

Changing the Culture of
Dementia Care
One Mind at a Time

Positive[®]
Approach

GEMS[®]
Dementia **Aware**
Dementia **Knowledgeable**
Dementia **Skilled**
Dementia **Competent**

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Activities That Have Meaning for Those Living with Dementia

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What Do People with Dementia Need?

- Daily Routine!!!!
- Help to fill their day with meaning
- A Balance of:
 - Productive activity: feeling valued
 - Leisure activity: having fun
 - Self-care activity: wellness, health, personal care
 - Restorative activity: sleep, rest, and re-energizing
- A Match-Up for Preferences:
 - Large group, small group, 1:1, alone
 - Active versus passive
- Sensory options: visual, auditory, tactile, olfactory, gustatory

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Key Activities to Consider:

- Productive - Work
- Enjoyment - Leisure
- Wellness - Personal Care
- Restorative - Rest

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Productive Activities:

Helping another person
Helping family members/caregivers
Completing community tasks
Making something
Sorting things
Fixing things
Building things
Creating something
Caring for things

Counting things
Folding things
Marking things
Cleaning things
Taking things apart
Moving things
Cooking/baking
Setting up/breaking down
Other ideas

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Leisure Activities:

Active:

Socials
Sports
Games
Dancing
Singing
Visiting
Hobbies
Doing, Talking, Looking

Passive:

Entertainers
Sport program/event
Presenters
Living room or lobby sitting
TV programs: watched
Activity watchers
Being done to

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Self-Care and Wellness Activities:

Cognitive:

Table top tasks
•Matching, sorting, organizing, playing
Table top games
•Cards, board games, puzzles
Group games
•Categories, crosswords, word play, old memories

Physical:

Exercise
Walking
Strengthening tasks
Coordination tasks
Balance tasks
Flexibility tasks
Aerobic tasks
Personal care tasks

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Rest and Restorative Activities:

Sleep/naps

Listen to quiet music with lights dimmed

Look at the newspaper

Look at a calm video on TV screen

Rock in a chair

Swing in a porch swing

Walk outside

Listen to reading from a book of faith

Listen to poetry or stories

Listen to or attend a worship service

Stroke a pet or animal

Stroke fabric

Get a hand or shoulder massage

Get a foot soak and rub

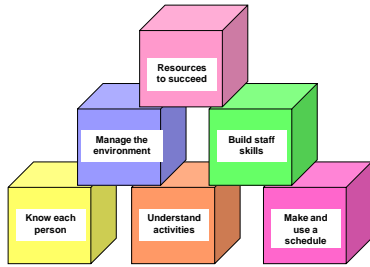
Listen to wind chimes

Aromatherapy

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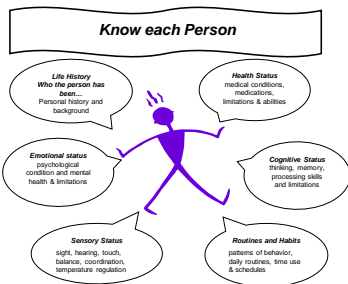
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What Does it Take to Have a Day with Meaning and Joy?



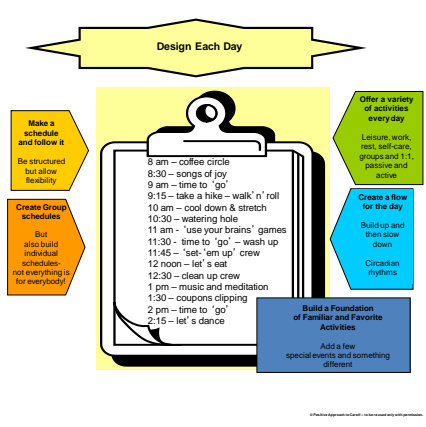
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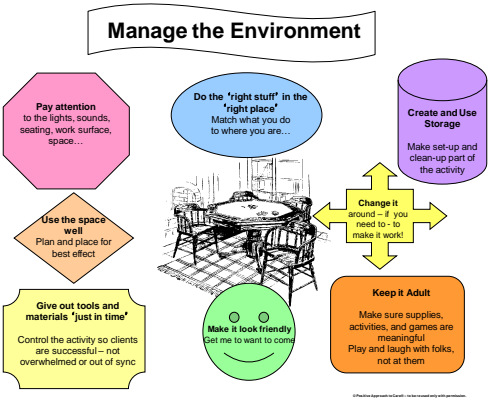


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Take a Look, Listen, Feel:

- Lighting: adequate, non-glare, focused
- Sounds: background, distracting, volume
- Feel:
 - Temperature
 - Space: crowded, intimate, personal, public
 - Work surface
 - Seating surface
 - Walking surface
 - Familiar? Friendly? Fun? Forgiving?

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Learn How To:

- Do something new
- Learn a new type of exercise or activity
- Simplify a dance
- Re-look at a old skill and make it easier
- Share a tasks
- Do something without touching things
- Get someone to do something without words
- Give positive feedback and say “thanks”

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Two Examples:

Paying Bills:

Do it independently
Together – use a calculator
Together – do all of them
Together – do one at a time
You do most, they sign and put in envelopes
You do all but the signature
They put on stamps
Both take them to the mail box

Washing Dishes:

Do it independently only after meals
Do it independently – when needed to fill time
Together – one wash, one dry
Do parts
Watch and guide
Carry dishes to/from sink

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Two Options:

Doing:

Filling socks: rice socks, bean socks, corn socks
Adding herbs: lavender, citrus, eucalyptus, mint
Putting a sock inside another sock
Heating the socks
Rubbing the socks over muscles
Emptying socks out

Making:

Fruit salad: from fresh
Fruit salad: from canned
Fruit salad: from pre-cut
Fruit salad: one fruit and yogurt
Fruit salad: dried fruit, granola, and yogurt
Putting the fruit salad in small cups or bowls
Serving the fruit salad

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Teepa's Rules:

- **Music** at least twice a day
- Something **productive** for each of you
- **Play** with other people, but keep it adult and watch for cues
- Smooth out **transitions**
- If someone can do something, **support their doing**, don't do to them or for them
- Encourage helping and always say **thank you**
- **Respect** space preferences – introverts/extroverts
- Match **sensory** experience to preferences
 - Sight, sound, smell, touch, taste

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Progression of Dementia: The GEMS®

Sapphires
Diamonds
Emeralds
Ambers
Rubies
Pearls



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Diamond Interests:



- **What they feel competent at**
- **What they enjoy**
- **Who they like**
- **What makes them feel valued**
- **Where they feel comfortable but stimulated**
- **What is familiar but intriguing**
- **What is logical and consistent with historic values and beliefs**
- **Whoever is in charge**

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Emerald Interests:



- Doing familiar tasks
- Doing visible tasks
- Historic tasks and people and places
- Engaging with or helping others
- Finding important people or things
- Having a 'job' or 'purpose'
- Being an 'adult'
- Getting finished and doing something else

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Amber Interests:



- Things to mess with (may be people!)
- Places to explore
- Stuff to take, eat, handle, move
- Visually interesting things
- People who look or sound interesting, or places that are quiet and private
- Textures, shapes, movement, colors, numbers, stacking, folding, sorting

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Ruby Interests:



- Walking a routine path
- Going forward
- Watching others
- Being close or having space
- Things to pick up, hold, carry, push, wipe, rub, grip, squeeze, pinch, slap
- Things to chew on, suck on, grind
- Rhythmic movements and actions

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Pearl Interests:



- Internal cues
- Pleasant and familiar sounds and voices
- Warmth and comfort
- Soft textures
- Pleasant smells
- 'Good' tastes
- Smooth and slow movement
- Just right touch and feel

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Positive Action Starters:

- **Help:** Be sure to compliment his or her skill in this area, then ask for help with something
"You are so good at baking, would you please help me?"
- **Try:** Hold up or point to the item you would like to use, possibly sharing in the dislike of the item or task
"Could we just try this?"
- **Choice:** Try using visual cues to offer two possibilities or one choice with something else as the other option
"This, or that?"
- **Short and Simple:** Give only the first piece of information, maybe offer a time frame of 1-5 minutes
"It's about time to brush teeth."
- **Step by Step:** Only give a small part the task at first
"Lean forward."

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