


Gateway to Hope Mental Health Coach Call: Supporting Clients with Dementia: Memory, Meaning & Compassion

PRESENTED BY
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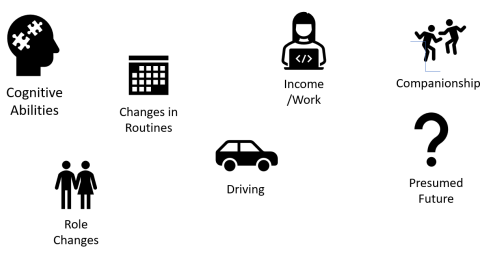
Introduction

- Describe how dementia affects cognition, emotion, identity, and relationships.
- Use communication and relational tools (including reImagine-based practices) to help clients feel seen, safe, and dignified.
- Facilitate meaning-making and identity preservation even amid memory loss and change.
- Support caregivers effectively, maintain healthy boundaries, and discern when to refer to specialized care.




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Losses for Those with Dementia



Cognitive Abilities Changes in Routines Income /Work Companionship

Role Changes Driving Presumed Future



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Losses for Dementia Caregivers

Financial Security

Planned Future

Income/Work

Companionship

Identity

Role Changes

Free Time

Socialization and Communication

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Recognize

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Brain Areas and Functions

Frontal Lobe
thinking, memory, behavior and movement

Parietal Lobe
language and touch

Occipital Lobe
vision

Temporal Lobe
hearing, learning and feelings

Cerebellum
balance and coordination

Brain Stem
breathing, heart rate and temperature

PARTS OF THE BRAIN

<https://i.pinimg.com/originals/f0/5c/96/f05c9619aae1cd369662c0d73a18f668.png>

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Common Types of Dementia

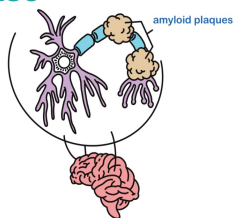
- Alzheimer's Disease
- Frontal-temporal Dementia
- Lewy Body Dementia
- Vascular Dementia



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Alzheimer's Disease

Abnormal proteins form amyloid plaques and tau tangles in the brain

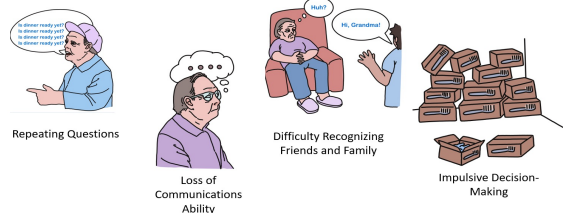


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Alzheimer's Disease Symptoms

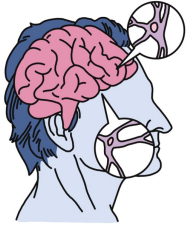


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Frontal-Temporal Dementia

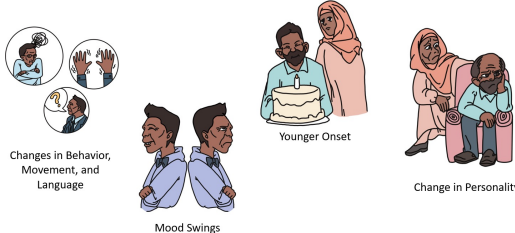


Abnormal amounts of the tau protein cause the frontal and temporal lobes to shrink

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Frontal-Temporal Dementia Symptoms




Changes in Behavior, Movement, and Language

Mood Swings

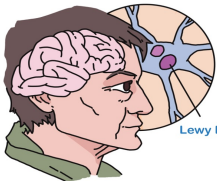
Younger Onset

Change in Personality

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Lewy Body Disease

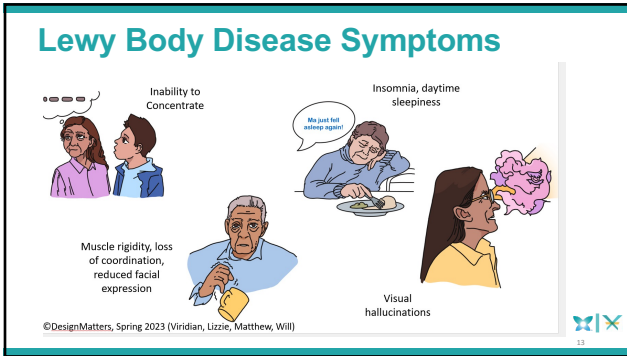


Abnormal deposits of the synuclein protein called "Lewy Bodies" affect the brain's chemical messengers

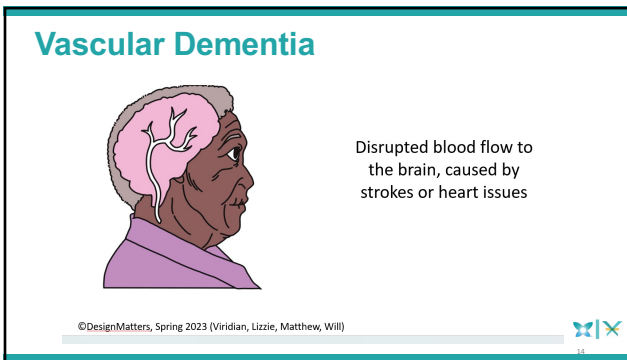
Lewy Bodies

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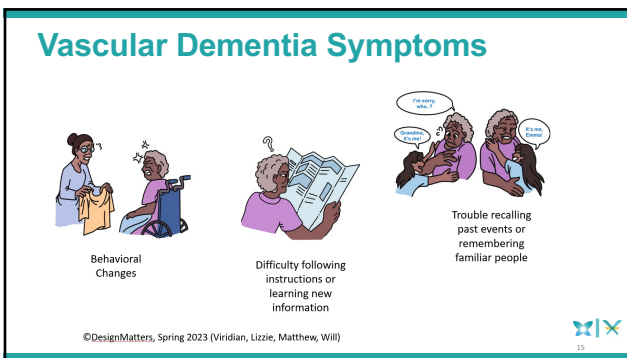
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Refer



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Early Stages


- Establish communications with health care providers
 - Identifying resources
 - Information
 - Health care
 - Social support
 - Care support
- Improve health literacy
- Establish legal and health directives
 - Last will and testament
 - Medical Power of Attorney
 - Directive to Physicians (Living Will)
 - Planning for caregiver self-care



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Middle Stages

- Identify resources
 - Respite care
 - Health care (continued)
 - Social support (continued)
 - Care support – who and how (continued)
- Engage in caregiver self-care
- Identify challenging behaviors – when and where they occur
- Think ahead
 - Financial planning
 - Living options



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Advanced Stages

- Enhance resources
 - Information
 - Health care
 - Social support
- Identify family and external supporters
- Consider living option alternatives
- Continue behavior management
- Establish care plan
- Have caregiver self-care program/protocol



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Referrals (Primarily Houston Area)

HHCI CARES
 ALZHEIMER'S ASSOCIATION
 Area Agency on Aging HARRIS COUNTY
 Care Partners
 AMAZING PLACE
 Texas Department of Family and Protective Services
 Aging & Disability Resource Center (ADRC)
 HBA HOUSTON BAR ASSOCIATION



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Relate



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Losses for Those with Dementia

Cognitive Abilities

Changes in Routines

Income /Work

Companionship

Role Changes

Driving

Presumed Future

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Sensory Changes with Dementia

Field of Vision: Peripheral and Depth Perception

Hearing: Inability to Process Sounds

Taste: Affects Food Preferences

Touch: Increased Sensitivity to Falling Water

Difficulties Distinguishing Smells (eg Spoiled Food or Smoke)

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Losses for Dementia Caregivers

Financial Security

Planned Future

Income/ Work

Companionship

Identity

Role Changes

Free Time

Socialization and Communication

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Restore (Person and Caregiver)



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Supporting the Person with Dementia


- Maintain physical health
 - Urinary
 - Hearing
 - Sleeping
- Keep moving
- Encourage socialization
- Facilitate meaning making (arts are particularly good)
- Give person something to look forward to
- Don't correct (avoid "remember . . .")
- Redirect with memories and behaviors
- Encourage touch



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Supporting Challenging Behaviors

- Early Stages
 - Concerns with memory loss (behaviors to control situations)
 - Hoarding (having duplicates to make sure an item is available)
- Middle Stages
 - Anger/agitation/aggression
 - Most difficult (person's ability to reason declines)
 - Hallucinations or paranoia
- Later Stages
 - Apathy and withdrawal (difficult to elicit response)
 - More physical assistance in daily care



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Support Plans for Disease Progression

- Health Care
 - Consider broad plans
 - Establish written directives
- Legal
 - Confirm will/trust
 - Consider durable power of attorney (financial affairs)
- Living
 - Establish safety parameters at home
 - Consider help
- Financial
 - Establish budget
 - Protections



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IDEA

- I**dentify behavior
 - What is the difficult behavior?
 - When does it occur and with whom?
- E**xplore what may be causing the behavior
 - Cause
 - Meaning
- A**ddress what can be done
 - Address cause
 - Distract/redirect
 - Accept



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Supporting Dementia Caregivers

- Encourage physical health maintenance
- Keep moving
- Encourage socialization
- Offer specific assistance/support self-care
 - Bring a meal
 - Offer to fill in
- Listen



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Conclusion

- Dementias are complex – each case is different
- Sensory changes play an important part in how the person with dementia perceives their world
- Dementias are progressive and in most cases, irreversible
- Behaviors may be erratic: it is NOT the person, it is the disease
- Taking time to plan for the disease's progression will prevent later issues
- Caregivers are typically not trained for the task of caregiving
- Caregivers need to care for themselves
- Caregivers need support



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- National Institute on Aging. Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging. <https://order.nia.nih.gov/publication/caring-for-a-person-with-alzheimers-disease-your-easy-to-use-guide>.
- UCLA Caregiver Education: <https://www.uclahealth.org/medical-services/geriatrics/dementia/caregiver-education>. Includes multiple caregiver training videos.



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