

## *Raising Community Dementia Awareness*

*Ms. Wayman is a Dementia Expert, Care Educator, Trainer and Consultant, raising dementia awareness with many organizations and entire communities across the United States and around the world .*

### *Chapter One*

- . Introduction-Identifying the Need to Raise Community Awareness*
  - . Transforming the Perspective of Dementia*
  - . What is Dementia?*
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#### *Identifying the Need for Communities to Become Dementia Aware...*

*The impact this growing number of persons living with dementia is having on the Law Enforcement...*

*Specialized training (dementia-awareness) is necessary to cultivate a deeper understanding and clearer recognition of dementia symptoms, how it affects those living with or caring for an individual with dementia symptoms, and imparts appropriate, competent and sensitive "dementia aware" care and service.*

*How to safely and effectively communicate with and assist people with any cause of dementia symptoms*

*Today, you will:*

- understand the effects and impact of dementia on the entire community*
- learn strategies for communication and successful engagement*
- understand triggers for behaviors*
- learn ways to successfully engage and assist a person with dementia symptoms*

*Dementia impacts the family caregiver*

#### *Dementia Impacts First Responders*

*Dementia "is"...*

*Alzheimer's is the leading cause...*

*It Is All About The Loss of Ability to Process, to Think and to Understand*

*Dementia is not all about memory loss*

*Some common but often unrecognized dementia symptoms include:*

- . Loss of balance and coordination*
- . Difficulty performing familiar tasks*
- . Problems with language*
- . Disorientation of time and place*
- . Poor or decreased judgement*
- . Problems with abstract thinking*
- . Misplacing things*
- . Changes in mood or behaviour*
- . Changes in personality*
- . Loss of initiative*

*Quiz*

*Name common dementia symptoms...*

*Answers;*

*Falling, loss of ability to process what they see, hear, touch or movement*

***What is Dementia?***

***Answer;***

*Chapter Two*

*Understanding Loss of Normal Brain Function Presented in Dementia Symptoms*

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*Basic brain function and learned brain function...*

*Cheese Moments...*

*Learning to "think for them"*

*Any individual presenting dementia symptoms is suffering with a "broken thinker"*

*Transforming Your Perspective...*

*A terrified mother and son dial 911 to report a home invasion in progress and hide in an upstairs closet until Law Enforcement responds moments later to find a confused senior insisting that the officers "get out" of his home.*

*Quiz*

*What are basic brain functions?*

*Answers:*

*Breathing, swallowing, blood pressure, basic sight, hearing and movement*

*Name a few learned brain functions...*

*Answers;*

*Processing and understanding what we see, hear, touch, how we move...*

*What is Anosognosia?;*

*Answer;*

*A scary condition marked by the inability to recognize one's own dementia.*

*Chapter Three*

*Learning to Connect and Communicate with the Feelings and Emotions that Remain*

*Understanding How Dementia "Feels"*

*All of your emotions and feelings you are born with remain...*

*It Is All About How We "Feel"...*

*Join Them in Their Feelings*

*In order to connect with an individual with dementia symptoms you must join their feelings to establish trust.*

*If the individual states that they want to "go home" but are at home, what are they feeling? What feelings does home represent to them?*

*How can we help them feel loved, safe, secure and valued in that moment?*

*It Is Kinder to Think For Them...*

*Changing Your Care Approach and Communication*

*A Loving Approach is Essential*

A frantic young female worker at a local donut shop reports a potential sexual predator engaged in indecent exposure when she notices a man in their parking lot wearing only underwear and shoes under his coat asking their exiting patrons to give him a ride home.

Quiz

What is always behind the behavior?

Answer;

Feelings and Emotions

~~How do questions or options make the individual with dementia feel?~~

Answers;

Anxious, inadequate, confused or defensive

Give an example of a positive action statement:

Instead of "how are you" say "you look great today"

Chapter Four

A Dementia-Aware Guide for All Care Providers

Putting This All Into Practice

Summary

Dementia is...

What remains?

What is a positive action statement?

Let's practice...

Scenario # 1

**One of the biggest challenges when relating to the individual with dementia symptoms is their inability to "think" of an appropriate response to any question.**

Utilize a dementia-Aware approach in this situation..

You arrive at a home, the wife is standing next to her parked car in the garage and has called 911 for help-her husband is sitting in the passenger seat of the car and is refusing to get out and go into the house. It is a hot summer day, the wife is panicked and cannot seem to convince her husband to come in out of the heat. The husband has obvious symptoms of dementia, is holding a dog on his lap that is also showing signs of stress from the heat.

Scenario # 2

You arrive at a memory care community to find a female resident sitting in her wheelchair. She is pale, diaphoretic and had vomited after dinner. She is anxious and becomes agitated when you ask questions. Staff states that she was lethargic and unusually withdrawn most of the day.

Scenario # 3

71 year old male on the ground. Passerby found the patient on the ground and called 911. Patient was alert but cannot tell you what happened. Patient's wife arrives on the scene and states she was looking for him. She had left him alone at home while she ran to the store, came home and found him gone.

Scenario # 4

83 year old female standing outside of board and care home Staff states she has been standing outside for approximate 30 minutes and refuses to come back in side and is yelling for help. Staff states she moved in just yesterday. Patient is uncooperative and is swinging her arms, staff states she has a history of dementia symptoms.

## *Taking the Next Steps*

### *Building Dementia-Aware Resources*

*Individuals experiencing dementia symptoms and any cause of cognitive impairment— their family and professional caregivers and the entire community —need timely diagnosis, care management, Dementia - Aware training and care plans, and referral to community support services.*

*Where are the gaps?*

*Where do you feel your “hands are tied” when it comes to accessing or providing assistance and resources?*

*Where do you feel your community is lacking in resources?*

### *Final Quiz*

*True or False*

*1. Dementia is a diagnosis.*

*False*

*2. Alzheimer’s is the only cause of dementia symptoms*

*False*

*3. We cannot stop, fix, or change dementia symptoms*

*True*

*4. Every person presents dementia symptoms exactly the same.*

*False*

*5. Dementia is all about memory loss.*

*False*

*6. To better connect with an individual with dementia symptoms it is necessary to use positive action statements rather than questions or options.*

*True*

*A Discussion About Your Raised Dementia Awareness Questions??*