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# Understanding the Person Living With Dementia

**Ontario College of Social Workers and**
**Social Service Workers**
**Toronto, ON**
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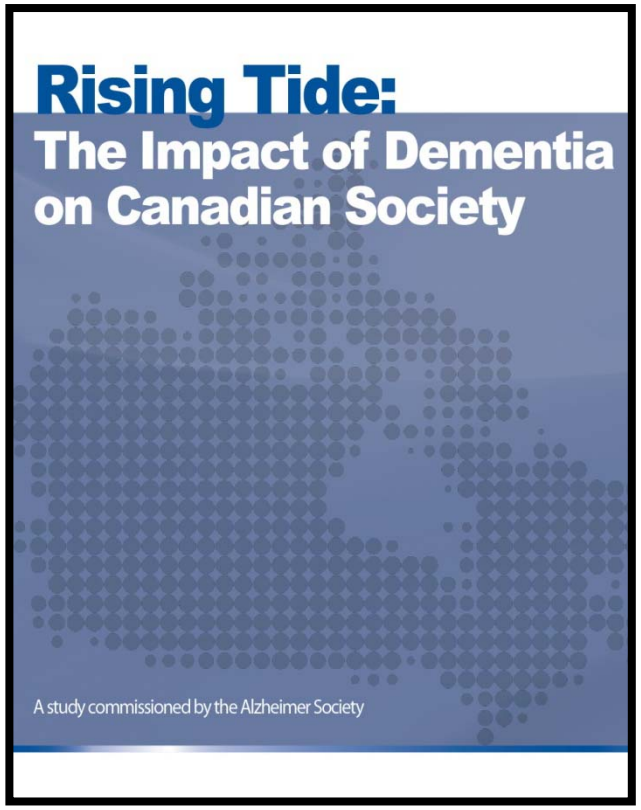
# Rising Tide study: the process




- ✓ **Literature review**
- ✓ **Expert engagement**
- ✓ **Base case (prevalence, costs)**
- ✓ **Scenario analysis**
- ✓ **Policy review**
- ✓ **Recommendations**
- ✓ **Report**

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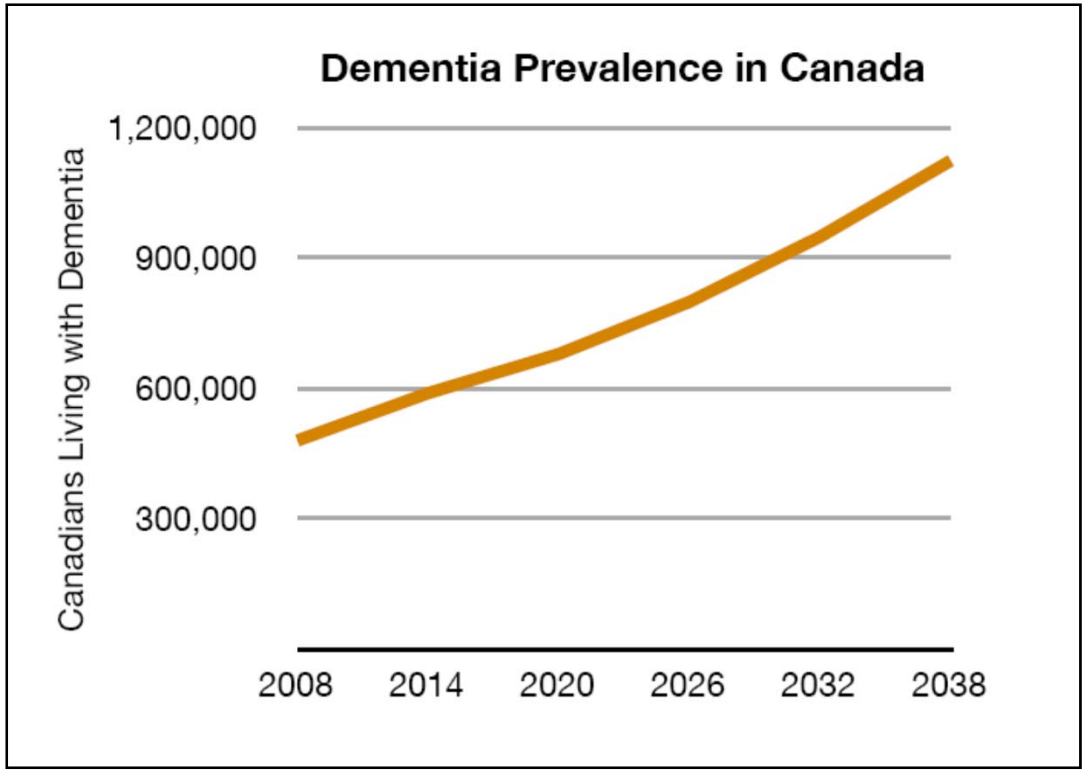
# What the report says: Prevalence




**The number of Canadians (all ages) with dementia is expected to increase 2.3 times by 2038**

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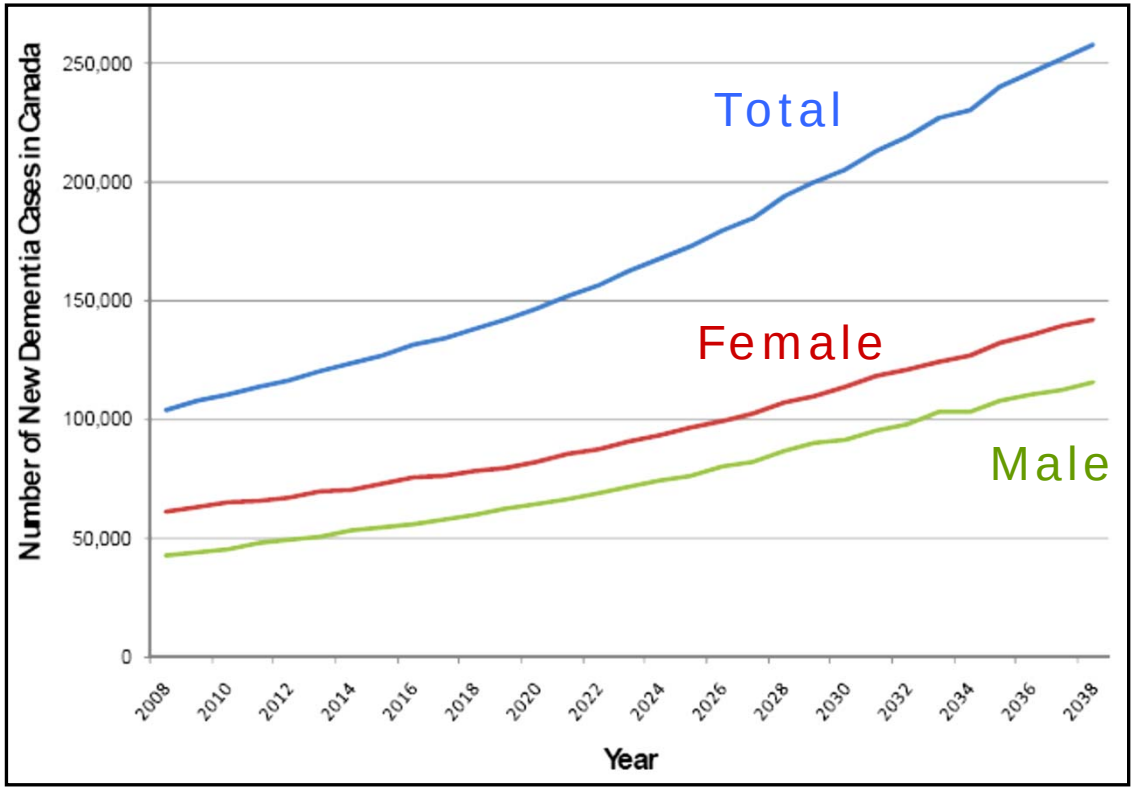
# What the report says: Incidence




**2008:**
**103,700 cases**
**one new case every 5 minutes**

**2038:**
**257,800 cases –**
**one new case every 2 minutes**

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# What is Dementia?

- **A set of symptoms that includes:**

✓ **loss of memory**

✓ **lack of insight and poor judgment**

✓ **changes in mood, behaviour**

# What is Dementia?

**Not a disease, but a set of symptoms that accompanies a disease**

**Alzheimer's disease**

**Lewy Body Dementia Disease**

**Vascular Dementia**

**Frontal-temporal Dementia**

**Creutzfeldt Jakob Disease**

# Alois Alzheimer

- **Nov. 4, 1906 he gave a lecture in which he described (for the first time) a new form of** *pre-senile dementia*
- **Later know as senile dementia of the Alzheimer type (SDAT)**

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# Mrs. Auguste “D”

- 51 year old female (died April 8, 1906)
- Patient at the Frankfurt Asylum
- Brain showed neurofibrillary tangles and amyloid plaques in the cerebral cortex

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# Responsive Behaviours

**Behaviour is not:**

- unpredictable
- meaningless aggression or agitation

It is due to circumstances related to the person's condition or a situation in his or her environment.

People with responsive behaviours and their caregivers need high levels of support.

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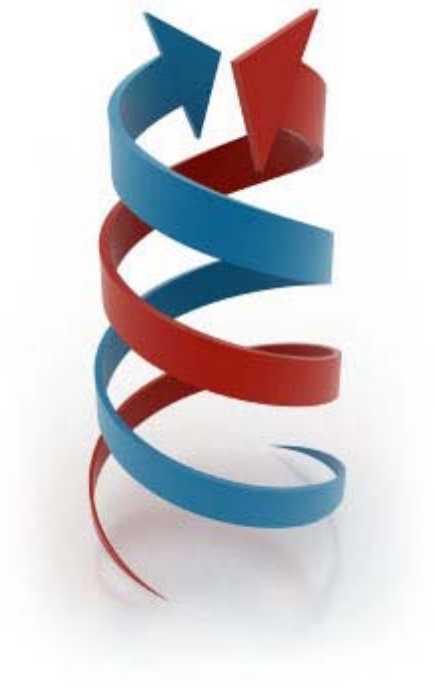
# U-First! – A New Approach



- We all have potential
- No downward spiral thinking
- We need to look at people with dementia differently
- We need to learn on the job

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# U-First!

**U** understanding

**F** flagging

**I** interaction

**R** reflection and reporting

**S** support

**T** team

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U-First!

**Common language**
**Common values**
**Common approach among caregivers**

**Better resident/client support**
**Improved client well-being**

**Reduced Stress, injury**

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# The Wheel…

## a collaborative care tool


# Let's Explore!

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# UNDERSTANDING

- **Develop a shared understanding of the person.**
- **We know that all behaviour has meaning.**

**“Only after I understand the behaviour can I meaningfully respond to the problem”**

# P.I.E.C.E.S.

**P - Physical**

**I - Intellectual**

**E - Emotional**

**C - Capabilities**

**E - Environment**

**S - Social**

# PHYSICAL

## Think About 5 D's:

1. Delirium
2. Disease
3. Drugs
4. Discomfort
5. Disability

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# INTELLECTUAL

**Think About 7 A's:**

- Amnesia
- Aphasia
- Apathy
- Agnosia
- Apraxia
- Altered Perception
- Anosognosia

# EMOTIONAL

- A client's emotional state can influence behaviours - including willingness to receive care.
- Losses, feelings of abandonment, adjustments, past traumas and psychotic experiences all contribute to emotional well being.

# CAPABILITIES

- Knowing what the person can and can't do will help to build on his/her strengths

- Balance between strengths and demands to avoid overload

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# ENVIRONMENT

- Over or under stimulation
- Relocation stress
- Changes in routine
- Temperature, noise, lighting
- Furniture, flooring etc.

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# SOCIAL and CULTURAL

- Life story, accomplishments; previous profession, education
- Likes/dislikes

- Interactions with Family & Others
- Previous coping strategies
- Social network

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U-First!

**Flagging**

"What am I seeing and what has changed?"

**Interaction**

How do others interpret what I say & do?"

**Reflection & Reporting**

"What do others need to know from me to improve the care plan?"

**Support**

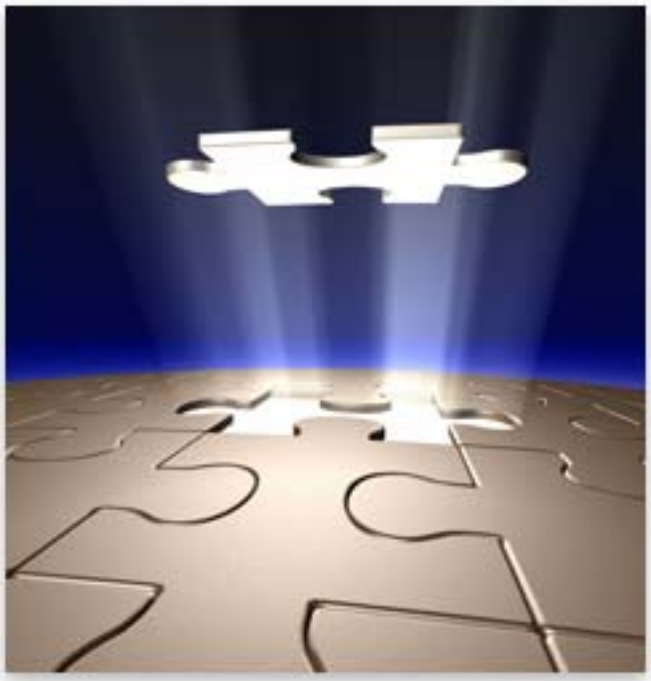
"What am I doing to bring out the person's Strengths?"

**Team**

"What can we do together?"

# Commitment to Change

- Reflect on what **YOU** have learned today



- What will you **STOP**, **START** and **CONTINUE** to do?

- What role will **YOU** play?