

Improving Quality of Life in Individuals with Dementia

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Learning Objectives:

- ▶ 1. To express that behavior is a form of communication
- ▶ 2. To Identify causes of challenging behaviors
- ▶ 3. To describe non pharmacologic approaches to prevent or diffuse the causes of behavior
- ▶ 4. To specify communication techniques to be used when caring for a person who has dementia

“Behaviors” = communication or need.
A way for the person to communicate with us.

As caregivers, we must ask ourselves... *“Why is this happening?”*
Why did she want to get out of the bed?

- ▶ Hunger
- ▶ Need for the restroom
- ▶ Pain
- ▶ Hot/Cold
- ▶ Bored or anxious
- ▶ Communication difficulties
- ▶ Frustration

Our approach has a direct impact on the individual's response.

- ▶ Awareness of non-verbal signals such as facial expression, body tension, mood. If you are angry or tense, they are likely to become angry, anxious, or annoyed.
- ▶ Try a calm, gentle, matter-of-fact approach.
- ▶ Use a non-demanding approach - try humor, cheerfulness.
- ▶ Try using touch to help convey your message.
- ▶ Begin you conversation socially. Winning the person's trust first can often make a task much simpler.

Use of non pharmacologic approaches

- ▶ Get To Know Someone
- ▶ Maintain lifelong routines/patterns
- ▶ Move from doing to and for a person, to doing with a person
- ▶ Establish and develop a relationship with the person
- ▶ Find out people's life stories - Make connections and gain mutual trust
- ▶ Promote Independence = Increase in hope & self-esteem
- ▶ Provide a sense of being in control and purpose