

DUKE DEMENTIA FAMILY SUPPORT PROGRAM

Caregiver Connections

An Educational Webinar Series With The Experts

**The presentation will begin shortly.
Thank you for your patience!**

www.dukefamilysupport.org

919-660-7510

What are we
doing today?....
and
How do we
do it well?



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Division of
Occupational Science
&
Occupational Therapy
UNC-Chapel Hill

Who are we?

Occupational Therapists who teach, do research and work in the community through a campus program focused on aging

Ryan

- Served as a direct service provider for people living with dementia and their care partners through the OC CARES program
- Currently directs a program focused on providing home modifications through the Orange County Department on Aging

Jenny

- Was the team leader for the OC CARES program in Orange County that provided support to care partners of people with dementia
- Has been an occupational therapist for 30+ years, working in home, community & facility settings

Today's Goals

Understand:

- **Why** activity is important and beneficial
- **How** activity routines affect other aspects of our lives, including rest/sleep
- **What** is happening that makes doing activity different and sometimes challenging
- **How** we can build activities that match capacities
- **Which** environmental features warrant attention

Why Activity?



***Improve daily
life***



***Enable more
participation***



***Reduce
challenging
situations and
amount of help
needed***



***Help Manage
and Balance
Time Use***

Shadowing

Inappropriate
Self-Touching

Apathy/Dise
ngaged

Managing
Stress

Balancing
Time

Rummaging

Challenging
Situations

Anger/Hos
tility

Suspicion/
Paranoia

Life's other
demands

Frustration

Wandering

Miscommunication

Daily Routines & Moderate Stage Dementia

Communication:

- less reliance on complex verbal communication
- “Reading” the communicator

Offering Assistance:

- more assistance needed to initiate and complete tasks
- more care needed with physical approach

Relaxing the rules.....even more

- consider the relative importance of “right”
- when is timing critical & when is it not?

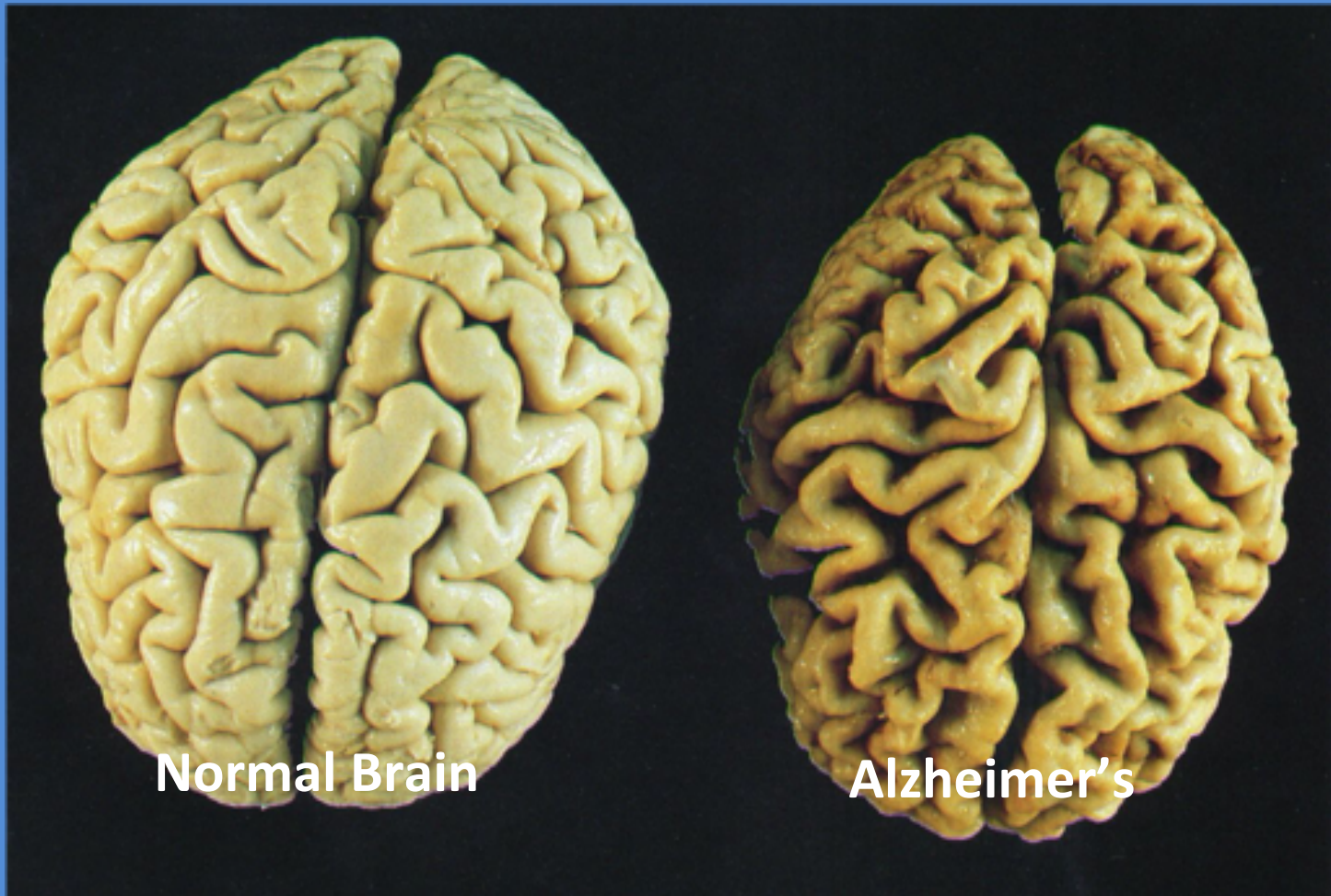
Building Activities: History, Capacity, and Environment

Environment and
Sensory Challenges

The diagram consists of three tilted rectangular boxes arranged vertically. The top box is purple, the middle is orange, and the bottom is green. They are connected by three circular nodes: a purple node between the top and middle boxes, and an orange node between the middle and bottom boxes.

Capacities of Person with
Dementia AND their family

History and Story of
Person with Dementia AND Family



Normal Brain

Alzheimer's

Areas that Change:

Memory Center

Expressive Language

Language Comprehension

Sensory Perception

Emotional Response

Executive Control Center

Motor Skills

Areas that sustain longer:

The Capacity to Hear

Music and Rhythm

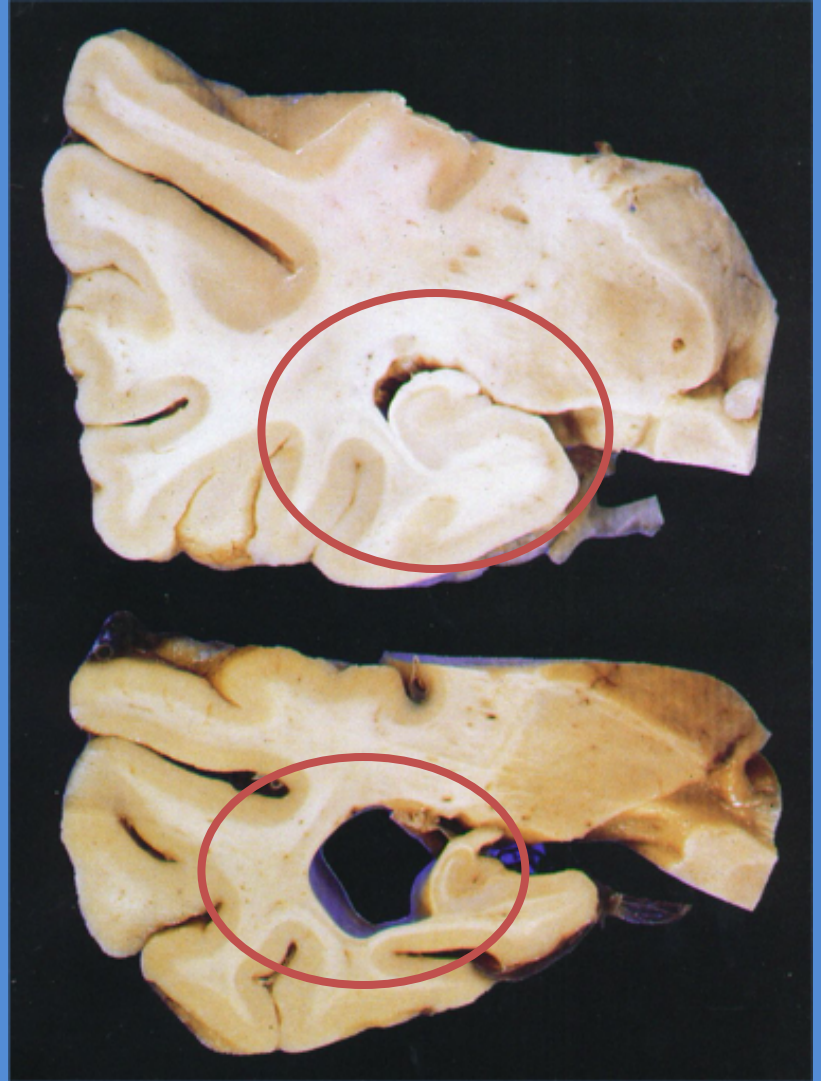
Routines & Muscle Memory

Other Language (Rude Language)

Motor Skills

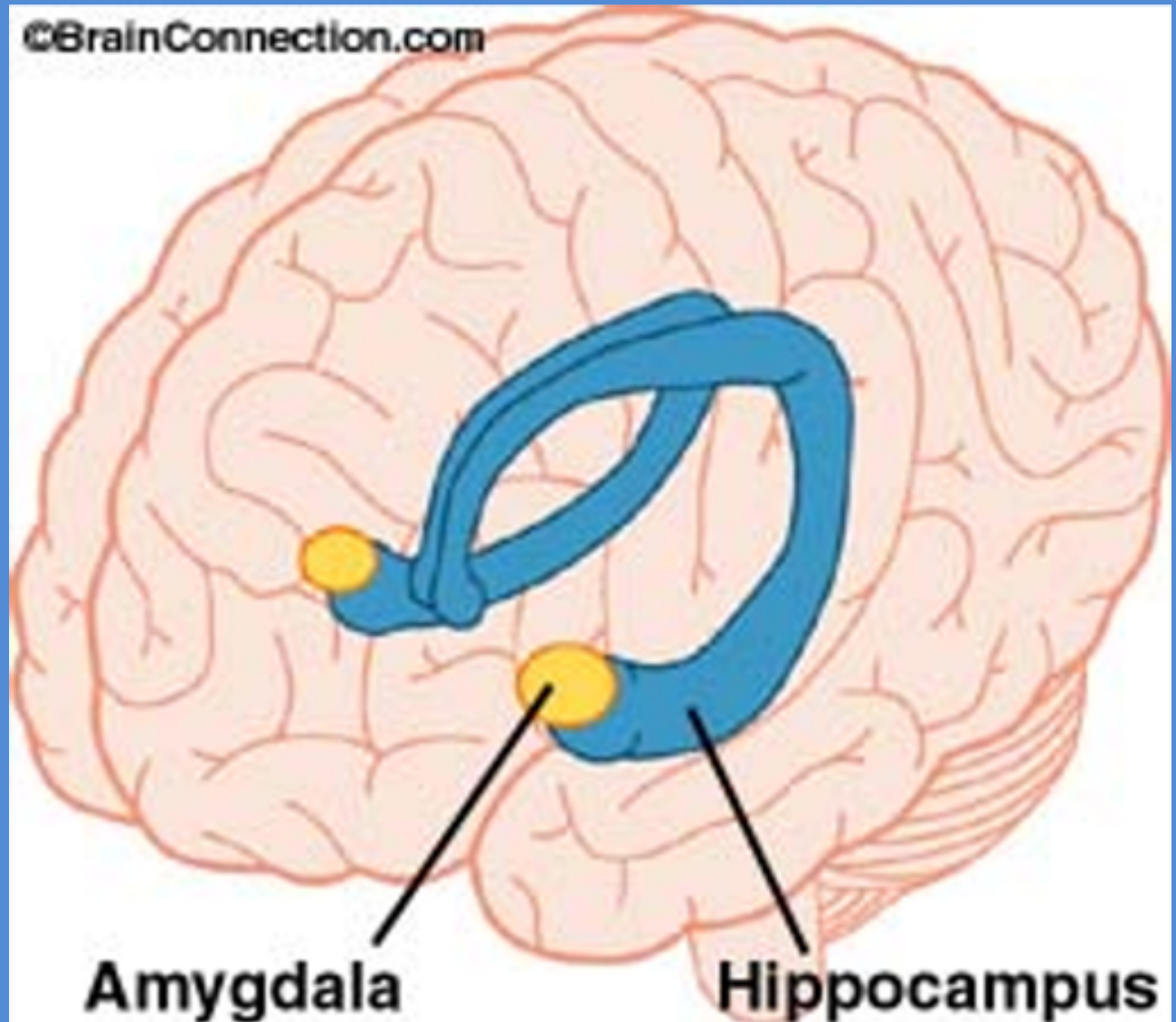
Hippocampus

The learning and
memory center



Emotion/Stress Response

- Fight
- Flight
- Find More



Rummaging



I'm Hungry/I need to clean.

Wandering



I feel isolated/I need to get to work

Anger/Hostility



I'm Uncomfortable

Suspicion/
Paranoia



I'm Confused

Inappropriate Self-
Touching



I need sensory input

Shadowing



I feel anxious or lost

Apathy/Disengaged



I don't connect with activity around me

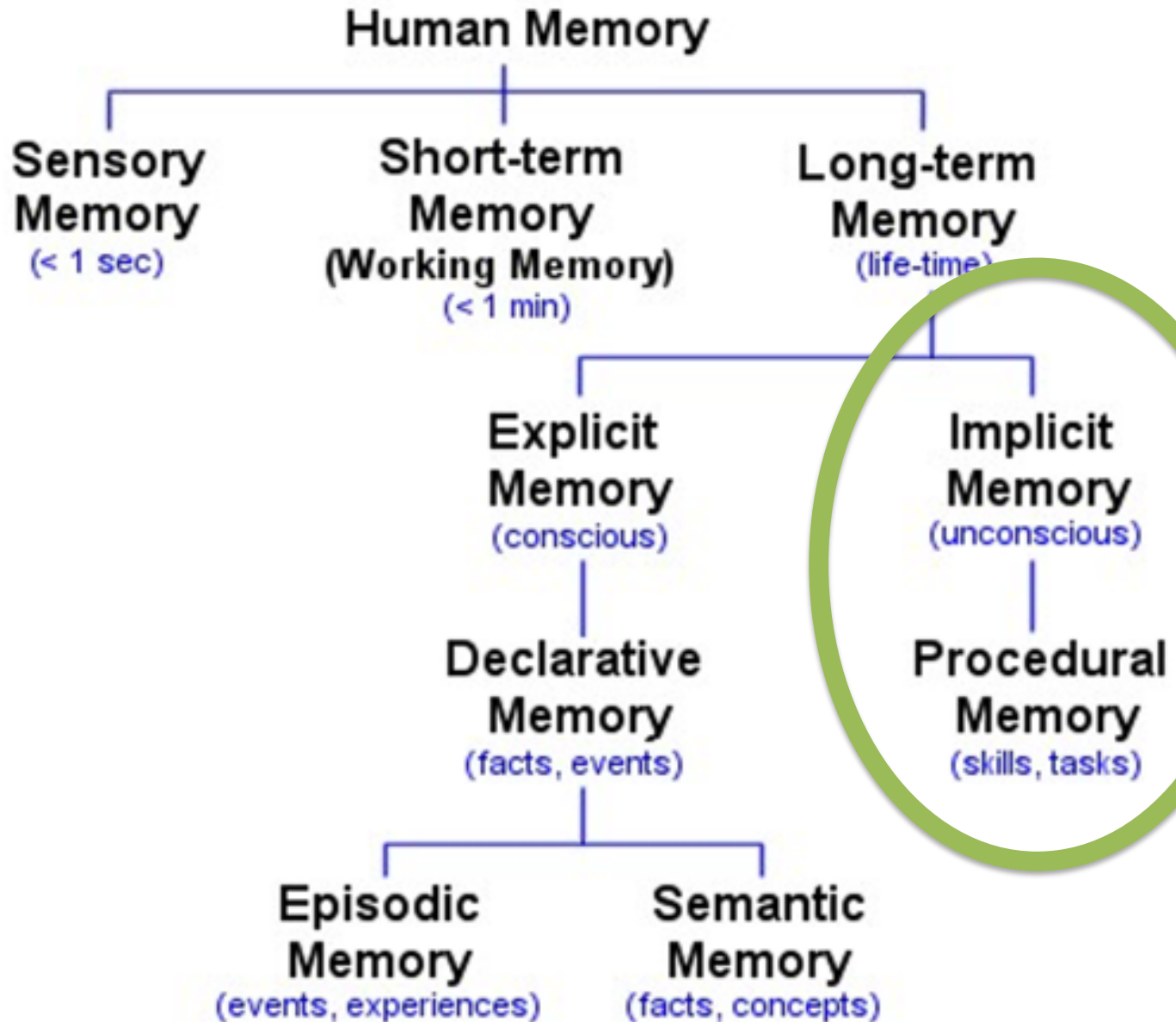
Building Activities: Routine and History

Environment and
Sensory Challenges

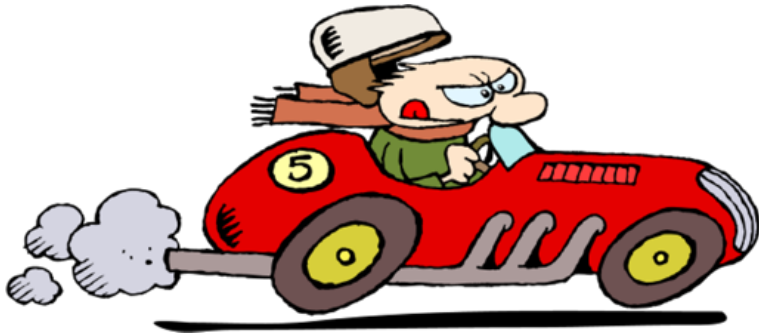
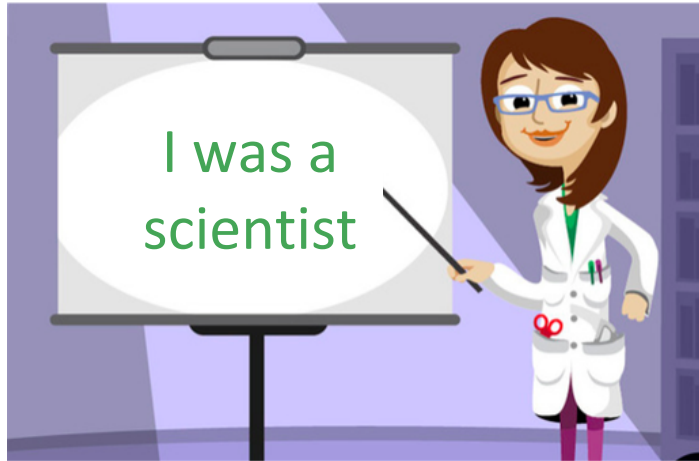
Capacities of Person with
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Memory and Routine

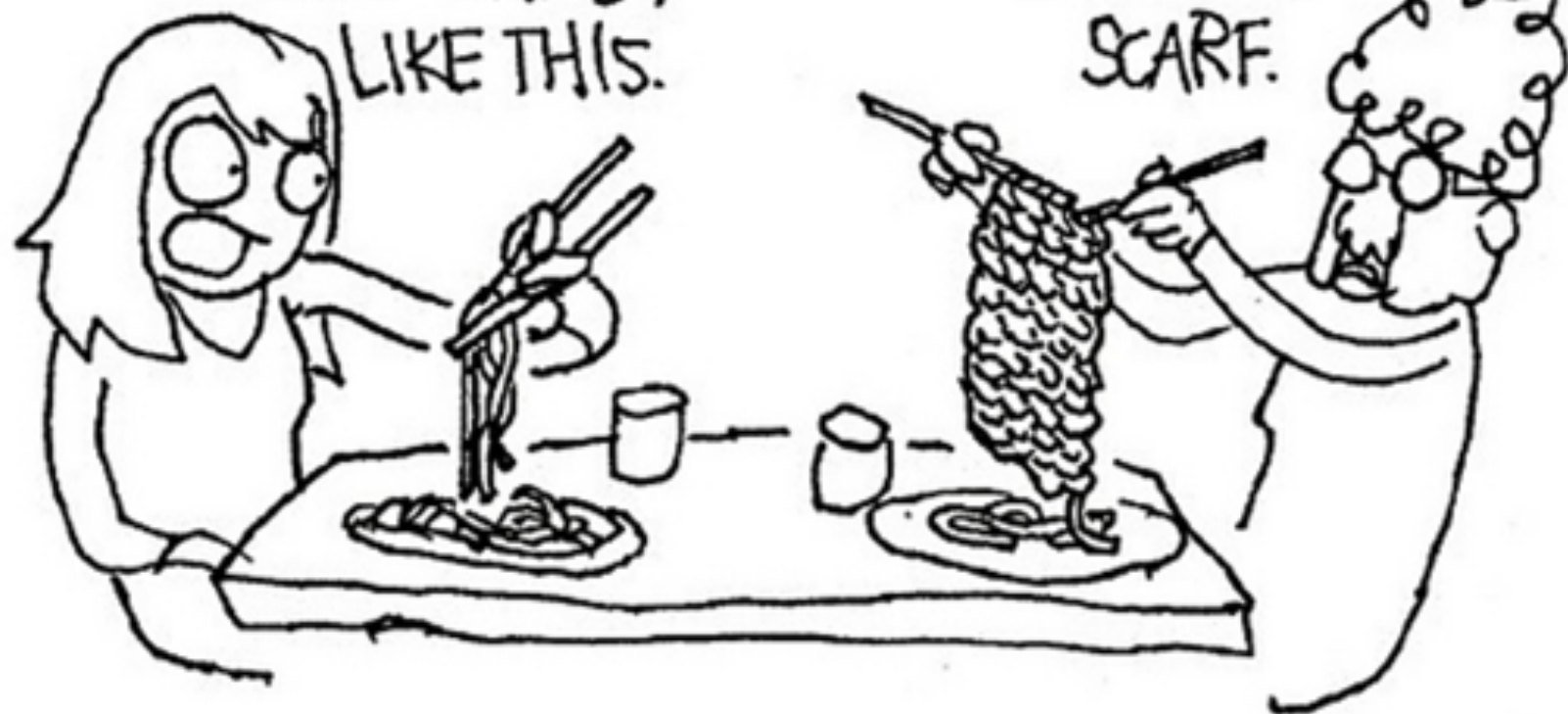


What are some examples of activities that might relate to someone's history or life story?



NO GRANDMA,
ONE HAND,
LIKE THIS.

WHOOPS I
MADE A
SCARF.



How might family or relationship history and routine play into activity building?



Building Activities: Capacities

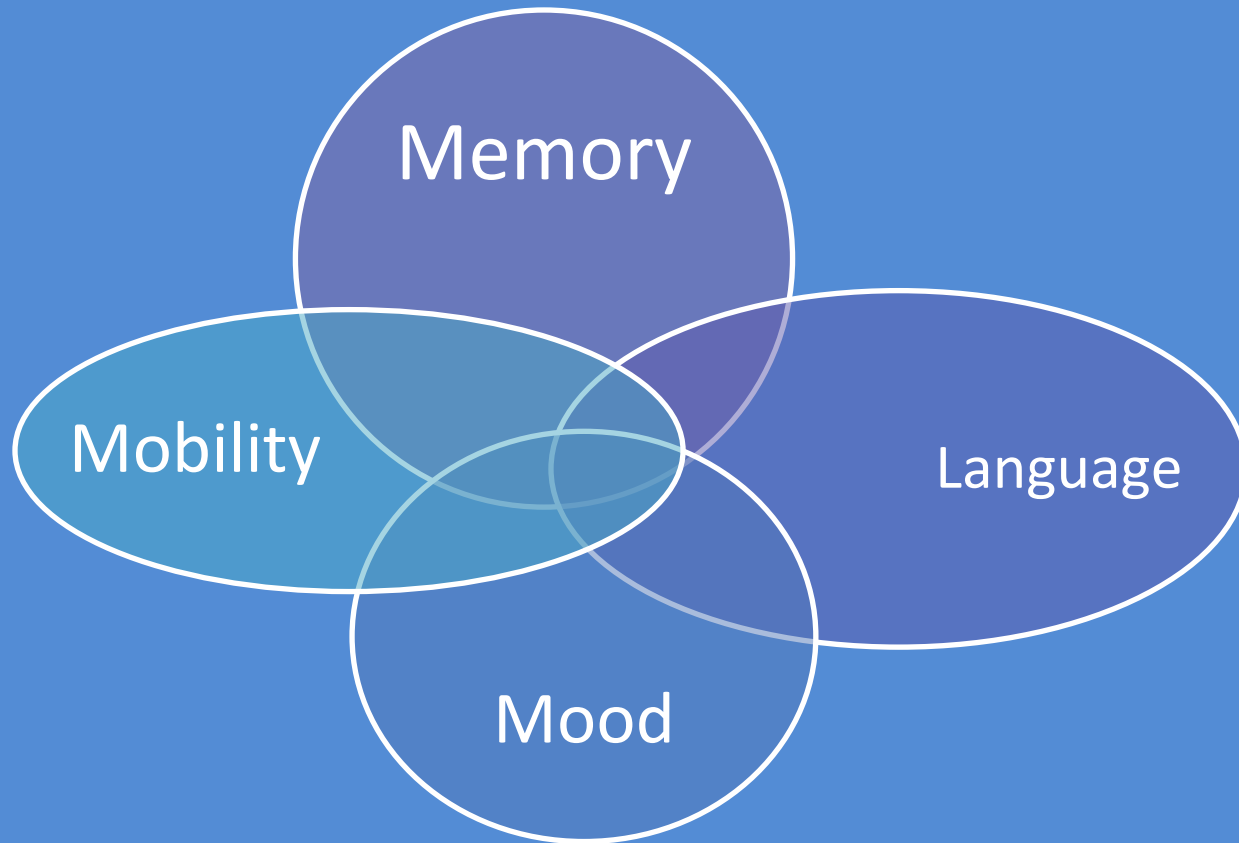
Environment and
Sensory Challenges

Capacities of Person with
Dementia AND their family



History and Story of
Person with Dementia AND Family

Areas of Strengths and Impairments



What qualities might make some activities more difficult than others?

- Steps
- Tools/Objects
- Choices
- Abstract Ideas
- Directions
- Meaning/Familiarity
- The person asking
- Time of Day



How can we build activities to fit the person's and the family's capacities?

Take Necessary Time

- *Listening to Music*
- *Reminiscing while making a photo book*
- *Resting on Walks*
- *Stir water and flour in a bowl*

Simplify the Activity

- *Do a simple craft*
- *Simple puzzle*
- *Counting money*
- *Playing a simpler card game*
- *Revising a document*

Communicate Effectively

- *Provide simple instructions for computer use*
- *Ask for help with washing dishes*
- *Request a song on the Piano*
- *Provide a model for making a greeting card*

Relax the Rules

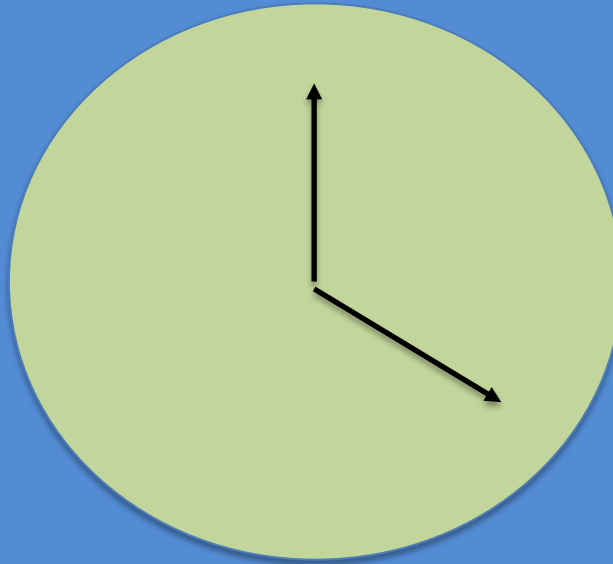
- *Fold laundry incorrectly*
- *Play a puzzle game with new rules*
- *Learn to knit*
- *Build an ugly birdhouse*

BOOKEND ROUTINES:

Day to Different Day

Waking Up

Easing into the day; first activities; interpersonal connection; introduction of light; blood sugar



Transition to sleeping space; nighttime rituals; intake at bedtime; B&B issues; soothing rituals

Going to Sleep

The “Balance” of Activity and Rest

A new way to think about routines:

What is necessary to get done each day?

- Which of these things are manageable?
- Why are other things challenging?

What is enjoyable to do each day?

- How can these things be given more time?
- Can they set the stage for doing challenging things?



Routine is our friend...Usually.

What about the capacities of the family?

- Time
- Readiness
- Resources

Who else's routines are important factors in this situation?

Building Activities: Capacities

Environment and
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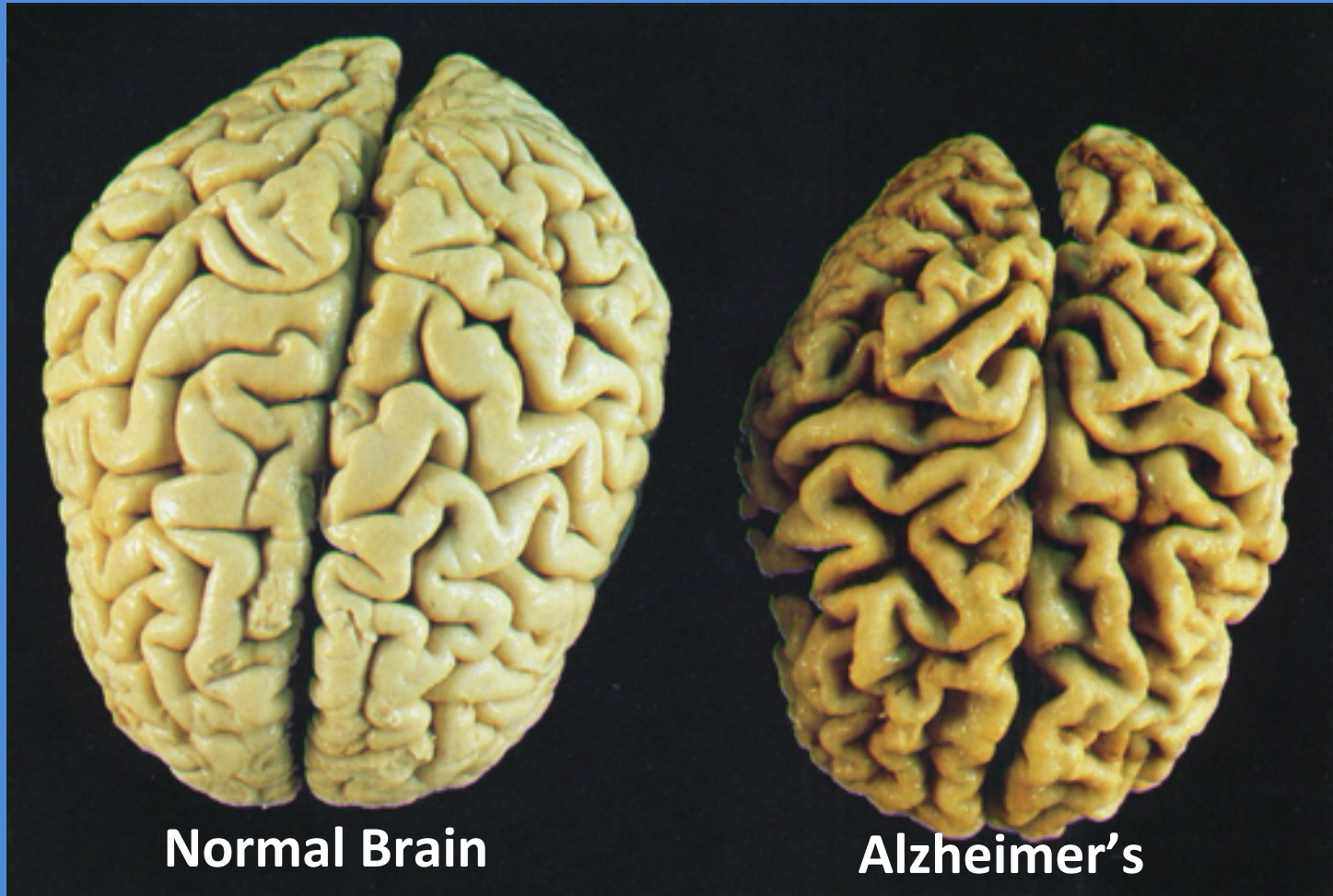
Building Activities: Environment



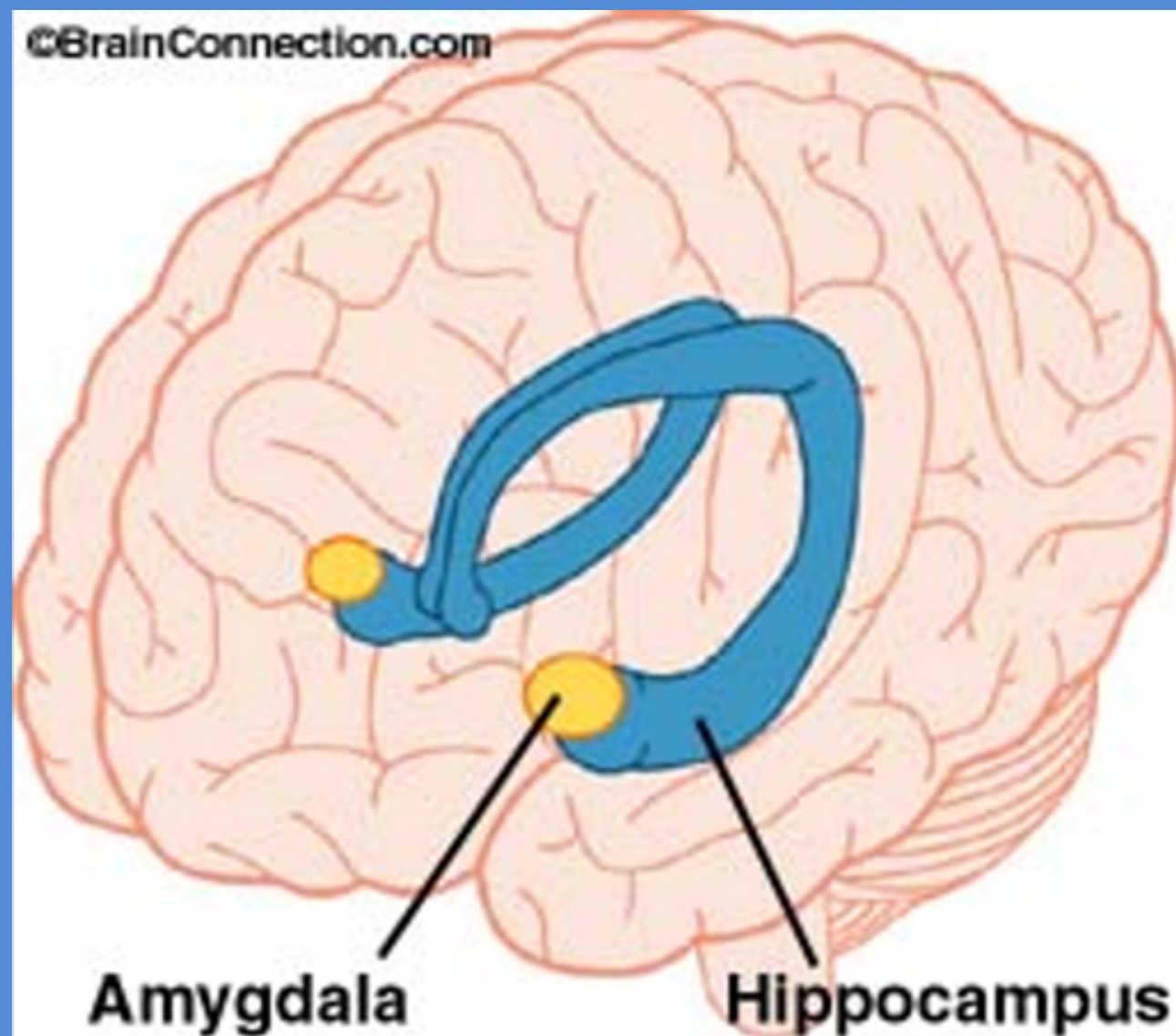
Environment and
Sensory Challenges

Capacities of Person with
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AND Family



Changes in Sensory Perception



How do you think we could modify the environment to fit certain activities?

- Lighting
- Noise
- Temperature
- Socialness
- Visual Field
- Positioning
- Intuitiveness
- Welcoming-ness







Integrating new routines for COVID-19 context

Supporting hand washing practices

- Demonstration / Signage

- Playing music while washing

- Using hand sanitizer as an alternative

Social Distancing

- Stating other people's needs as reason for distance

- Simple physical cues (arm's distance, three big steps)

- Anticipate social connections before venturing out (busy times of day, high traffic places, people you expect to encounter)

Mask Wearing

- Serving as the Example

- Using alternatives: bandana open at the bottom/face shield/hat with netting

What Has Worked for You?

Building Activities: History, Capacity, and Environment



Environment and
Sensory Challenges

Capacities of Person with
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History and Story of Person with Dementia
AND Family

Keep in Mind...

Challenging situations are most often not intentional

Modify activity to where person is at today

The goal is engagement (not new learning)



Take Home Points

- Activity can be beneficial for:
 - Quality of Life
 - Decreasing Stress
- Activity needs to match the situation:
 - History
 - Capacity
 - Environment
- Take your time and take it slow. Things will change, but so can you.

Questions?

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