

**Changing the Culture of Dementia Care One Mind at a Time**



**Positive Approach**

**GEMS**<sup>®</sup> Dementia **Aware**  
 Dementia **Knowledgeable**  
 Dementia **Skilled**  
 Dementia **Competent**

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Until There's A Cure, There's Care.  
-Teepa Snow

Changing Dementia Care One Mind At A Time. -Teepa Snow

**PAC mission:**  
Use our talents and abilities to develop awareness, spread knowledge, and teach skills to transform what exists into a more positive dementia care culture.

**PAC vision statement:**  
Positive Approach enhances the life and relationships of those living with brain change by fostering an inclusive universal community.

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### Introduction: Beliefs

- The relationship is most critical, not the outcome of one encounter
- We are a key to make life worth living
- People living with dementia are doing the best they can
- We must be willing to change ourselves



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### Brain Changes in Dementia

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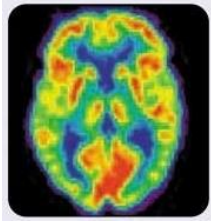
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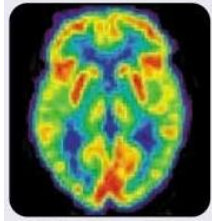
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## PET and Aging:



PET Scan of 20-Year-Old Brain



PET Scan of 80-Year-Old Brain

ADEAR, 2003

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As we age, we do not lose function in our brains, unless...

**Something Goes Wrong with Our Brains**

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## Normal vs. Not Normal

### Normal Aging:

- Slower to think
- Slower to do
- Hesitates more
- More likely to 'look before leaping'
- Know the person but not the name
- Pause to find words
- Reminded of the past
- Harder

### Not Normal Aging:

- Can't think the same
- Can't do like before
- Can't get started
- Can't seem to move on
- Doesn't think it out at all
- Can't place the person
- Words won't come – even later
- Confused about past versus now
- Very different

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## Cognitive Changes with Aging:

- Normal changes: more forgetful and slower to learn
- MCI: Mild Cognitive Impairment: Immediate recall, word finding, or complex problem-solving problems  
-Half these folks will develop dementia in 5 years
- Dementia: Chronic thinking problems in > 2 areas
- Delirium: Rapid changes in thinking and alertness, seek medical help immediately
- Depression/anxiety: Chronic unless treated, poor quality of life, "I don't know" or "I just can't" responses, no pleasure, can look like agitation and confusion

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## Ten Early Warning Signs:

- |   |  |
|---|--|
| 1. Memory loss for recent or new information, repeats self frequently                             | 6. Difficulty problem-solving or reasoning   |
| 2. Difficulty doing familiar but difficult tasks: managing money, medications, driving            | 7. Misplacing things or putting them in 'odd' places                               |
| 3. Problems with word finding, mis-naming, or misunderstanding                                    | 8. Changes in mood or behavior   |
| 4. Getting confused about time or place, getting lost while driving, missing several appointments | 9. Changes in typical personality  |
| 5. Worsening judgment, not thinking thing through like before                                     | 10. Loss of initiation: withdraws from normal patterns of activities and interests |

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## Four Truths About Dementia:

1. At least 2 parts of the brain are dying- one related to memory and another part
2. It is chronic – can't be fixed
3. It is progressive – it gets worse
4. It is terminal – it will kill, eventually

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# Brain Failure

The person's brain is dying

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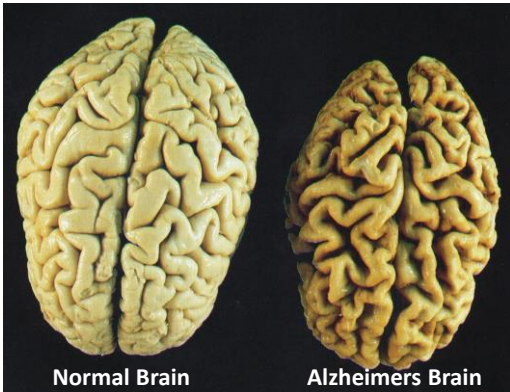
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Used with permission from Alzheimers: The Broken Brain, 1999 University of Alabama  
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## Primitive Brain is in Charge of:

### Survival -

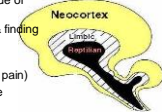
- Autonomic protective - fright, flight, fight + hide or seek
- Pleasure seeking - meeting survival needs & finding joy

### Thriving - Running the Engine

- Maintain vital systems (BP, BS, O<sub>2</sub>sat, Temp, pain)
- Breathe, suck, swallow, digest, void, defecate
- Circadian rhythm
- Infection control

### Learning New and Remembering:

- Information
- Places (spatial orientation)
- Passage of Time (temporal orientation)



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# Top Five Human Needs and Emotional Indicators of Distress

## Five Expressions of Emotional Distress

- Angry**  
irritated – angry – furious
- Sad**  
dissatisfied – sad – hopeless
- Lonely**  
solitary – lonely – abandoned/trapped
- Scared**  
anxious – scared – terrified
- Lacking Purpose**  
disengaged – bored – useless

## Five Human Needs

- Intake**  
Hydration, nourishment, meds
- Energy Flow**  
tired or revved up  
directed inward or outward
- Output**  
Urine, feces, sweat, saliva, tears
- Comfort**  
4 Fs and 4 Ss
- PAIN Free!!!**  
Physical, emotional, spiritual

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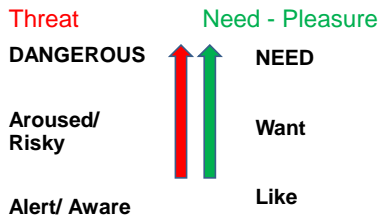
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## Amygdala



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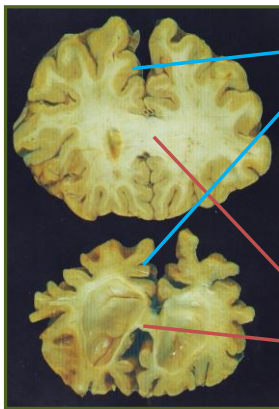
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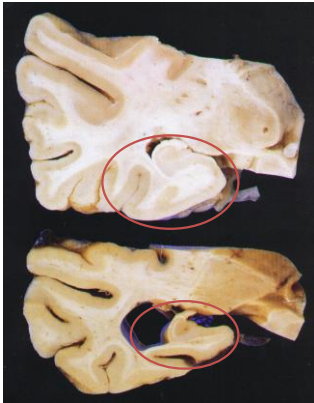
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**Hippocampus  
Big Changes:**

- Learn and remember
- Way-finding
- Passage of time

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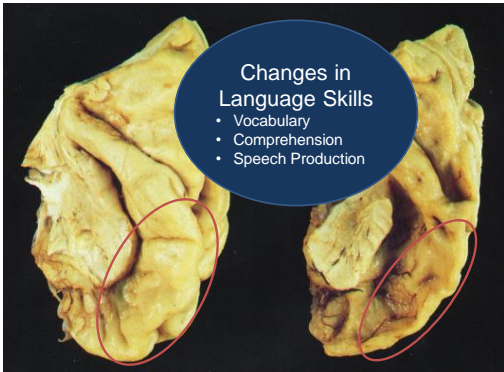
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**Changes in  
Language Skills**

- Vocabulary
- Comprehension
- Speech Production

**Understanding Language – Big Change**

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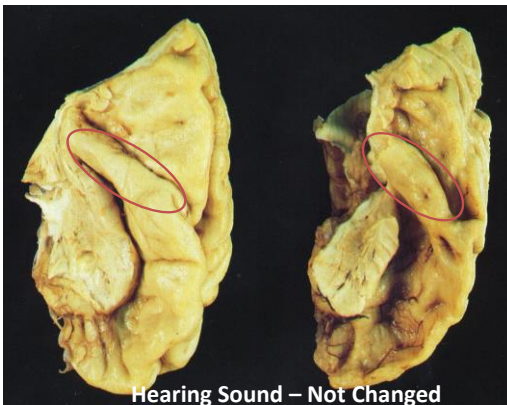
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**Hearing Sound – Not Changed**

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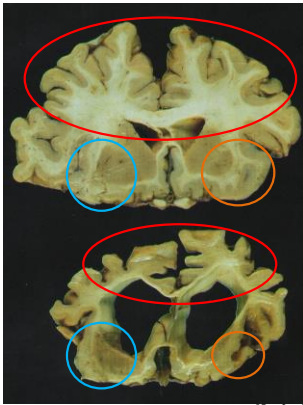
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**Sensory Strip  
Motor Strip  
White Matter  
Connections:  
Big Changes**

**Automatic  
Speech  
Rhythm – Music  
Expletives:  
Preserved**

**Formal Speech  
and Language  
Center:  
Huge Changes**

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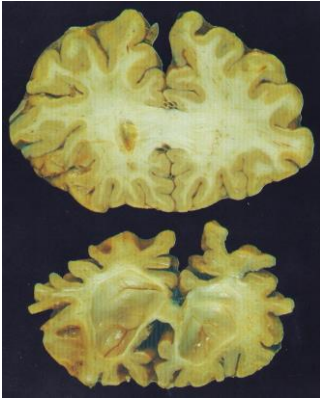
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**Executive  
Control  
Center  
Changes:**

- Being logical, reasonable, rational
- Controlling impulses
- Making decisions
- Initiating-sequencing-terminating-transitioning
- Being self-aware
- Seeing other perspectives

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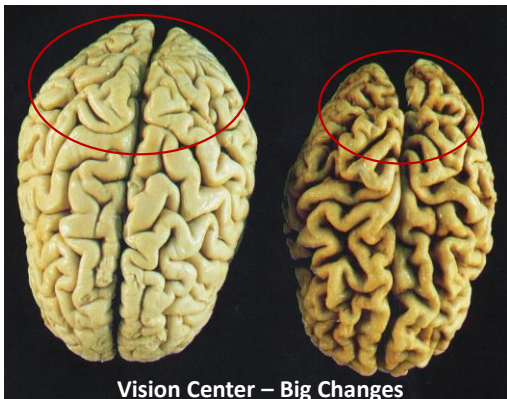
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**Vision Center – Big Changes**

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# Dementia does not equal Alzheimers does not equal Memory Problems

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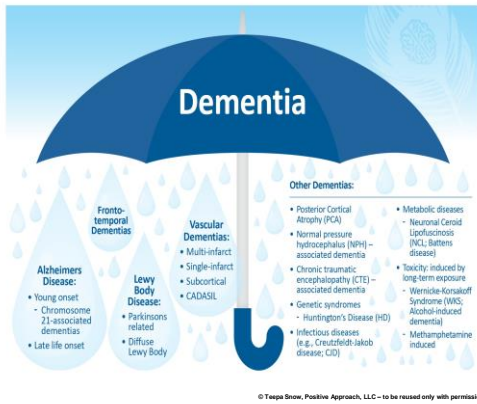
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**Four Truths About All Dementias:**

- At least two parts of the brain are dying
- It keeps changing and getting worse – progressive
- It is not curable or fixable – chronic
- It results in death – terminal

<p><b>Alzheimers</b></p> <ul style="list-style-type: none"> <li>New details lost first</li> <li>Recent memory worse</li> <li>Some language problems, mis-speaks</li> <li>More impulsive or irritable</li> <li>Gets lost – time/place</li> <li>Several forms and patterns</li> <li>Young onset can vary from late life onset</li> <li>Down Syndrome is high risk</li> <li>Notice changes over time</li> <li>Related to beta-amyloid plaques and tau pathologies</li> </ul>	<p><b>Lewy Body</b></p> <ul style="list-style-type: none"> <li>Movement problems – Falls</li> <li>Visual disturbances</li> <li>Delusional thinking</li> <li>Fine motor problems – hands and swallowing</li> <li>Episodes of rigidity and syncope</li> <li>Insomnia – sleep disturbances</li> <li>Nightmares that seem real</li> <li>Fluctuations in abilities</li> <li>Drug responses can be extreme and strange</li> <li>Related to synuclein protein malformations</li> </ul>	<p><b>Vascular</b></p> <ul style="list-style-type: none"> <li>Sudden changes in ability – some recovery</li> <li>Symptom combinations are highly variable</li> <li>Can have bounce back and bad days</li> <li>Judgment and behavior not the same</li> <li>Sputty losses</li> <li>Emotional and energy shifts</li> <li>Least predictable</li> <li>Caused by problems with blood flow, oxygen, nourishment of brain cells</li> </ul>	<p><b>Frontotemporal</b></p> <ul style="list-style-type: none"> <li>Many types</li> <li>Frontal: impulse and behavior control changes           <ul style="list-style-type: none"> <li>Says unexpected, rude, mean, odd things</li> <li>Apathy – not caring</li> <li>Problems with initiation or sequencing</li> <li>Dis-inhibited: sex, food, drink, emotions, actions</li> </ul> </li> <li>Temporal: language change           <ul style="list-style-type: none"> <li>Difficulty with speaking – missing/changing words</li> <li>Rhythm OK, content missing</li> <li>Not getting messages</li> </ul> </li> <li>Related to tau pathologies</li> </ul>
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## Alzheimers:

- New information lost
- Recent memory worse
- Problems finding words
- Misspeaks
- More impulsive or indecisive
- Gets lost
- Notice changes over 6 months – 1 year

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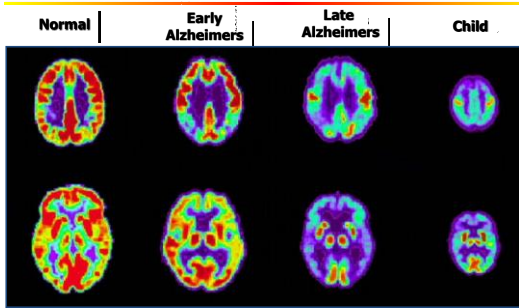
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## Positron Emission Tomography (PET) Alzheimers Disease Progression vs. Normal Brains



G. Small, UCLA School of Medicine.

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## Vascular Dementia:

- Sudden changes: stepwise progression
- Other conditions: diabetes, hypertension, heart disease
- So, damage is related to blood supply, not primary brain disease: treatment can plateau
- Picture varies by person: blood/swelling/recovery
- Can have bounce back and bad days
- Judgment and behavior 'not the same'
- Spotty loss of memory, mobility
- Emotional and energy shifts

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## Lewy Body Dementia:

- Movement problems/falls
- Visual hallucinations: animals, children, people
- Fine motor problems: hands, swallowing
- Episodes of rigidity and syncope
- Nightmares or Insomnia
- Delusional thinking
- Fluctuations in abilities
- Drug responses can be extreme and strange:
  - Toxicity, paralysis, death, or can have an opposite reaction than is intended

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## Fronto-Temporal Dementias:

- Many types
- Frontal: impulse and behavior control loss, but not memory issues:
  - Says unexpected, rude, mean, odd things
  - Dis-inhibited: food, drink, sex, emotions, actions
  - OCD type behaviors
  - Hyperorality
- Temporal: language loss
  - Can't speak or get words out
  - Can't understand what is said, sound fluent – nonsense words

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## With Dementia All Senses Are Affected:

- Miss information
- Misunderstand information
- Over-react to information
- Under-react to information
- Get stuck on a sensation
- Can't stand a sensation
- Variable abilities
- Can't adjust or adapt to sensation

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**Believe:**

**People with dementia  
are doing  
the best they can!**

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**I Will Change!**

**(to the tune of  
This Little Light of Mine)**

By Teepa Snow

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I am gonna meet and greet  
Before I start to treat  
I am gonna meet and greet  
Before I check your feet  
I am gonna meet and greet  
Before I help you eat

How I start sets us up to succeed!

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No more just 'gettin' it done'  
I'm gonna do with you  
No more just 'gettin' it done'  
I'm gonna help you through  
No more just 'gettin' it done'  
We're gonna work, we two

Cause if I do it all, we both lose!

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I'm gonna laugh and dance with you  
Not just watch and frown  
I'm gonna laugh and dance with you  
Not just stand around  
I'm gonna laugh and dance with you  
We'll really go to town

For the power of joy I have found!

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