

Group Welcome

- Come with an open mind and an open heart
- This is a safe space to simply be yourself
- Let's consider Recovery Education and keep a learning focus
- We can agree to disagree and that's ok
- Be mindful of other students and their experiences
- Confidentiality is crucial
- Being present
- The value of the Course Evaluation Form



Course aims

- ❑ A course designed for people who support a person with dementia
- ❑ To provide an introduction to dementia
- ❑ To provide information on the most common types of dementia
- ❑ To provide information on the most common signs and symptoms

What is dementia?

- Dementia is an umbrella term that describes a set of symptoms that are caused by conditions that effect the brain.
- Dementia is a degenerative condition – it gets worse.
- Dementia affects different parts of the brain - thinking (cognition), the ability to do every tasks (functioning) and other behaviours.
- Early problems (or symptoms) can often help to identify the type of dementia, but over time problems worsen and distinguishing between types is more difficult.

Fairy Light analogy



Common types of dementia

What experience or knowledge do you have of dementia? (i.e. personal / work / media)

What types of dementia have you heard of?

What are the differences between them?

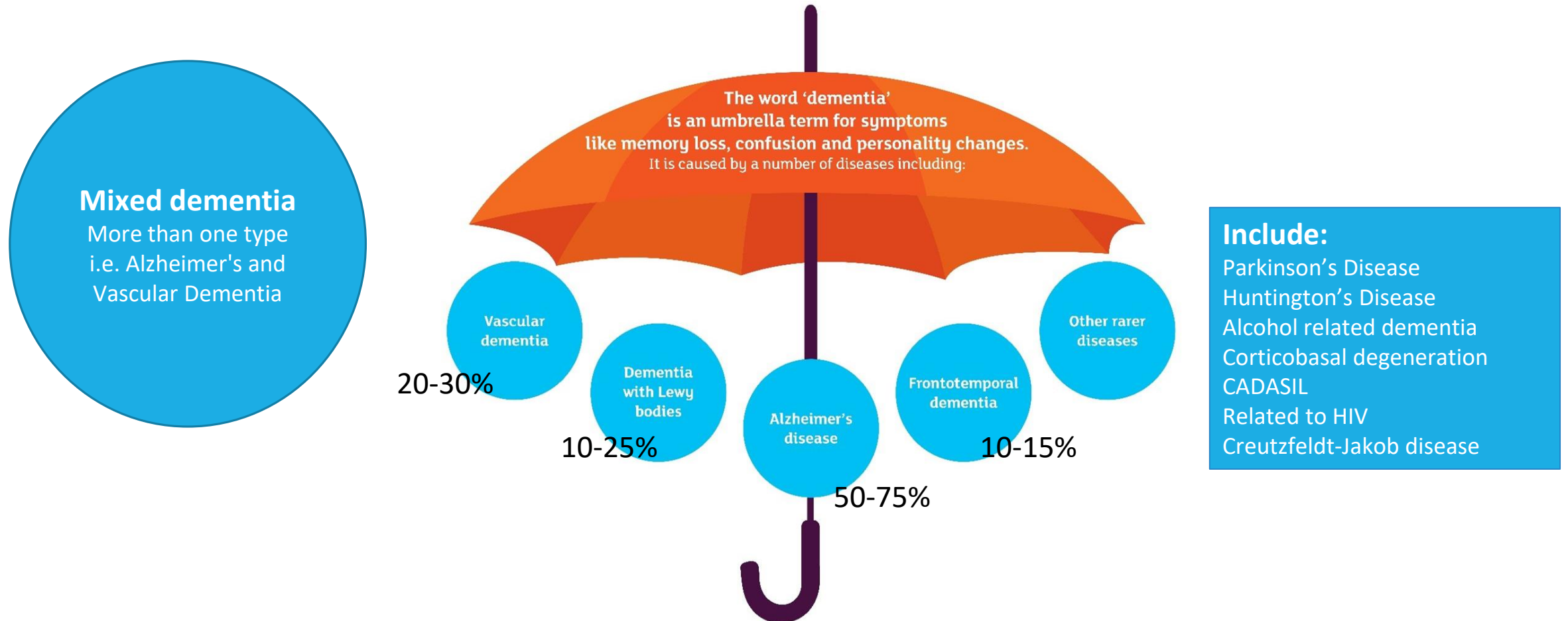


Break



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Common types of dementia



Alan has Alzheimer's Disease

I'm struggling with my memory ... I don't know what I did yesterday and I can't remember my next GP appointment

My son says I repeat myself... have I said that already?

I've had a TV remote and I can't figure out how to use it ... I'm better using what I know.

I can better remember things from the past and can tell you about my life growing up.

I can't think of the word ... erm ... I struggle to find the words I want to say and sometimes I forget people's names

I've lost my glasses and my wallet today. I don't know where I've put them.

What? I don't think there is anything wrong with me. I didn't forget, you did.



Valerie has Vascular Dementia

My thinking isn't as quick as it used to be!

I have good and bad days!

I'm get muddled when I'm trying to do everyday things like making my cup of tea. I put the teabag in the kettle by mistake.

I'm getting confused when trying to think things through and make decisions. I can't take it all in!

I feel fed up sometimes, I'm not interested in much.



Where's my 'felephone'? Sometimes my words sound muddled up and not as clear as it used to be.

There's something not quite right with my eyes. Sometimes I struggle to make things out.

I know there's something wrong with my brain, but I don't really understand it.

Break



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David has Dementia with Lewy Bodies

I've slowed down a lot and my wife worries about my stooping posture and wobbly balance

What was I saying? ... My wife says my attention is really poor, and sometimes she worries that I'm not very alert and I stare into space.

I've noticed changes in my vision and sometimes I see things that aren't there, like people or animals.



Sometimes I get confused what I see, so I thought that a shadow on the floor was a hole that I would fall into...

I worry about people breaking into my house but my wife and nurse try to reassure me that I'm safe.

I can fall asleep really easily in the day but my wife says my sleep at night is awful and I seem really disturbed.

Fran has Frontotemporal Dementia

I saw a neighbour and told her what I thought of her new haircut ... my daughter said I was saying things I shouldn't.

My daughter was having a bad day and I laughed ... She wasn't happy and said I didn't seem to care anymore.

I've started keeping old newspapers and magazines ... my nurse tells me this is a symptom of my condition.



I've started buying a scratch card every time I go to the shop ... and I've started eating lots of chocolate ... my family say that's not like me.

My family are worried and say I've changed ... I don't see it.

Video - Bookcase

To understand memory problems in dementia, watch the Dementia bookcase analogy by The Alzheimer's Society

[Bookcase analogy](#)

Statistics about dementia

- ❑ Someone in the world develops dementia **every 3 seconds**
- ❑ There are **over 50 million people worldwide** living with dementia in 2020. This number will almost double every 20 years.
- ❑ **850,000 people** are estimated to be living with dementia in the UK.
- ❑ **700,000** is the number of informal carers for the 850,000 people living with dementia in the UK
- ❑ Dementia care is complex. **48% of people with dementia have three or more health conditions**, 40% have one or two health conditions, 12% of people have no comorbidities

Five key messages (Alzheimer's Society, 2021)

1. Dementia is not a natural part of ageing
2. It is caused by diseases of the brain
3. Dementia is not just about losing your memory but a combination of symptoms
4. It's possible to live well with dementia
5. There's more to the person than their dementia

Any Questions?



Understanding dementia - Session 2

A WELLBEING & RECOVERY COLLEGE COURSE FACILITATED BY JULIE
BARNHOUSE AND SAM YOUNGZ

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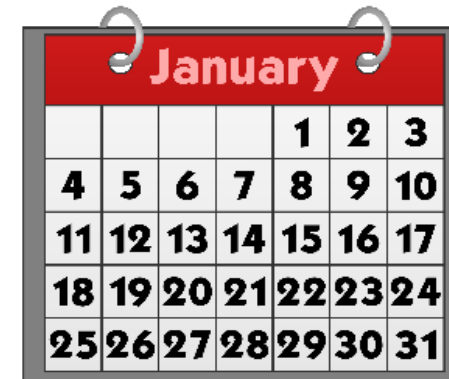
Course Aims

- ❑ To explore practical coping tools
- ❑ To explore emotional coping skills for day to day well being
- ❑ To signpost local support and services

Practical tools

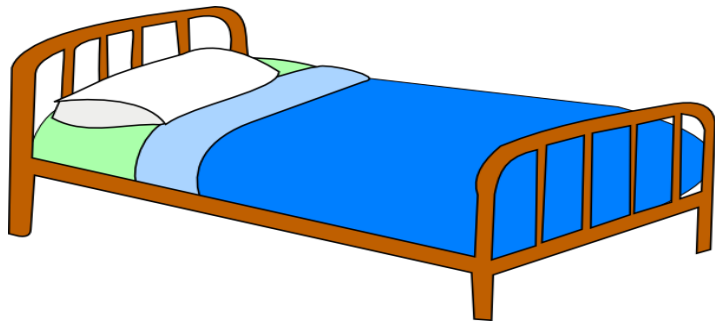
Practical Tools

- ☐ Memo board
- ☐ Memory book
- ☐ Digital Clock
- ☐ Calendar /diary
- ☐ Labelling and putting items in set places
- ☐ Checklists eg going out, medication



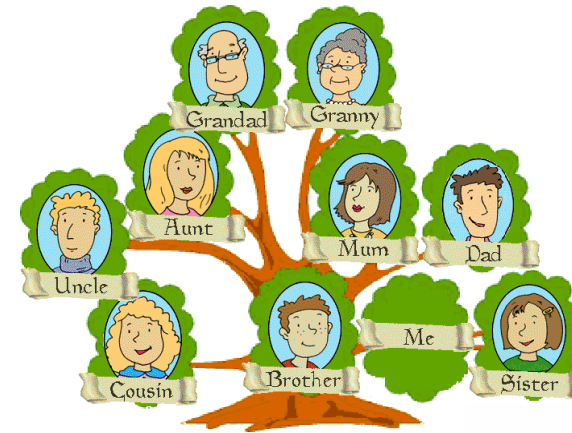
Practical tools

- ☐ Equipment
- ☐ Rails
- ☐ Bath board
- ☐ Chair raisers
- ☐ Bed lever



Other tools

- ☐ Digital photo frames
- ☐ Photo books
- ☐ Family tree
- ☐ Memory box
- ☐ Talking about life / My Story
- ☐ Hobbies and interests



Break



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Exploring strategies

AN INTRODUCTION TO ENVIRONMENTAL, COMMUNICATION AND SELF CARE STRATEGIES

Rule out physical health first

If the behaviour of a person with dementia changes suddenly, or they are acting in unusual ways

- **Ask their GP to rule out infection**
- Ask their GP to rule out any other physical health causes
- Ask their GP or Nurse about possible side effects of medications



Environmental strategies

What do you think the problem could be in the following examples?



Under or overstimulated to... Noise



Misinterpreting ... Sound



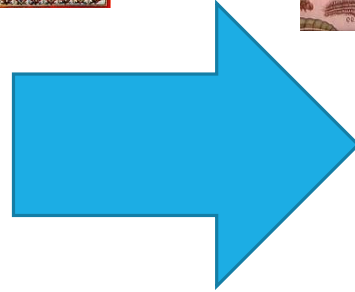
Changes in ...Vision



Under or overstimulated to... Light



Misinterpreting ... Patterns



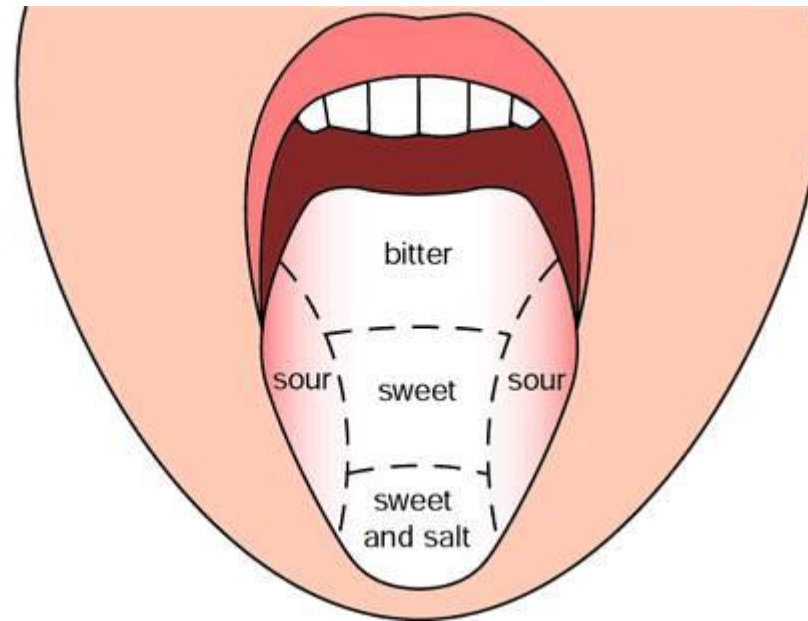
Misinterpreting ... Colour and shadow



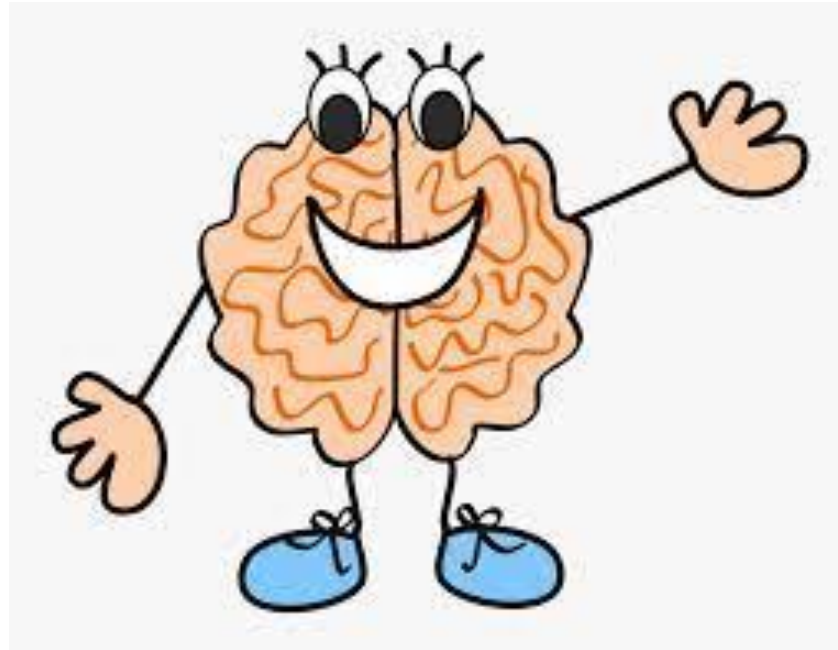
Misinterpreting ... Reflections



Changes in ...Taste



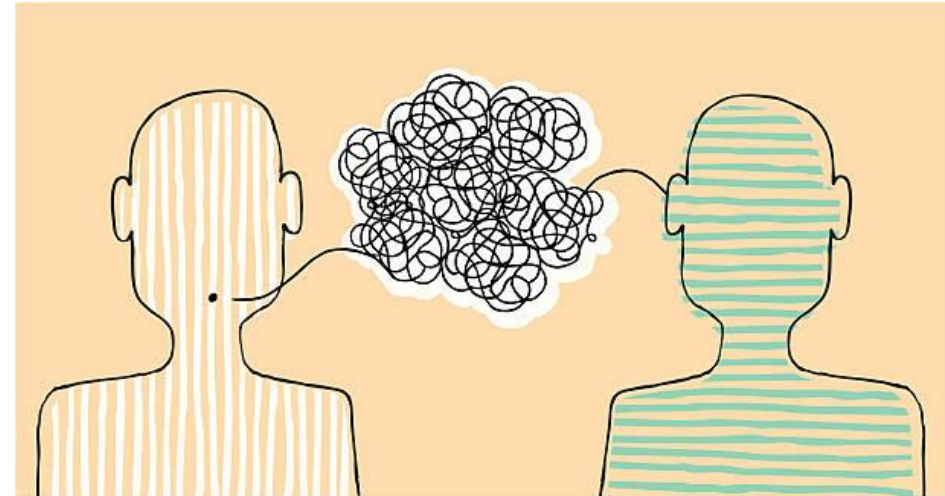
Break



Communication strategies

Dementia can make it hard for people to communicate, and this can be upsetting and frustrating for them and those around them.

The people around a person with dementia will find that they have to change and adapt their the way they communicate.



General communication tips

- ☐ Be prepared to repeat or rephrase things
- ☐ You might speak at a slightly slower pace
- ☐ Allow more time for the person to listen and respond
- ☐ Try to pick conversation topics that are still familiar so the person can join in
- ☐ Offer clear choices when needed i.e. 'would you like this one or that one?'
- ☐ Avoid phrases like "don't you remember, "or "I've already told you that"
- ☐ Avoid arguments over the truth, reason or logic, especially if someone is upset or angry. Sometimes agreeing, distracting or going with the flow can be more helpful
- ☐ If the person appears to be in a different time or place, try to understand what they might be thinking, feeling or what they might need in that moment
- ☐ Practice validating responses like, "Yes, I see" or "Tell me more" or try reflecting key words that they say to make them feel understood and listened to

Video on empathy

Take a look at this video on empathy

[Empathy](#)

Strategies to look after yourself

A person with dementia, and those around them, are likely to experience a range of difficult emotions.

This is normal.



Strategies to look after yourself

Sometimes, those who care for a person with dementia, can struggle to think about and care for themselves.

Self care isn't a luxury ... when you care for a person with dementia it is essential.

You can't pour from an empty cup



Strategies to look after yourself



Any Questions?

Goodbye!