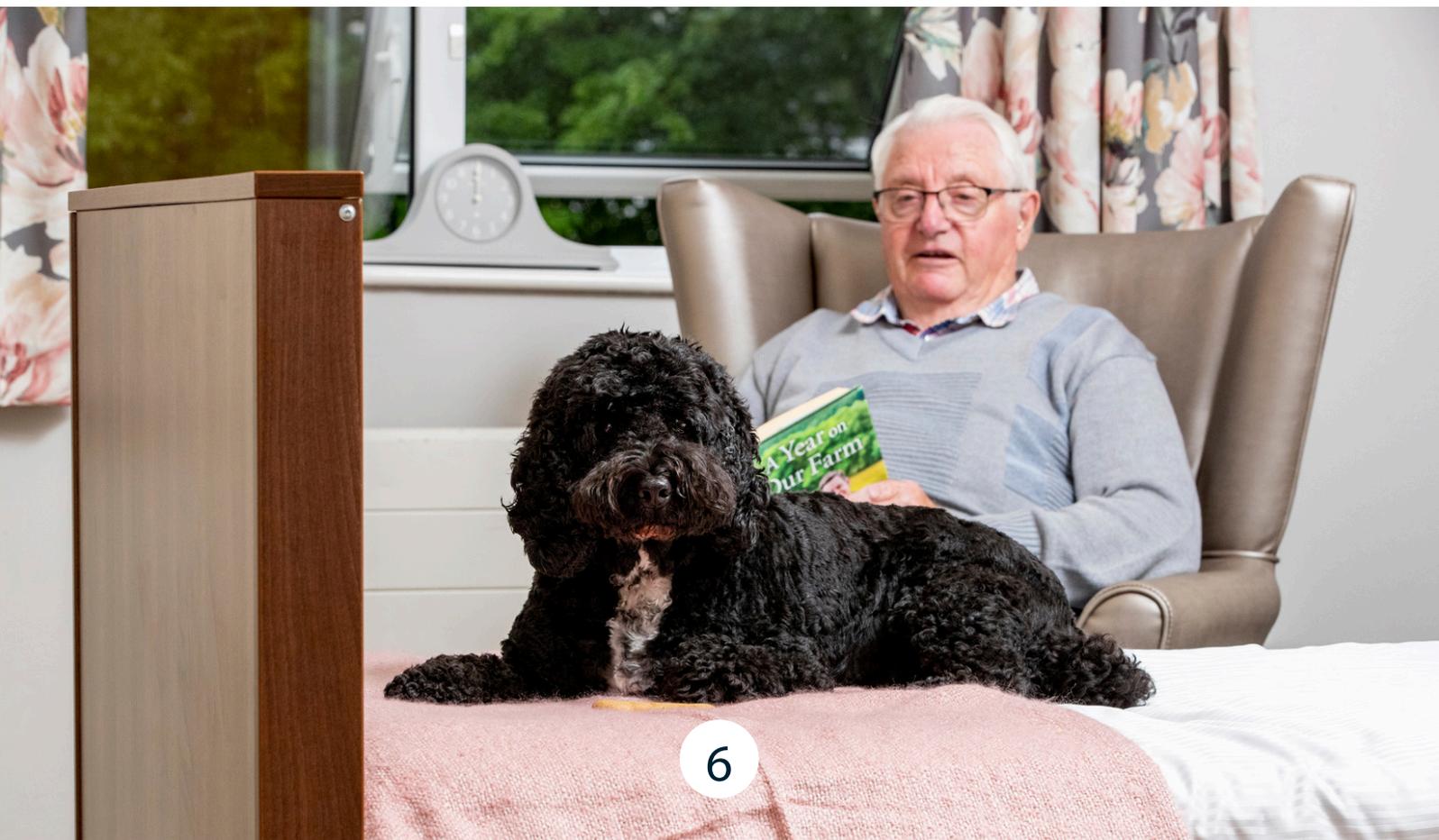
Do you sleep with all lights off and the door closed?

Do you have a comfort item - water bottle, teddy?

Do you wake overnight?

Do you check on your family or pets before going to bed?

Remember, the care plan belongs to the resident. Speak with them and record their wishes/needs.



Loss

Loss of Memory

We all are aware that dementia affect's a person's memory but have you ever stopped to think about what loss of memory would feel like for the person? You may feel...

Frustrated, Angry, Vulnerable, Foolish, Stupid, Embarrassed, Useless, Anxious, Frightened, Exhausted.

What if you couldn't remember...

- What happened earlier in the day
- Where you are
- What is going to happen later in the day
- A key event e.g. wedding or when your family last visited

Loss of Role

We have many roles in life; daughter/son, wife/husband, father/mother, brother/sister, employer/employee, friend and many more.

Our roles contribute to our sense of who we are, our purpose in life and our self esteem.

Having something to do is important to all of us. We all need to feel that we have a purpose.

There is a risk that a person living with dementia could lose all of the roles and responsibilities that are important to them.

We can help by supporting people to have something to do and to give them a sense of purpose.

Loss of Social Contact/Relationships/Activities

Social contact and relationships with other people are important to us. As dementia progresses, people with dementia become less able to independently visit friends or family and they are more dependent on other people visiting them.

There can be things that make social contact more difficult when living with dementia including communication difficulties. For instance, the person living with dementia may mishear or misunderstand conversation.

It is important we support social interaction, providing opportunities to spend time with others and supporting visits from family and friends.

It is also important we recognise that each interaction we have with a person, whether that be helping with washing, dressing or assisting to eat, is an opportunity for social contact and conversation.

To maintain existing relationships/friendships, we can help the person by looking and talking about photographs, reminiscing and talking about friends/family.

We can also support the person to form new friendships and to connect with others in the home and in the local community.

Finding an activity to engage in with the person can help to maintain connection or build a new relationship, especially where there are communication difficulties.

Loss of Home

What does home mean to you?

What if you no longer recognised your home?

As dementia progresses the person may ask to go home, even if they are in their own home. They may no longer recognise the people or things around them as familiar.

When a person is looking for their home they are most likely looking for the feelings that home brings - comfort, safety and security.

When this happens we need to find ways to help the person to feel more comfortable, safe and secure.

Sometimes this can be with positive interaction, photographs, music an activity. The way we talk to and engage with the person can help them to feel safe.

It is important we have positive interactions with individuals in order to build feelings of trust and security.

Loss of Familiar Routines

Think of any familiar routines you have - what time do you tend to wake up or go to bed, where do you shop, what to you eat each day for dinner?

A set routine gives us predictability and security; we know where we are and what we are doing. With dementia, familiar routines can be lost, making us feel uncertain and insecure.

We need to support the person to develop a new routine, or be supported to stick to previous routines where able.

Loss of Independence

What would it be like if you were no longer free to do what you wanted when you wanted?

How would it feel if you relied upon someone else to get washed and dressed?

People can experience a range of emotions from frustration, anger and embarrassment to helplessness. There can be a sense of loss of control over your life.



It's All About Perspective...

Imagine you are lying in bed at home feeling very cosy under the duvet.

You hear a noise and a stranger walks in to the room.

How are you feeling? Scared?

They walk towards you and start speaking but you don't understand what they are saying.

They continue talking and try to remove your duvet.

You resist and try to defend yourself.

They keep trying and then another person enters the room and tries to help remove the duvet.

You try to hit out to defend yourself.

They are both talking to you but you have no idea what they are saying.

You are terrified, shouting out and trying to fight them off.

This is the experience of many of those living with dementia each day. A care worker, a stranger, comes into her room to support them to get dressed. They do not understand what is happening and may believe they are being robbed or assaulted.

The care worker sees the resident as aggressive because of her dementia, however with a greater understanding the distress could have been avoided.

The challenge is to find ways to meet the person's needs.

What would you do differently?

- Explain who you are
- Consider your height – sit down at same level
- Know residents preferred routines e.g. cup of tea upon waking and remain in bed
- Help orientate to day/night (give cues e.g. 'Good MORNING')
- Go with the resident e.g. if they say they are hungry, say 'shall I help you get ready for breakfast?'
- Promote independence, give choice, ask questions if possible
- Gently wake (can take longer if you try to rush things)
- Give time to process
- Explain each step
- Use simple language



What steps could you take?

Irene

Irene is repeatedly asking for her husband who has sadly passed away. Before Irene moved to a care home she spent all of her time with her husband. In the afternoon Irene will often wander around communal areas, asking anyone who passes if they have seen her husband.

What could you do?

Mary

Mary has not been coming to the dining room for meals like usual, she has been sleeping in longer and not getting up before lunchtime, and she hasn't been wanting to take part in activities like usual.

What could you do?

Robert

Robert was always lifting other residents walking frames and tables and moving them into a bathroom. Staff were concerned about this behaviour. Robert was causing a potential risk to other residents when he removed their walking frame. This also caused distress and altercations as some residents resisted Robert's attempts to remove their walking frame.

When staff attempted to stop Robert, he shouted at staff and if they did not move out of his way, he would push past them and carry on with what he was doing.

Robert's daughter advised that Robert had worked as a removals man. Staff understood that Robert thought his job was to move the tables and frames and he was storing them in the bathroom.

Robert was given jobs to do around the care home to occupy him during the times he believed that he should be working.



Anna

Staff reported that Anna had poor sleep and she was regularly found in her nightwear walking the corridor. Her family advised that Anna had always woken early, around 5am every morning.

When staff were aware of this they were able to support Anna to get up earlier in the morning before the other residents.

Anna's behaviour was no longer interpreted as 'wandering the corridor'. She has woken disorientated and was looking for staff to help her get dressed. Anna enjoyed sitting in the quiet lounge with her rummage bag whilst staff supported other residents.



What could they be trying to communicate?

- Pain
- Delirium
- Constipation
- Medication
- Too hot/cold
- Long term health conditions
- Infection
- Dehydration
- Incontinence
- Sensory impairment
- Hungry/thirst
- Feeling unsafe
- Being frustration due to communication difficulties
- Being bored

Remember...

'Behaviour' of any kind is a form of communication and is often driven by 'need'