

Dementia Friends Michigan



A Dementia Friendly America initiative

Adapted from Dementia Friends Minnesota
and with permission of Dementia Friends, Alzheimer's Society, London UK.
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What is Dementia Friends?

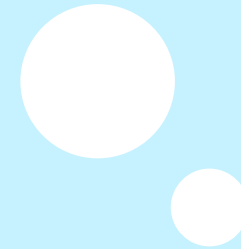


- Dementia Friends is a social action movement developed by the Alzheimer's Society in the United Kingdom
- The Dementia Friends program focuses on five key messages
- To become a Dementia Friend, you need to understand the five key messages and then commit to a dementia-friendly action



Activity

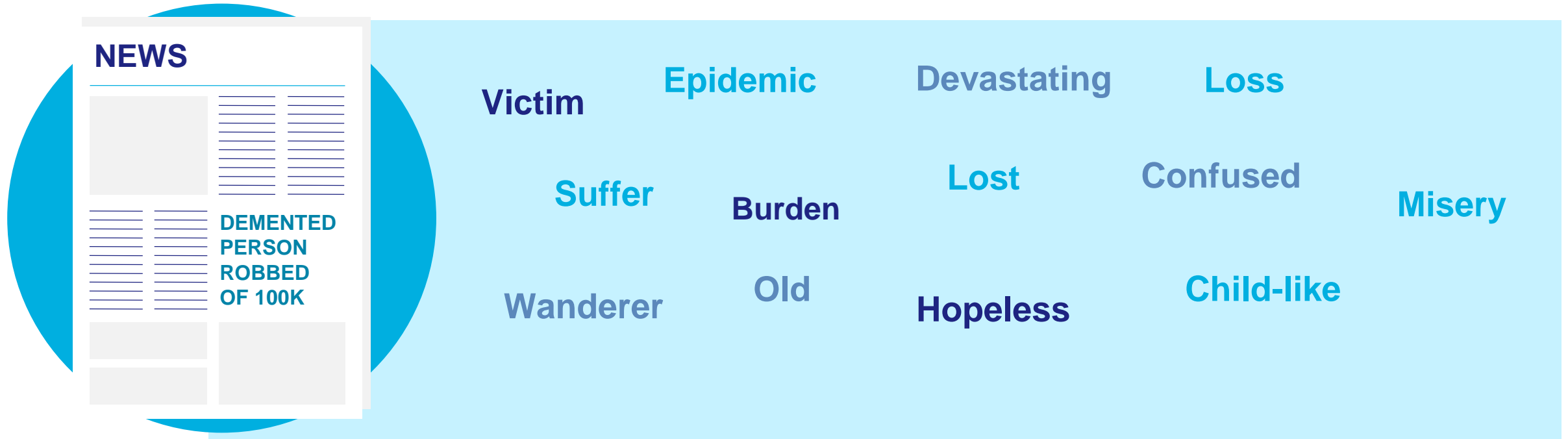
What are the
first words
you think of
when you hear
the word
'dementia'?





Perceptions of dementia

You may find that your words are mostly negative, but don't worry...



This is unfortunately how society often views and talks about dementia.



Dementia Friends Trailer

<https://youtu.be/x9g0oK2G9x8>





Dementia: What You Should Know

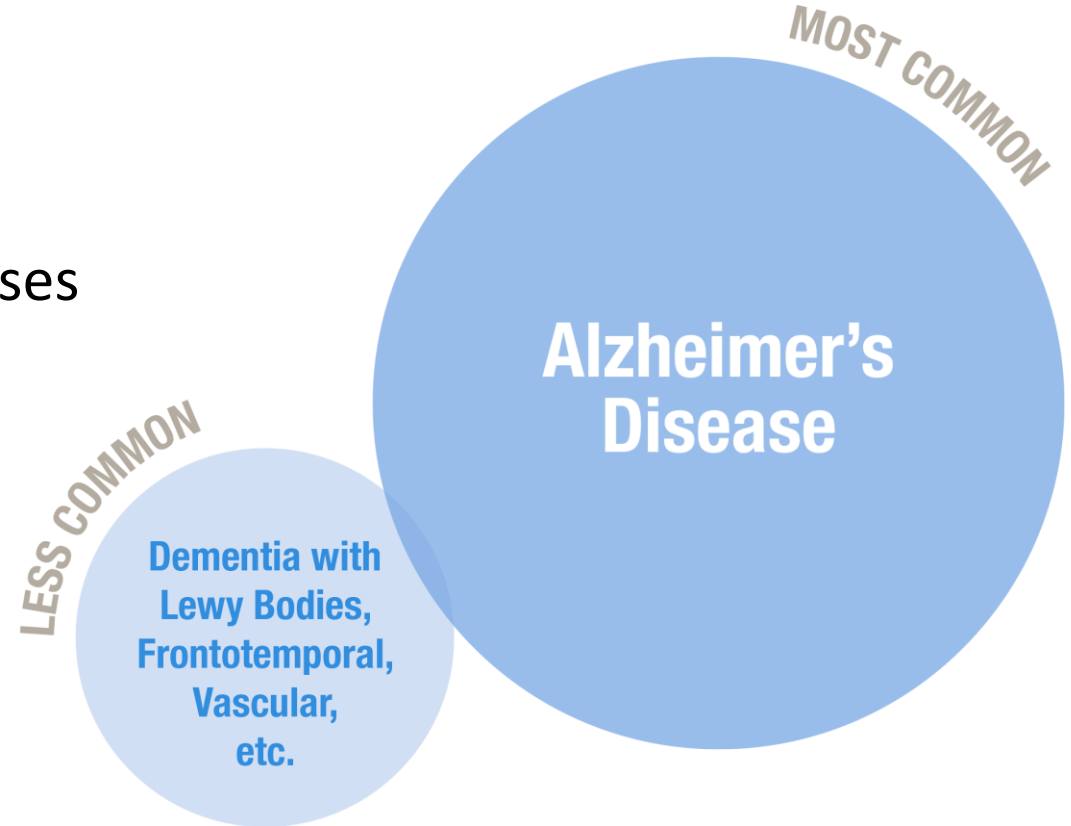
- NOT a specific disease
- Overall “umbrella” term describing a wide range of symptoms associated with a decline in memory, language and other thinking skills severe enough to reduce a person’s ability to perform everyday activities





Dementia: What You Should Know

- **Alzheimer's disease** is the most common type of dementia and accounts for 60 to 80 percent of cases
- **Other types of dementia** include Dementia with Lewy Bodies, Frontotemporal, and Vascular





COVID-19 Impact on Dementia

COVID-19: new guidelines and requirements for ALL

- Processing and remembering new “rules”
- New ways of planning for basic activities
- Disruption of normal daily routines
- Social isolation
- PPE interferes with communication
- Reversal of lifelong habits
- Overwhelming amount of news coverage





Family Caregivers and Dementia:



Family Caregivers and Dementia: The Other Silent Epidemic

As the number of those with Alzheimer's disease and other related dementia's increases each passing year, so does the number of family caregivers who provide the unrelenting care their loved one with dementia needs. In fact, the burden of families caring for their loved one is an epidemic in itself, with 15 million Americans in 2017 providing 18.2 billion hours of unpaid care for loved ones with dementia, equating to a value of \$230 billion. Dementia Friendly communities are about the caregiver as much as the person with dementia, so in your efforts please keep in mind the following caregiver data derived from the Center for Disease Control, Alzheimer's Association, and National Center on Care Giving:

- 80% of people with dementia are cared for in their homes
- Family caregivers caring for those with dementia provide care for a longer duration than caregivers of any other conditions
- Family caregivers for Alzheimer's disease and other related dementias have an increased risk for anxiety, depression, and poor quality of life than family caregivers of other any other conditions
- 1 in 6 millennials are caring for someone with dementia and report mental, physical, and financial hardships as a consequence of their care giving role
- Studies show family caregivers of those with dementia have diminished immune systems, leading to frequent infection and increased risk of cancers, with evidence of a 23% average increase in stress hormones and a 15% decrease in antibody response
- Spousal caregivers of individuals with dementia aged 66 to 96 have a 63% increase in mortality rates than non-caregivers of those with dementia in the same age range, often times resulting in the passing of the caregiver before the person in which they are providing care!

According to the Family Caregiver Alliance, a subset of the National Center on Care Giving, family care giving for someone with dementia is quickly becoming a public health issue. As a Dementia Friend in Indiana, you have the opportunity to make a difference. Whether it involves reaching out to someone you know who is caring for someone with dementia, leading social change to reduce the stigma, or spreading awareness about the rising challenges facing caregivers of those with dementia, you can make a difference. Connect your family, friends, and your community to Dementia Friends Indiana today!



www.cicoa.org

www.dementiafriendsindiana.org

Family Caregivers and Dementia: The Other Silent Epidemic



Family Caregivers and Dementia: Did You Know?

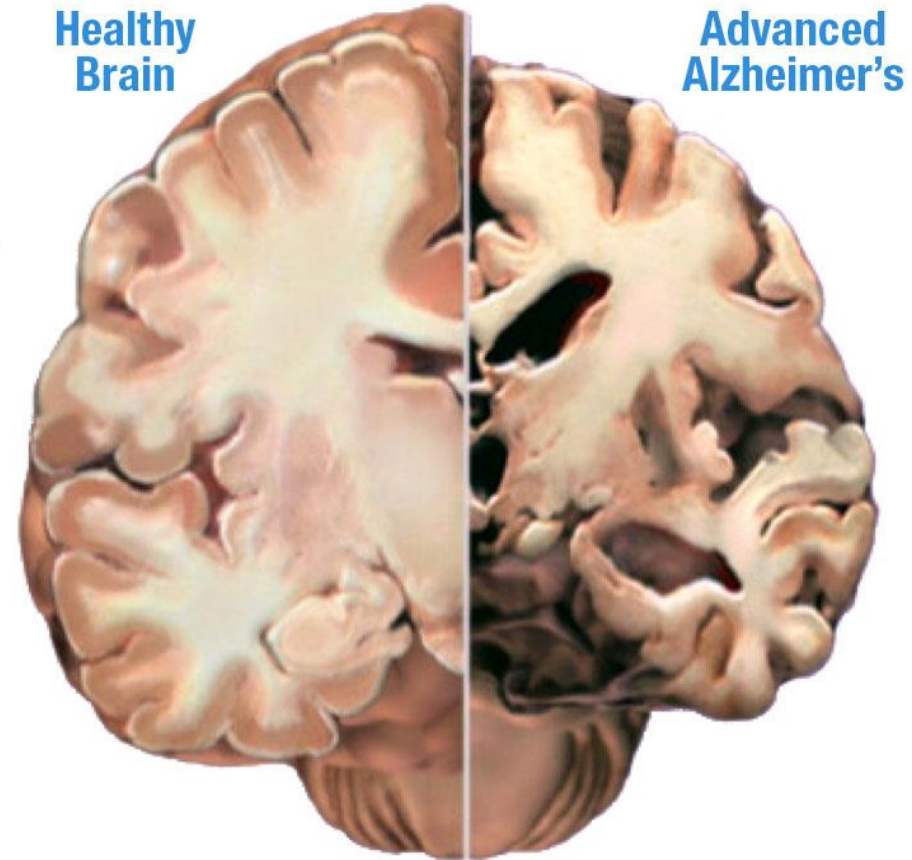
- 80% of people with dementia reside in their homes or with family members
- One in six millennials are caring for someone with dementia and report mental, physical, and financial hardships as a consequence of their care giving role.
- Spousal caregivers of individuals with dementia aged 66 to 96 have a 63% increase in mortality rates than non-caregivers of those with a dementia in the same age range, often times resulting in the passing of the caregiver before the person in which they are providing care.

The Bookcase Story <https://www.youtube.com/watch?v=kkvyGrOElfA>





Healthy Brain vs. Alzheimer's Brain





10 Early Signs and Symptoms of Dementia

Dementia symptoms vary depending on the cause, but there are some common signs and symptoms.





1st Early Sign and Symptom of Dementia

Memory loss that disrupts daily life

- Forgetting recently learned information
- Repeating questions or stories
- Forgetting important dates, events, tasks and routines

Typical Aging:

- Sometimes forgetting names or appointments but remembering them later





2nd Early Sign and Symptom of Dementia

Challenges in planning or solving problems

- Difficulty making a plan, working with numbers, scheduling appointments or following a recipe
- Not renewing prescriptions or paying bills in a timely manner
- Needing medical care, but not seeking or refusing care

Typical Aging:

- Making occasional errors when balancing a checkbook





3rd Early Sign and Symptom of Dementia

Difficulty completing familiar tasks at home, at work or at leisure

- Difficulty with familiar household chores
- Trouble finding their way to a familiar location
- Remembering the rules of a favorite game

Typical Aging:

- Needing occasional help to use the settings on a microwave or to record a TV show





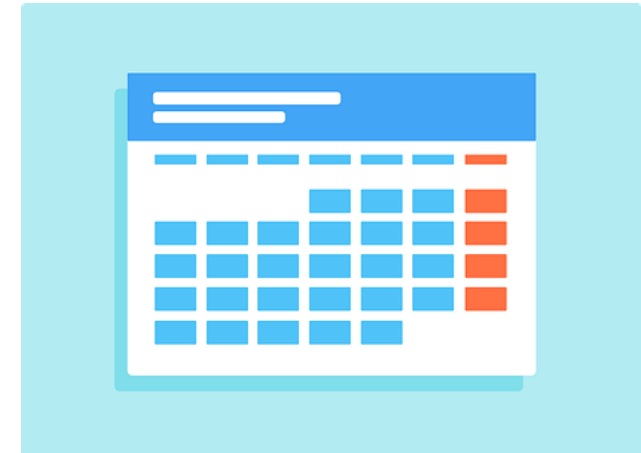
4th Early Sign and Symptom of Dementia

Confusion with time or place

- Arriving very early, late or missing appointments, outings, events
- Losing track of dates, seasons and passage of time
- Forgetting where they are or how they got there

Typical Aging:

- Confused about the day of the week but recalling it later





5th Early Sign and Symptom of Dementia

Trouble understanding visual images and spatial relationships

- Challenges judging distances, affecting driving
- Determining color or contrast
- Bumping into furniture; tripping, falling
- Difficulty placing a phone call

Typical Aging:

- Vision changes related to cataracts





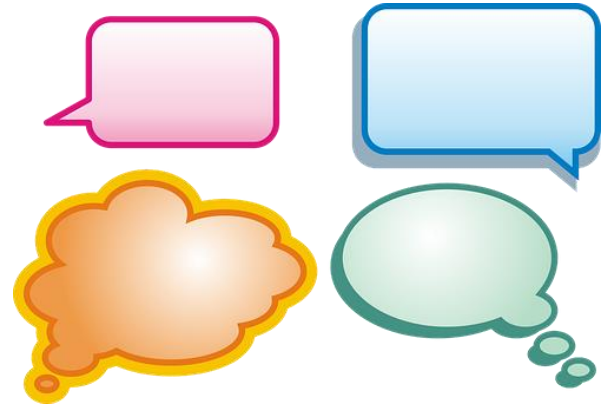
6th Early Sign and Symptom of Dementia

New problems with words in speaking or writing

- Difficulty finding the right words
- Challenges with tracking and participating in conversations

Typical Aging:

- Sometimes having trouble finding the right word





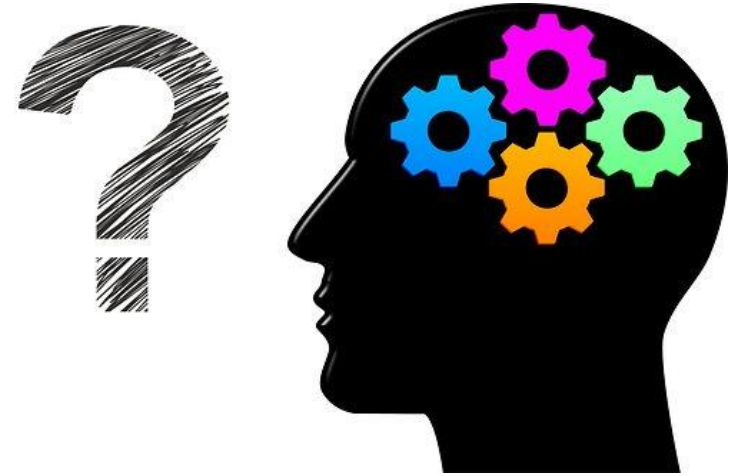
7th Early Sign and Symptom of Dementia

Misplacing things and losing the ability to retrace steps

- Inability to search for misplaced items
- Putting items in non-typical places
- May accuse others of stealing

Typical Aging:

- Misplacing things from time to time and retracing steps to find them





8th Early Sign and Symptom of Dementia

Decreased or poor judgment

- Changes in judgement and decision making
- Poor decisions with money
- Dressing inappropriately for weather
- Walking away; getting lost

Typical Aging:

- Making a bad decision once in a while





9th Early Sign and Symptom of Dementia

Withdrawal from work or social activities

- Disengagement with social and community groups or activities
- Refusing to allow visitors into residence

Typical Aging:

- Sometimes feeling weary of work, family and social obligations





10th Early Sign and Symptom of Dementia

Changes in mood and personality

- Mood swings, increased confusion, suspiciousness, depression
- May become more upset, fearful or anxious at home or in unfamiliar places
- Shift in personality

Typical Aging:

- Developing very specific ways of doing things and becoming irritable when a routine is disrupted.





5 Key Messages

1.



Dementia is not a natural part of aging.

2.



Dementia is caused by diseases of the brain.

3.



It is not just about losing your memory.

4.



It's possible to live well with dementia.

5.



There is more to the person than the dementia.



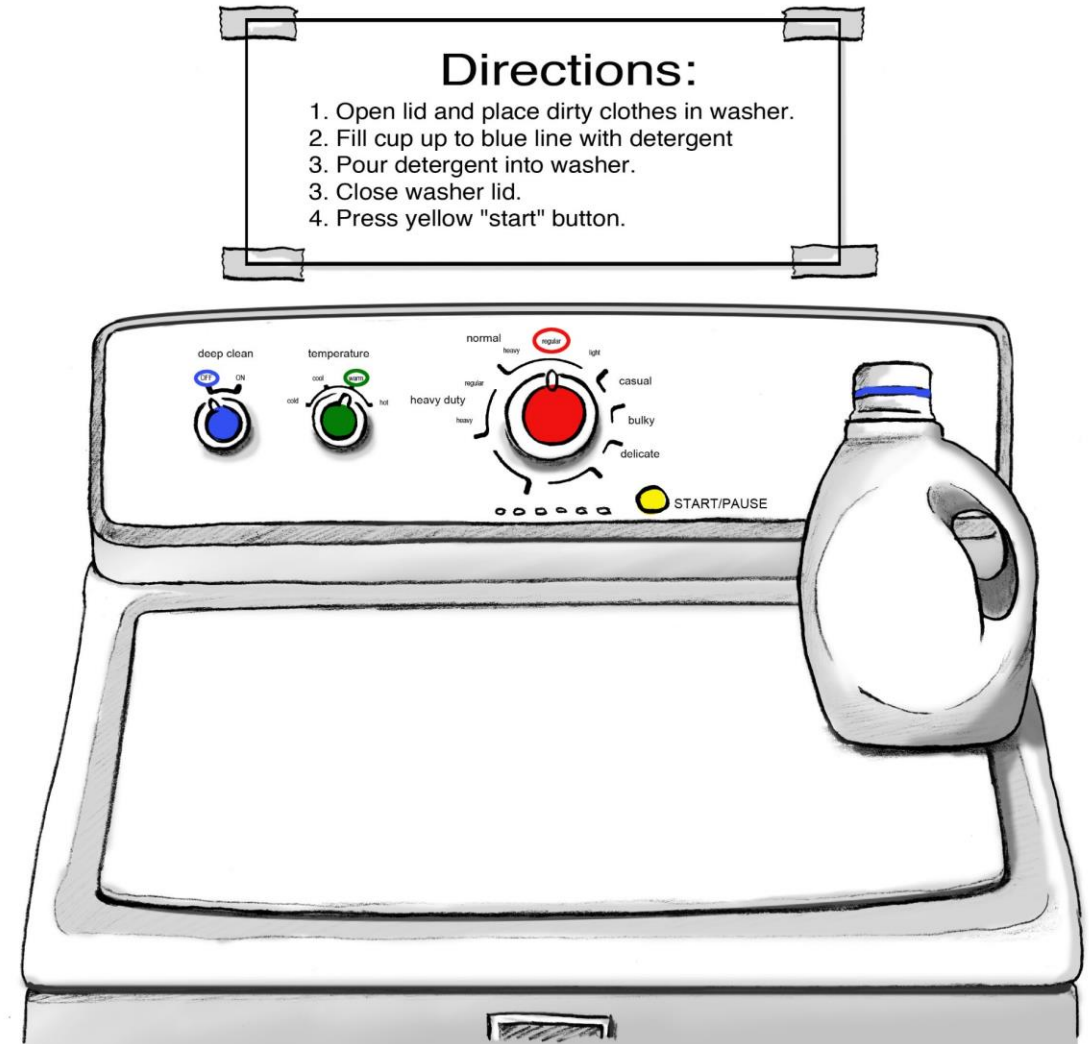
5 Key Messages <https://www.youtube.com/watch?v=4oIrRTayLJw&feature=youtu.be>





Everyday Tasks

Everyday tasks may seem simple, but if you think of all the steps involved, in sequence, it can be a lot to remember.





Everyday Tasks

Write a step-by-step instruction list to complete the task brushing your teeth



Everyday Tasks

Write a step-by-step instruction list to complete the task brushing your teeth

- Locate bathroom

Which bathroom, if more than one?

- Open door

- Turn on light

- Locate toothbrush

On the counter, in drawer or cupboard – which one?

- Turn on water

Hot or cold, or mixture of both? How do handles operate?

- Wet toothbrush



Everyday Tasks

Write a step-by-step instruction list to complete the task brushing your teeth

- Turn off water
- Locate toothpaste
 - On the counter, in drawer or cupboard – which one?
- Take lid off of toothpaste
 - Set lid down
- Squeeze toothpaste on brush
 - How much toothpaste? Which end of brush?
- Recap toothpaste
- Put toothbrush in mouth
 - If electric, turn on



Everyday Tasks

Write a step-by-step instruction list to complete the task brushing your teeth

➤ Brush teeth

Uppers first? Then where? How long in each area? Do I sing a song or say the alphabet in my head?

➤ Turn off toothbrush and/or set it down

➤ Rinse

Turn on water, use cup or cup hands, turn off water

➤ Spit

Where – several receptacles to choose from

➤ Floss

Where is floss located? How much do I use?



Everyday Tasks

Write a step-by-step instruction list to complete the task brushing your teeth

➤ Rinse

➤ Mouthwash

Where is this located? Take off cap. Pour into cup. How much do I use?

Rinse and spit steps

➤ Denture care

Where are products located? How much of each do I use? Clean and
store denture or clean and soak? How long does it soak?

➤ Finishing Up

Put all products back where you found them, clean off sink and counter,
turn off light, shut bathroom door



Communication | Practical Support Tips



Facial Expressions

- Eye contact
- Body language
- Don't stand too close
- Don't cover your mouth



Talking

- Speak clearly and calmly
- Short, simple sentences
- Slightly slower pace
- Avoid speaking sharply or raising your voice



Listening

- Listen carefully
- Encouragement
- Visual clues



Communication

Tips for communicating with a person with dementia



- **Treat the person with dignity and respect.**
Avoid talking past the person as if he or she isn't there.
- **Be aware of your feelings.**
Your tone of voice may communicate your attitude. Use positive, friendly facial expressions.
- **Be patient and supportive.**
Let the person know that you are listening and trying to understand. Show that you care about what he or she is saying and be careful not to interrupt.



Communication

Tips for communicating with a person with dementia



- **Offer comfort and reassurance.**
If he or she is having trouble communicating, reassure that it's okay and encourage the person to continue.
- **Avoid criticizing or correcting.**
Don't tell the person what he or she is saying is incorrect. Instead, listen and try to find the meaning in what is being said.
- **Avoid arguing.**
If the person says something you don't agree with, let it be. Arguing usually only makes things worse and often increases agitation for the person with dementia.



Communication

Tips for communicating with a person with dementia



- **Offer a guess.**

If the person uses the wrong word or cannot find a word, try guessing the right word. If you understand what the person means, finding the right word may not be necessary.

- **Encourage nonverbal communication.**

If you don't understand what is being said, ask the person to point or gesture.



Conversation Tips.....

when starting a conversation with a person with dementia



- **Come from the front, identify yourself, and keep good eye contact.** If the person is seated or reclined, go to that level. It may help the individual to see your whole face.
- **Call the person by their preferred name** to get his or her attention.
- **Use short, simple phrases** which contain seven words or less. Avoid sudden changes in topics.



Conversation Tips.....

when starting a conversation with a person with dementia



- **Repeat information once, if necessary.**
Then, try simplifying your statement.
- **Limit questions.**
When questions are necessary, ask one question at a time.
- **Speak slowly and clearly.**
Use a gentle and relaxed tone.
- **Patiently wait for a response.**



Conversation Tips..... during the conversation with a person with dementia



- **Provide a statement rather than ask a question.**
For example, say *“The bathroom is right here,”* instead of asking, *“Do you need to use the bathroom?”*
- **Avoid confusing and vague statements about something you want the person to do.** Instead, speak directly: *“Please come here. Your shower is ready.”*
- **Name an object or place.** For example, rather than *“Here it is,”* say *“Here is your hat.”* Use people’s names, not *“he”* or *“she.”*



Conversation Tips..... during the conversation with a person with dementia



- **Turn negatives into positives.**
Rather than, *“Don't go there,”* say, *“Let's go here.”*
- **Give visual cues.** Point or touch the item you want the person to use or begin the task for him or her.
- **Try using written notes / pictures** as reminders if the person is able to understand them.
- **Avoid quizzing.** Reminiscing may be healthy, but avoid asking, *“Do you remember when?”*



5 Key Messages

Dementia is not a natural part of _____

Dementia is caused by _____ of the brain

Dementia is not just about _____

It is possible to _____ with dementia

There is _____ to the person than the dementia

more

diseases

live well

aging

losing your memory



Resources

- Senior Resources of West Michigan
 - www.seniorresourceswmi.org
 - [560 Seminole Road, Muskegon MI 49444](#)
 - [231-733-3585](tel:231-733-3585)
- Alzheimer's Association
 - www.alz.org
 - 549 Seminole Road, Norton Shores 49444; 231-780-1922
 - 1.800.272.3900
- GVSU – Rethinking Dementia Accelerating Change Resource Guide
 - www.gvsu.edu/spnha/about-rethinking-dementia-178.htm
 - [Call 2-1-1 – www.call-211.org](http://www.call-211.org)
 - [Trualta – resource for caregivers seniorresources.trualta.com](http://seniorresources.trualta.com)



THANK YOU

for helping to make this world more dementia *friendly*.