

# DEMENTIA Live®

## Normal Aging or Dementia?

Powered by ATI

Lindsey Klebenow CNA, BS, MSG Gerontologist

 **AGE-u·cate**  
Training Institute

 **Heart to Heart**  
HOME CARE

# What emotions are you feeling? Why?

## How are you feeling?

Circle how you are feeling right now after the Dementia Live Experience. You may be feeling more than one emotion.  
There is space to add different emotions, if you experienced them.

 Angry	 Annoyed	 Anxious
 Bored	 Confused	 Depressed
 Determined	 Foolish	 Frustrated
 Inadequate	 Irritated	 Lonely
 Lost	 Miserable	 Overwhelmed
 Scared	 Silly	 Tense
 Terrified	 Worried	 Worthless

# Why did we alter your senses?

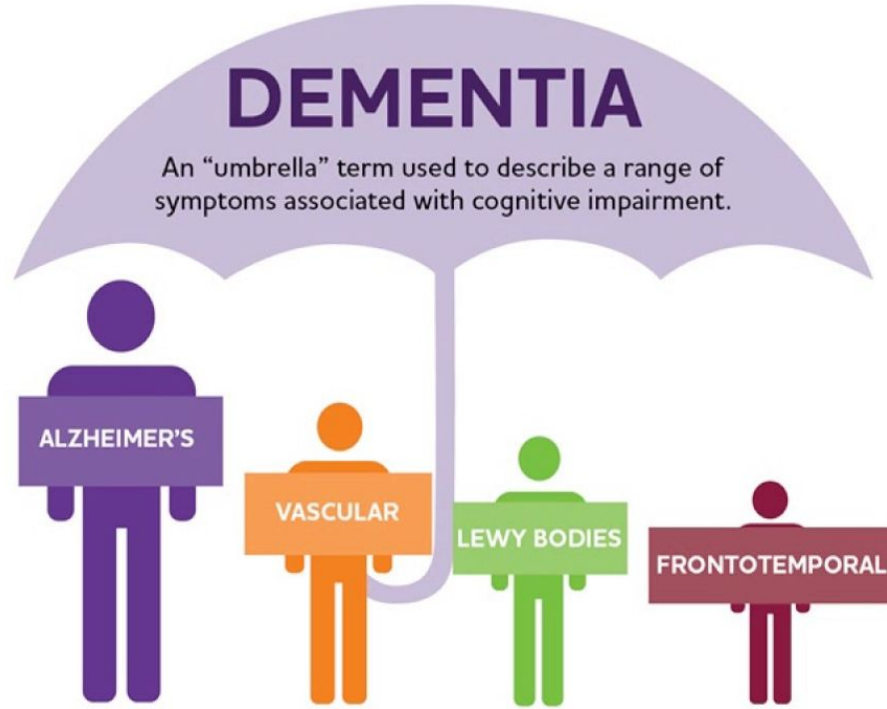
- Hearing
- Visual - Eyesight
- Touch
- We, YOU must adapt our approach to match their skill levels



# Bookcase Analogy



# What is Dementia?



# Dementia

## Memory:

Forgetting recently learned information, asking the same questions over and over, and increasingly needing to rely on memory aids or family members for things that used to be handled on one's own.

# Normal Aging

## Memory:

Sometimes forgetting names or appointments, but remembering them later.



# Dementia

## Completing familiar tasks:

People with Alzheimer's often find it hard to complete daily tasks, such as organizing a grocery list or remembering the rules of a favorite game.

# Normal Aging

## Completing tasks:

Occasionally needing help to use microwave settings or record a television show.





# Dementia

## Judgment:

Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

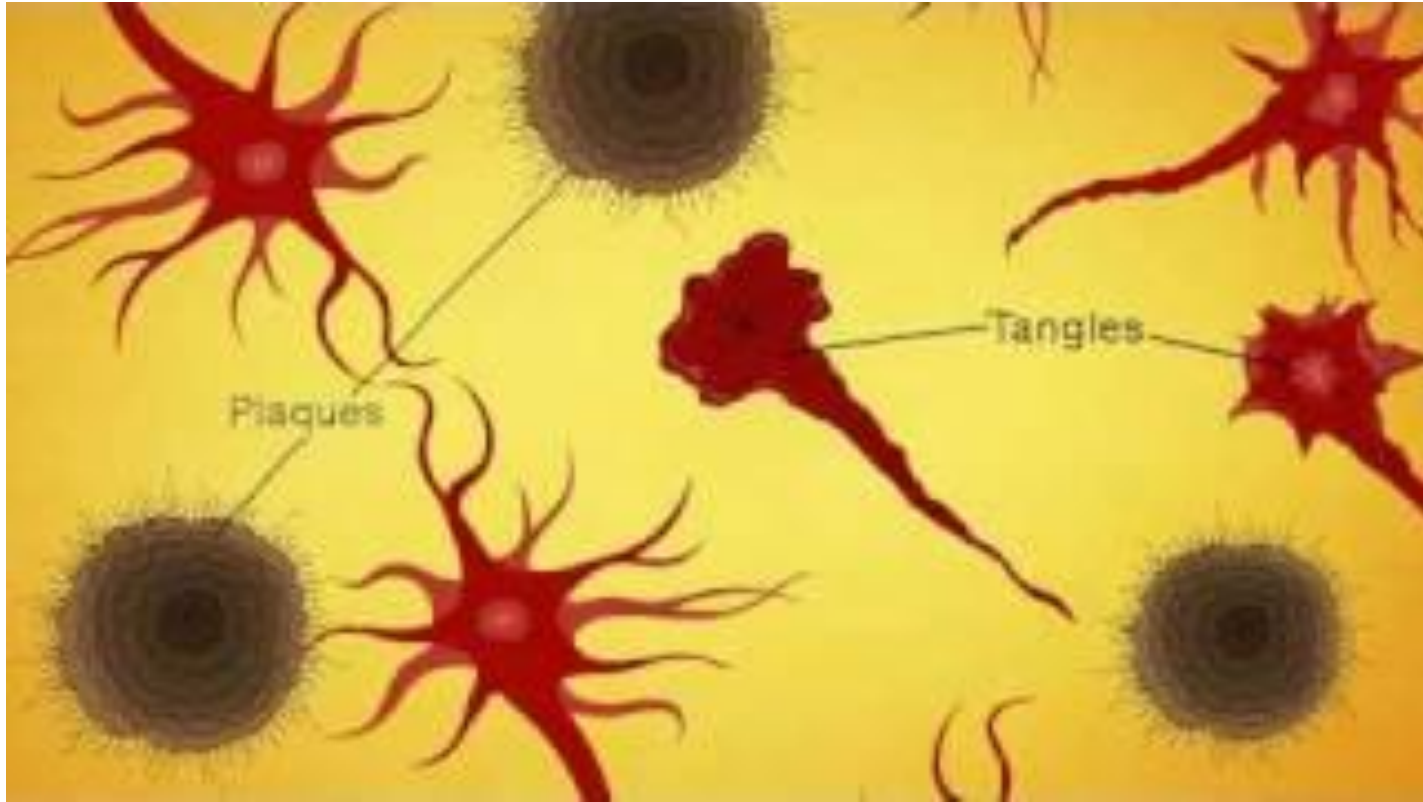
# Normal Aging

## Judgment:

Making a bad decision or mistake once in a while, such as neglecting to schedule an oil change for a car.

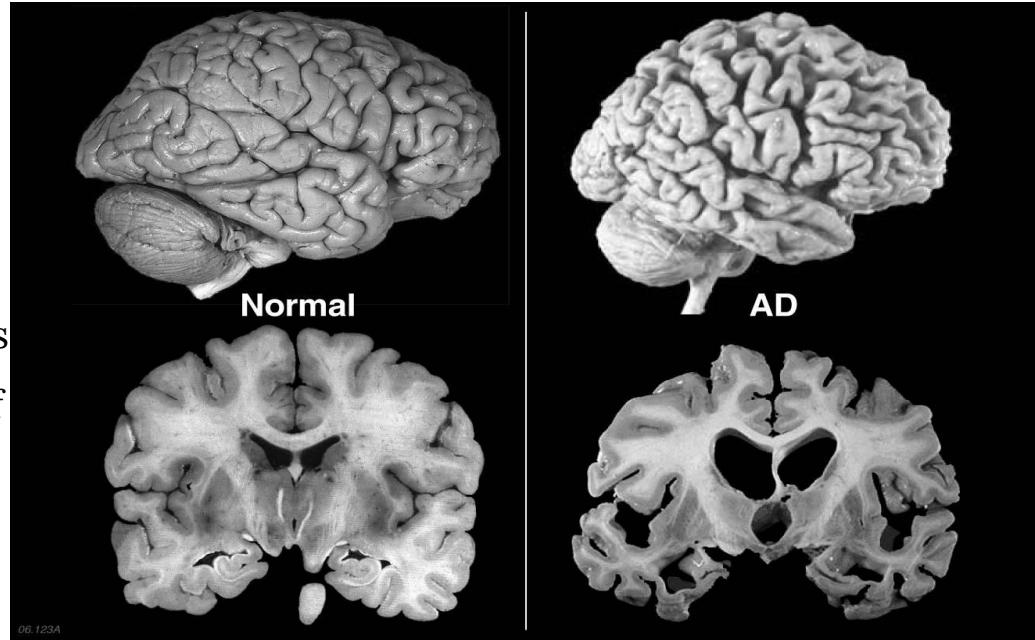


# What is Alzheimer's Disease?



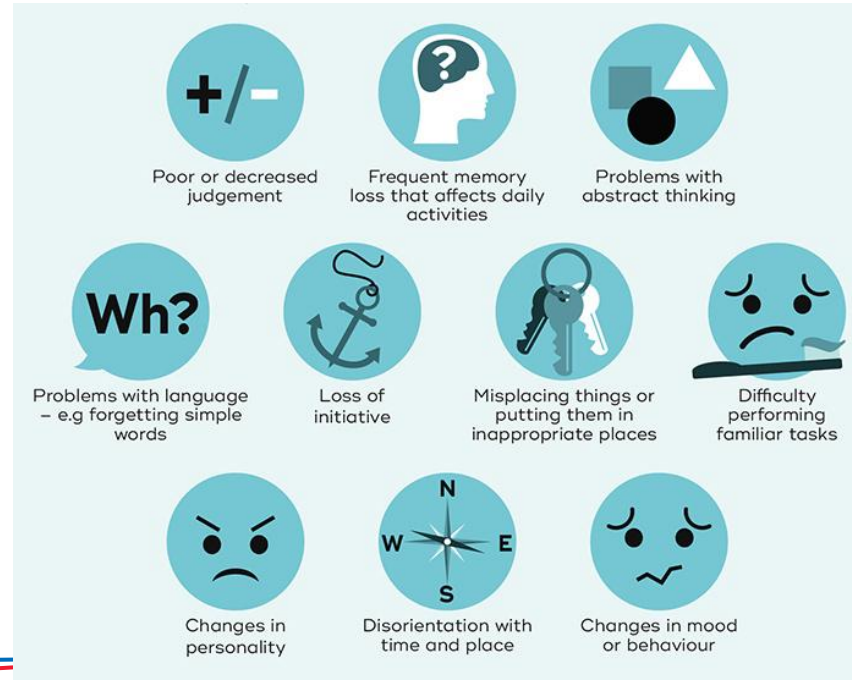
# Effects of Dementia

- Dementia causing diseases lead to declines in cognitive function due to the destruction of nerve cells and damage to the brain
- Alzheimer's occurs when beta amyloid precursor protein- which normally promotes healthy neurons, go awry, creating clumps of protein that cause inflammation and deterioration of nerve cells in the brain.



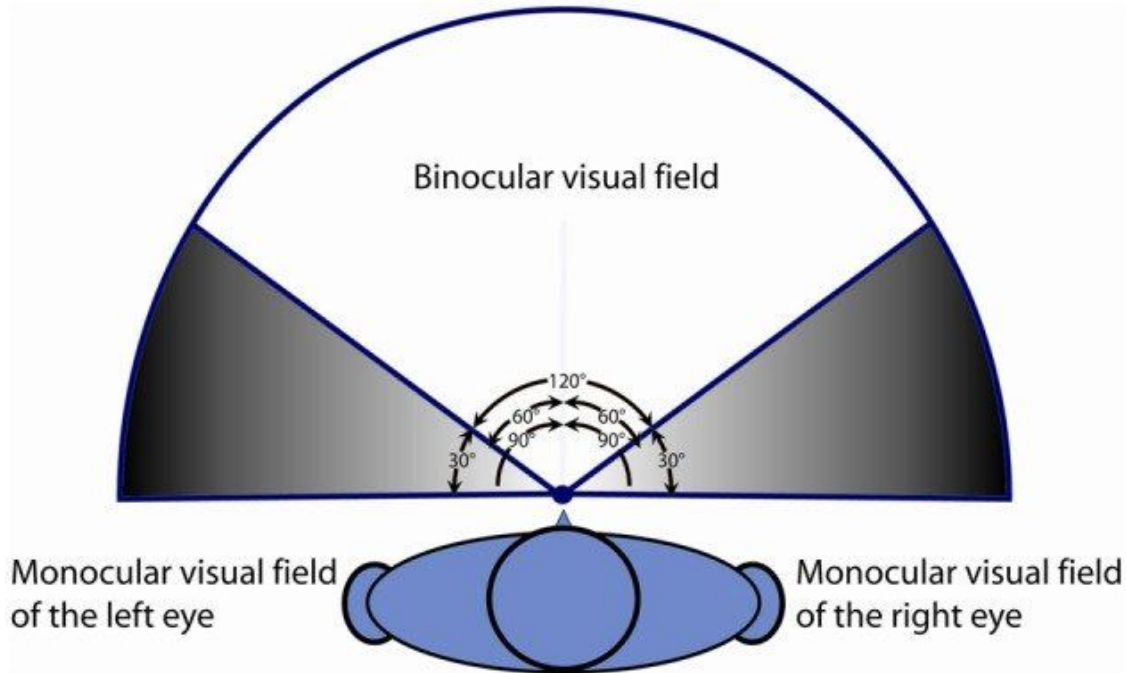
# Dementia Changes:

- How we think- impulse control, attention, problem solving, sequencing, memory, processing language, speech, and comprehension



# Dementia Changes:

How we see- binocular or monocular changes



# Dementia Changes:

How we hear - how and what is heard, and the loss of ability to prioritize noises.

## Dementia & Hearing Loss



Mild hearing loss: **2 times**  
more likely to develop dementia

Moderate hearing loss: **3 times**  
more likely to develop dementia

Severe hearing loss: **5 times**  
more likely to develop dementia

# Montana Alzheimer's Statistics

- 22,000 people aged 65 and older are living with Alzheimer's in Montana.
- 17,000 family caregivers bear the burden of Alzheimer's disease in Montana with 25 million unpaid hours of care.
- \$166 million is the cost of Alzheimer's to the state Medicaid program



# Common Behaviors with Dementia

- Repetition of a behavior
- Appearing intoxicated
  - Slurred speech, unsteady gait, unkempt, unable to process what you are doing or saying
- Appearing Belligerent
- Inappropriate sexual behavior
- Frantic searching for items
- Wanders away from conversation
- Does not understand severity of their actions, denies involvement.
- Appears fearful or victimized, afraid of you or life long friends, calls 911
- Has hallucinations
- Takes items that they think are theirs
- Confuses past and present

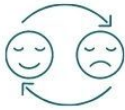


# Early Detection of Dementia

## 10 Early signs of Dementia



Memory loss



Changes in mood, personality or behaviour



Poor or decreased judgement



Difficulty performing familiar task



Problems with language & communication



Withdrawal from work or social activities



Misplacing things



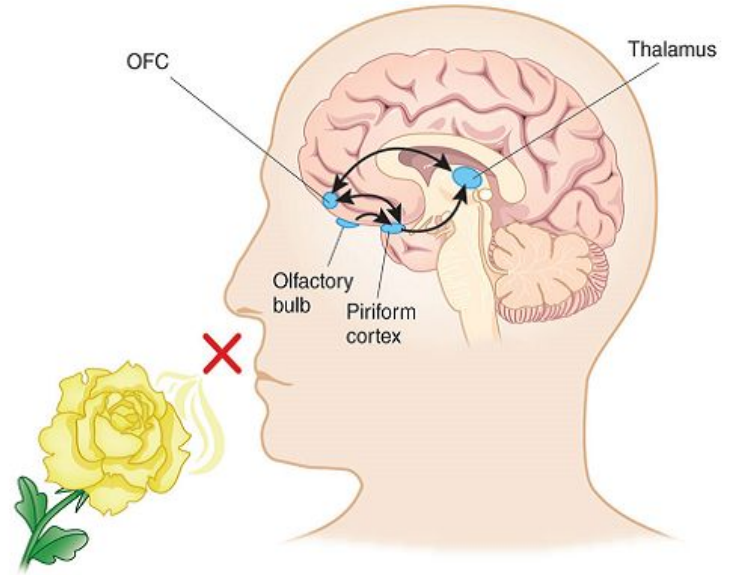
Problems with images & spatial awareness



Difficulty planning or solving problems



Disorientation to time & place



- Loss of olfactory function is also an early symptom of neurodegenerative diseases such as Parkinson's and Alzheimer's.

# Dementia Communication Guidance

- Make eye contact
- Approach slowly from the front with open arms, not crossed or grabby
- Smile
- Listen with understanding and interest
- Speak using short and simple words and sentences
- **Do NOT argue**
- Reminisce
- Validate, join, and distract
- Step back when necessary

# Dementia Communication Guidance

- Look at their nonverbal behavior cues
  - Arms folded, stepping back, shrinking, wringing hands, making fist, wandering eyes or looking down
- Adapt your communication: remove distractions, introduce yourself, use fewer words and more visuals

## 10 Tips for Communicating With a Loved One With Dementia



Get their  
Attention



Set a Positive  
mood



State your  
message clearly



Ask simple  
Questions



Listen with  
your eyes



Show  
affection



Break it  
Down



Reminisc



Maintain  
your Humor



Redirect

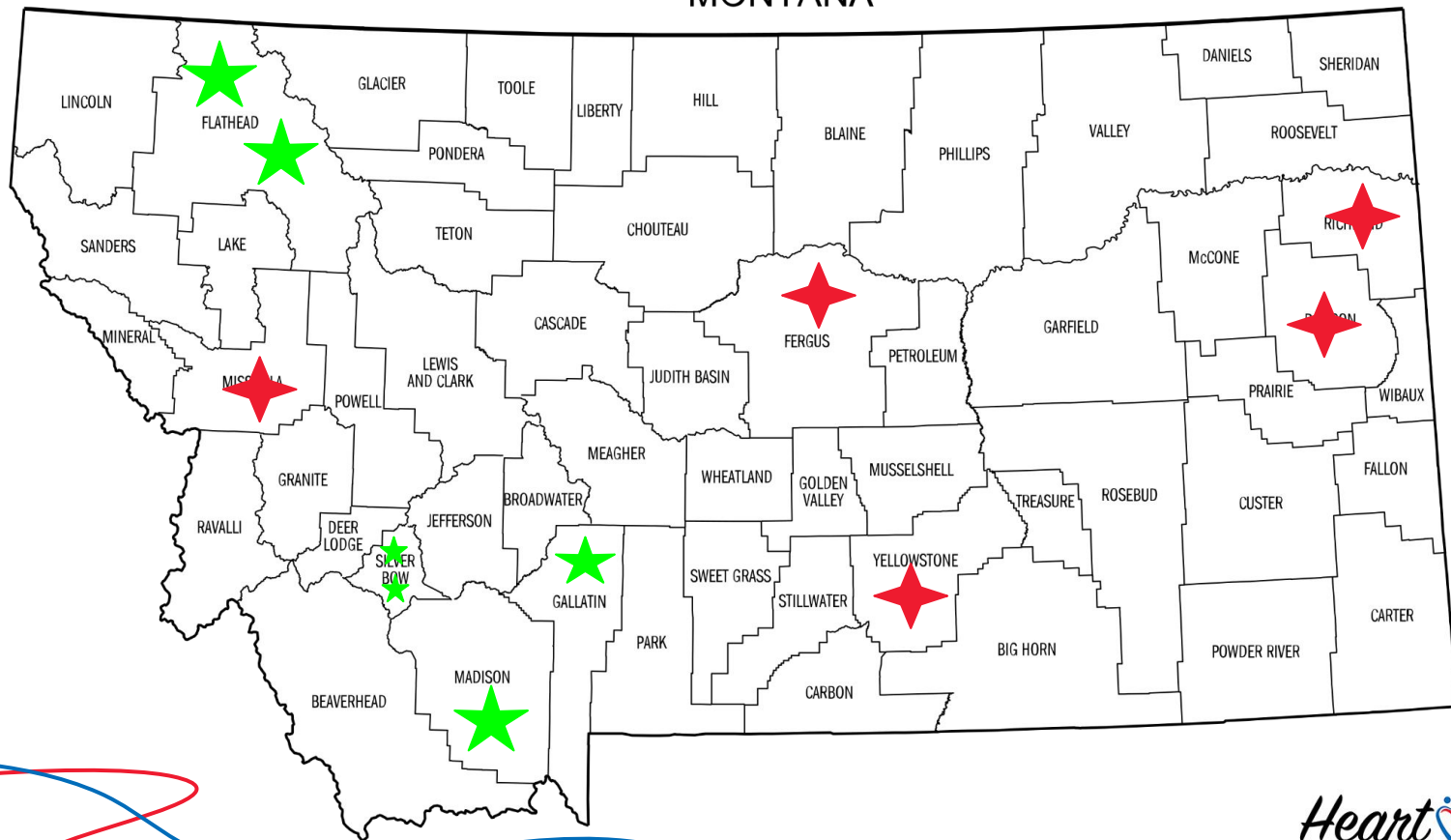
# Dementia Communication Guidance

- Offer limited choices- do you want to wear the red or blue shirt vs. what shirt do you want to wear?
- Talk at a normal volume, slow speed of speech if necessary
- Use color to highlight important items (red plate on a white table cloth, highlight a light switch on door)
- Close curtains or blinds at night
- Avoid “busy” patterns on floor



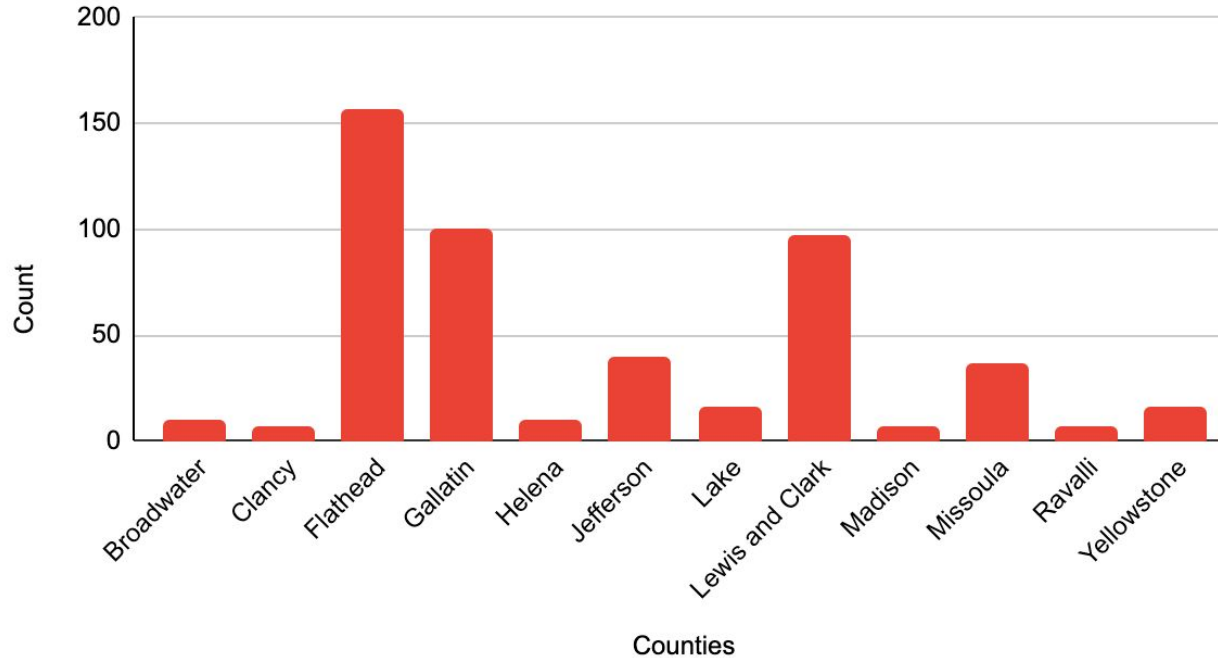
# Internal Dementia Live Statistics

MONTANA



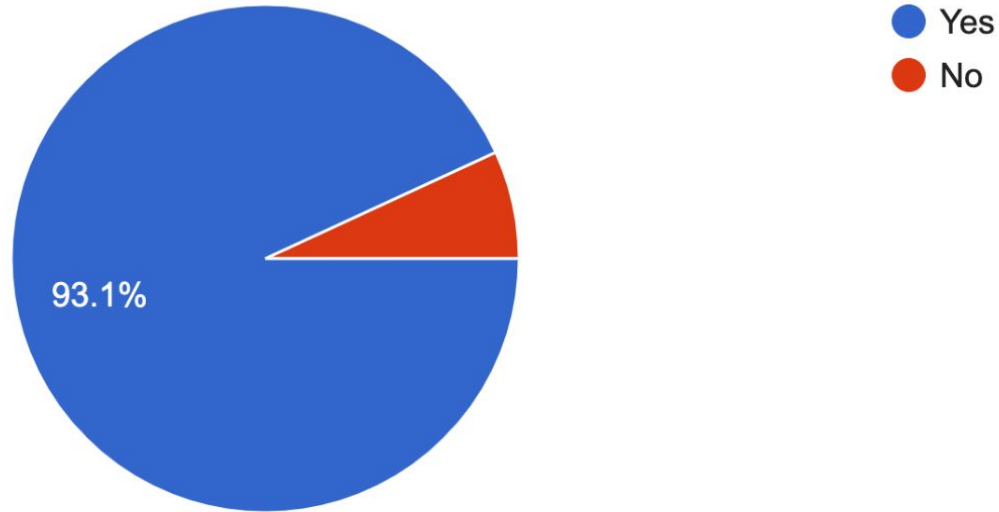
# Internal Dementia Live Statistics

What Counties Dementia Live Reached



# Internal Dementia Live Statistics

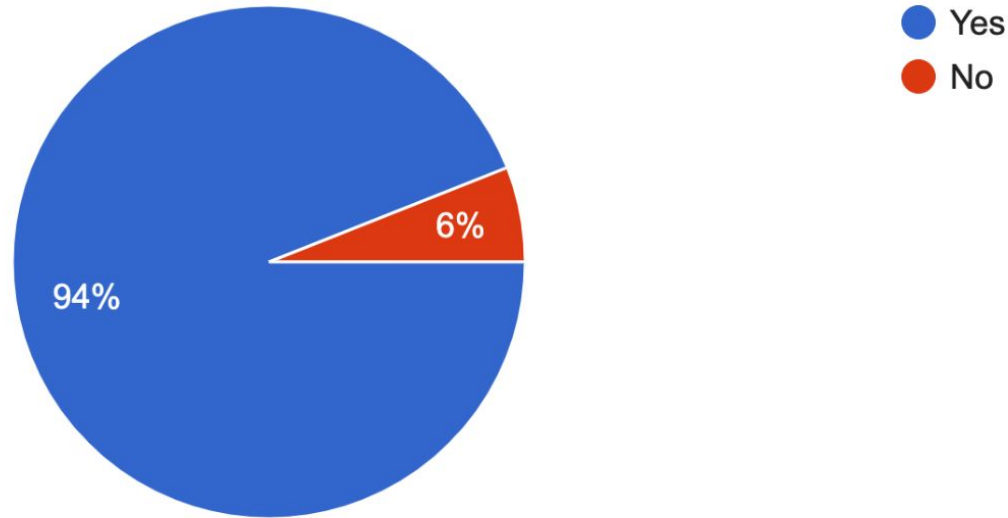
Do you feel more confident in your caregiving role?





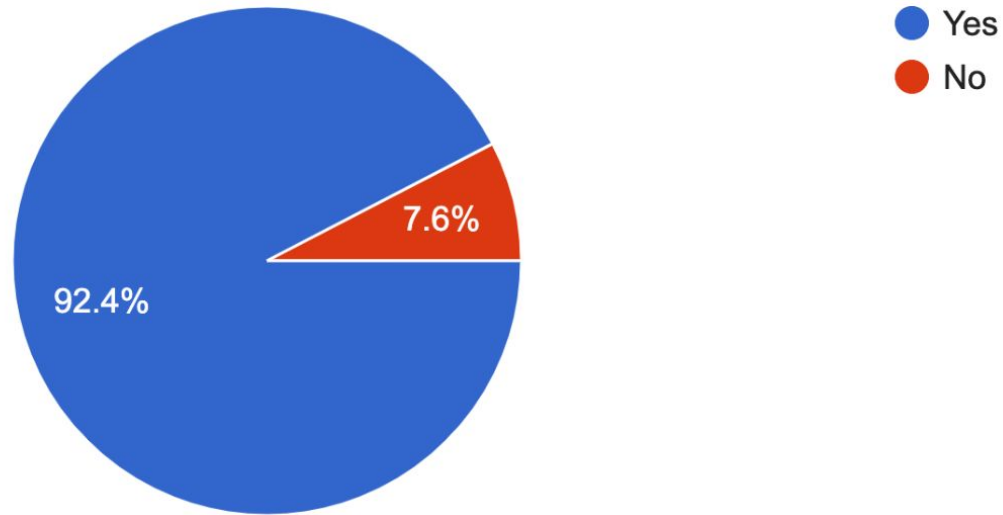
# Internal Dementia Live Statistics

Did Dementia Live improve your knowledge and skill set?



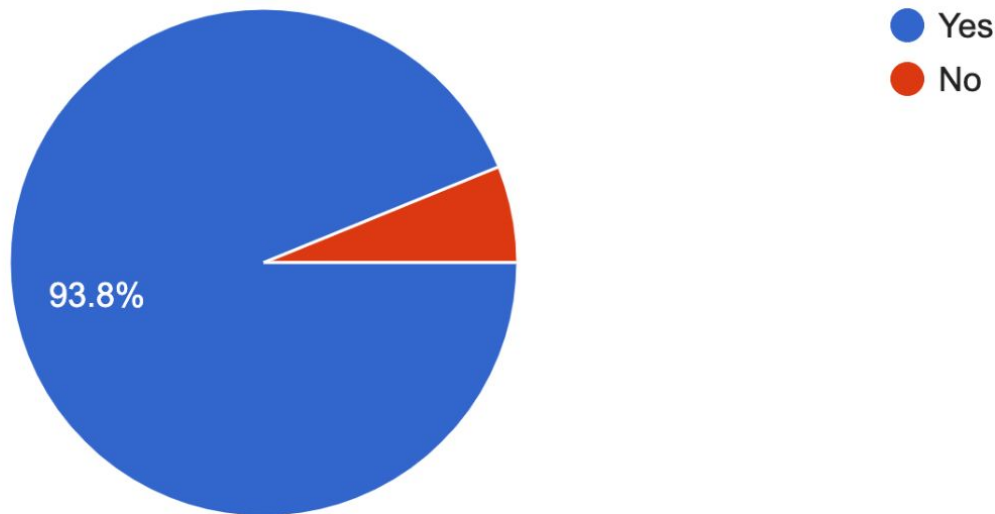
# Internal Dementia Live Statistics

Do you feel that the simulation changed your perspective about dementia?



# Internal Dementia Live Statistics

Do you feel that the simulation taught you how to incorporate other skills into your cares while providing for people with dementia?



# Resources

## Dementia:

- Alz assoc- <https://www.alz.org>
- Alz foundation-  
[https://alzfdn.org/?gad=1&gclid=CjwKCAjw52mBhB5EiwA05YKox1IM9tFsBJHleg-c6p8Z6Owl6potmz3LL2WPuMFSafHYkM-9t8ruBoCcPAQAvD\\_BwE](https://alzfdn.org/?gad=1&gclid=CjwKCAjw52mBhB5EiwA05YKox1IM9tFsBJHleg-c6p8Z6Owl6potmz3LL2WPuMFSafHYkM-9t8ruBoCcPAQAvD_BwE)
- ALZ workgroup - <https://mtalzplan.org/>
- <https://thewomensalzheimersmovement.org/> the women's alzheimer's movement
- <https://mocacognition.com/the-moca-test/> MoCA test

## Caregiver guides and resources

- USC Caregiving page- <https://www.fcsc.usc.edu/>
- <https://www.aarp.org/content/dam/aarp/caregiving/pdf/family-caregiving-guide/english.pdf>
- <https://www.caregiver.org/connecting-caregivers/services-by-state/montana/>
- <https://www.helpguide.org/articles/parenting-family/family-caregiving.html>

# Resources

## Aging information

- Gerontology society - <https://www.geron.org/>
- American Society on Aging - <https://www.asaging.org/>
- <https://www.homecaremag.com/home>
- National Council on Aging- <https://www.ncoa.org/>

## Vision impaired:

- <https://www.mabsop.org/> Montana Association for the Blind

## Costs/ finances

- <https://www.homecare.org> or <https://www.homecare.org/billings-mt/>
- Montana Respite care form - <https://dphhs.mt.gov/respite/VoucherProgramApplication>
- Ben rose institute - <https://benrose.org/>