



Welcome to Supportive Pathways

Please do the pretest included in your handout

Introductions:

- Name
- Where you work
- Dementia care experience
- Challenges you've encountered



Day One Outline

Personal and Organizational Beliefs

Individualized Care

Family as Partners in Care

Normal Changes of Aging

Disease Process



Day Two Outline

Effective Communication

Responding to Altered Behaviours

Supporting Quality of Life

Providing Meaningful Activities



Share and Relate To Your Practice

Please share your knowledge and expertise with the others

- tell your stories as they relate to the topics discussed

Write down the names of two (2) people you know who have dementia and whose actions were a challenge for you



Throughout the sessions, we will ask you to think about these people and how the information relates to them and could improve their quality of life



Supportive Pathways Education Program

Module 1
Personal and Organizational Beliefs and Values



Objectives

To discuss personal beliefs and values about caring for clients with dementia

To recognize how beliefs and values can affect the care provided

To acknowledge and identify common stereotypes that contribute to ageism and 'dementiaism'

To discuss the importance of organizational values on quality of care



"What Do You See Nurse?"

- What are **your impressions** of this caregiver?
- Why do you think the caregiver **acted the way she did?**
- What do you think the **client is thinking** about the care she is receiving?
- **How do we change** this type of care giving?



Definitions



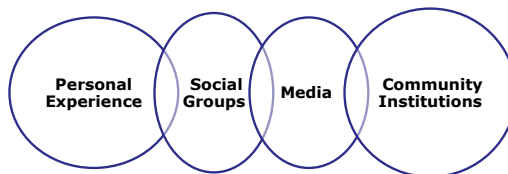
BELIEF - conviction, opinion, expectation that certain things are true (E.g. "I believe in luck".)



VALUE - something that is meaningful, desirable, or has worth (E.g. I value my privacy. I value nature)



Where do **BELIEFS** and **VALUES** come from?



Personal Value Awareness

Exercise:

On each of five (5) pieces of paper, write one thing you value (for a total of five (5) values)



Personal Value Awareness

What did you lose?



How did you feel about losing it?



Losses

Our clients may have experienced losing many of the things we value

They may have also lost many of their memories

Can we imagine what that must be like?



Memory Activity

Write down the answer to these questions

What is on the front and back of the Toonie?

What was the name of your Grade 4 teacher?



Debriefing

How did it feel to not remember?



What strategies did you use to answer?

Do you think our clients who have dementia may use similar strategies?



Stereotypes

Widely held beliefs about a group of people

"All old people end up in a nursing home."

"All old people develop dementia."



Other Stereotypes

Other Stereotypes are often the basis for jokes

☺ **"You know you are getting old when....."**



Stereotypes

What are some more stereotypes about older adults?

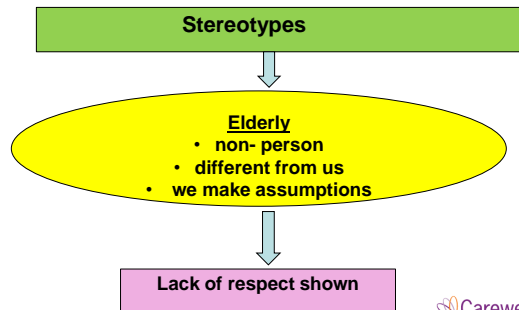


Century Club Video

Did the ladies in the video match your expectation of someone over 100?



Do Stereotypes Affect Care?



Ageism

Ageism is defined as prejudice or discrimination against a particular age group.



Dementiaism

Thinking of the person differently because they have dementia

Not being as "polite" as to a capable person

Calling the person "cute" names

Not expecting that the person can have good days and bad days



Quote From A Nurse

"Once you are diagnosed with dementia you never walk again
- ***you only wander.***"

Source Unknown



Supportive Pathway's Organizational Principles

Our programs value: dignity, individuality, respect, independence and the opportunity (for the clients) to make choices.



Supportive Pathways Organizational Principles

Clients will benefit from an environment that: supports individual needs, focuses on celebrating success, fosters hope, and promotes social involvement.



Supportive Pathway's Organizational Principles

Families and friends will be welcomed as partners; working together to support the client's quality of life.



Supportive Pathway's Organizational Principles

Clients will have the opportunity to live in an environment that is *comfortable*.



Supportive Pathway's Organizational Principles

Clients will have the opportunity to maintain and develop community ties.



Supportive Pathway's Organizational Principles

Clients will benefit from educated staff who will support each person to live their life to the fullest.



Supportive Pathways Model of Care



(Source: M. Woloshchuk, M. Collins, C. Blake 1999)



Alzheimer's Bill of Rights



To be treated as an individual, with dignity and respect.

To be informed of one's diagnosis.

To have appropriate, ongoing assessments and medical care.

To live in an environment designed for an individual's abilities and interests.



Alzheimer's Bill of Rights



To be involved in work and play as long as possible.

To be out-of-doors on a regular basis.



To have physical contact including hand-holding, hugging and caressing, based on individual comfort and need.

To be with people who know and understand one's life story, including family, cultural and religious traditions.



Alzheimer's Bill of Rights



To be cared for by individuals willing to participate in ongoing training in dementia care.



Questions?



Please refer to your handouts



Appendix : What do you See Nurse?

"What do you See Nurse?" poem

The Carewest Response to ...

"What Do You see Nurse?" by Marlene Collins

(See handout for a copy of both)



References

A profile of Alberta seniors. (2010).

Retrieved March 5, 2012

from http://www.seniors.gov.ab.ca/policy_planning/factsheet_seniors/factsheet-seniors.pdf

Rising Tide: The Impact of Dementia on Canadian Society (2010).

Retrieved from <http://www.alzheimersociety.ca>



Video follow-up:

What Do You See Nurse?

Think about these questions as you watch the video.

1. What are your impressions of this *caregiver*?
2. Why do you think the *caregiver* acted the way she did?
3. What do you think the *resident* is thinking about the care she is receiving?
4. How do we change this *type of care giving*?

What Do You See Nurse? Poem in video

What do you see, what do you see?
What are you thinking when you're looking at me?
A crabby old woman, not very wise,
Uncertain of habit, with far away eyes.
Who dribbles her food and makes no reply
When you say in a loud voice, "I do wish you'd try?"
Who seems not to notice the things that you do,
And forever is losing a stocking or shoe.
Who, unresisting or not; lets you do as you will.
With bathing and feeding, the long day to fill.
Is that what you're thinking, is that what you see?
Then open your eyes, you're not looking at me.
I'll tell you who I am as I sit here so still!
As I rise at your bidding, as I eat at your will.
I'm a small child of 10 with a father and mother,
Brothers and sisters, who loved one another.
A young girl of 16 with wings on her feet,
Dreaming that soon now a lover she'll meet.
A bride soon at 20 – my heart gives a leap,
Remembering the vows that I promised to keep.
At 25 now I have young of my own
Who need me to build a secure happy home.
A woman of 30, my young now grow fast,
Bound to each other with ties that should last.
At 40, my young sons have grown and are gone,
But my man's beside me to see I don't mourn.
At 50 once more babies play around my knee,
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead,
I look at the future, I shudder with dread.
For my young are all rearing young of their own.
And I think of the years and the love that I've known.
I'm an old woman now and nature is cruel,
'Tis her jest to make old age look like a fool.
The body is crumbled, grace and vigor depart,
There is now a stone where I once had a heart.
But inside this old carcass, a young girl still dwells,
And now and again my battered heart swells.
I remember the joy, I remember the pain,
And I'm loving and living life over again.
I think of the years all too few – gone too fast,
And accept the stark fact that nothing can last.
So open your eyes, people, open and see,
Not a crabby old woman, LOOK CLOSER, SEE ME.

What Do We See? Response by Carewest

Author: Marlene Collins

"What do we see?" you ask. What do we see?
Yes, we need to look deeper when looking at thee.
We may seem to be hard when we hurry and fuss
We need to move slower and garner your trust.

We should spend far more time to sit by you and talk
To bathe you and feed you and help you to walk.
To hear of your lives and things you have done—
Your childhood, your husband, your daughter, your son.

But time is against us; there's too much to do.
We need to pay attention and see the real you!
We grieve when we see you so sad and alone,
With nobody near you, no friends of your own.

We feel all your pain and know all your fear.
That nobody cares now that your end is so near.
We should sit and show love when you feel so afraid
Instead of just caring whether the beds get made.

Of the dearest old Gran in the very end bed
And the lovely old Dad and the things that he said.
We speak with compassion and love and feel sad.
When we think of your lives and the joy that you've had.

Note:

There is indications in the literature that the poem, 'Look closer - See me', was found in a lady's locker after she passed away.

Pre / Post Participant Test Supportive Pathways

Name: _____

*Total Score out of 25

Date: _____

- 1. Which of the following would be considered normal changes of aging? Mark T for True and F for False or "?" if unsure.**

_____ Bladder incontinence

_____ Slower reaction time

_____ Need for more light

_____ Less able to hear low pitch sounds

_____ Decrease in the amount the bladder holds

_____ Older people are less sensitive to medications so you need higher doses

- 2. Which of the following changes are seen in the brain of people with Alzheimer Disease?**

_____ Decrease in dopamine

_____ Overgrowth of tissue

_____ Amyloid plaques

_____ Pick bodies

- 3. Which of the following is a reversible cause of Dementia?**

_____ Picks Disease

_____ Depression

_____ Alzheimer Disease

_____ Lewy Body Dementia

Pre / Post Participant Test Supportive Pathways

4. Please indicate “T” for true, “F” for false or “?” if you are unsure for the following statements.

- _____ Reminiscing should be avoided with clients as it increases their depression
- _____ It is normal for the older people to want to die so we should ignore these statements
- _____ Aggression and resistance to care can be caused by fear
- _____ When dealing with a resident who is looking for their mother it is best to tell them in a kind manner that their mother is dead
- _____ Restraints keep clients safe
- _____ Medication can be considered a restraint
- _____ Clients with very late stage dementia are prone to choking and aspiration
- _____ Aricept is a drug to treat depression
- _____ Difficulty dressing may be caused by damage to the frontal lobe of the brain
- _____ Delirium usually has a quick onset

5. Which type of dementia is caused by small strokes?

- _____ Pick’s Disease
- _____ Lewy Body Dementia
- _____ Alzheimer Disease
- _____ Multi-infarct Dementia

6. Which of the following could be signs of pain in non-verbal clients?

- _____ calling out for help
- _____ aggression
- _____ fast breathing
- _____ furrowed brow
- _____ All of the above

Pre / Post Participant Test Supportive Pathways

7. To keep yourself safe when dealing with aggressive older persons it is best to:

_____ Approach from behind so they can't hit you

_____ Use only non-verbal communication

_____ Limit eye contact so they aren't challenged

_____ Enter their space slowly

8. Which of the following activities would be best for a very late stage dementia client?

_____ Craft group

_____ Playing favourite music

_____ Setting the table

_____ Exercise group

9. Mr. Jones is pacing and has a stressed look on his face. Which would you do?

_____ Leave him alone

_____ Try to find out what was wrong

_____ Take him to the bathroom

10. Mr. Marshall's daughter stops you in the hall and asks why her father has a big bruise on his arm. You aren't his nurse today and are really busy. Which of the following would be the best response.

_____ "I don't know, I'm not his nurse. I think Jane is down the hall somewhere".

_____ "His nurse is at lunch right now. I'll get her to see you when she gets back."

_____ "They all have fragile skin so bruise easily."

_____ "Come with me and I'll check the chart and find someone who can help you".

11. Clients with dementia have altered touch sensation so don't want to be touched.

_____ True

_____ False