

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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How Lifelong Personality Traits and Preferences Impact Dementia Care at Home, Hospital, and Other Care Settings

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Why Is Life So Difficult for Those Involved in Dementia?

Many abilities are affected:

- Thoughts
- Words
- Actions
- Feelings

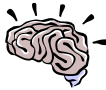
It is variable:

- Moment to moment
- Morning to night
- Day to day
- Person to person
- Place to place

Some changes are predictable

but complicated:

- Specific brain parts
- Typical spread
- Some parts preserved



If it is progressive:

- More brain dies over time
- Different parts get hit
- Constant changing

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I'm Still Me... But I'm Different!

- Help me to be who and how I am
- Don't ask me to do or be what I can't
- Let go, but don't give up!

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What Makes You Click? What Makes You Tick?

Learn about how you are
and what you like,
so you can help yourself
and the person you are caring for



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Personal Preferences Matter

- We like what we like!
- With dementia, the 'likes' can change
- Old preferences will need to be revisited
- The challenge is to honor what is important but change what is needed
- Our willingness to meet the person's changing needs is essential
- Changes are made harder by our sense of loss and grief

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Some Personal Preferences:

- Appearance
- Behaviors
- Language
- Daily routines
- Foods and drinks
- Music
- Touch, textures, noise, space
- Worship and spiritual practices

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How Does Dementia Affect This?

- Memory
- Language: understanding and production
- Self-care skills
- Sensation
- Emotional control
- Reasoning and thinking
- Vision



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Personality Traits:

Who are you?

- Introvert - Extrovert
- Lots of Details - Big Picture Only
- Logical - Emotional
- Planning Ahead - Being in the Moment



Who is the person you are trying to help?



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Introvert - Extrovert

Introvert

Likes to be alone
Likes to think it out
Likes personal space
Needs alone time
Private
Shares little
Decides on own after thinking it through

Extrovert

Thinks out loud
Talks it out
Seeks out people
Shares a lot
Not good with boundaries
Gets opinions before 'deciding'



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Details – Big Picture

Details

Needs to know how
Specifics of what to do
Wants detailed info: to do it 'right'
Likes doing the familiar and routine
Likes a check list and follows it
Likes to do it

Big Picture

Needs to know why
Likes to 'fly by the seat of their pants'
Likes to hear the big plan
Likes to try out new and different ways of doing things
Likes to experiment
Likes to talk it out first

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Logical - Emotional

Logical:

Head First
Fair
Reasonable
Rational
Likes to discuss differences of opinion
How other people 'behave'

Emotional:

Heart First
Nice
Kind
Empathetic
Prefers to avoid disagreements
How other people 'feel'

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Fourth: How You:

- Use time
- Feel about time: the future versus now
- Plan ahead versus like surprises
- Feel about knowing what is expected
- Feel about 'deadlines'
- Feel about making decisions

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Planning Ahead – In the Moment

Planning Ahead

Aware of the future
Sets priorities - plans
Likes routines
Likes a schedule
Likes to do things as planned
Decide and move on!
Needs to be in control

In the Moment

Being flexible
Go with 'now' issues
Not forward thinking
Running late
Putting 'other' things off
Considers options
Go with the flow

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Some 'stuff' we think/feel people do on purpose

is really just who they are

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With Dementia All Senses Are Affected:

- Miss information
- Misunderstand information
- Over-react to information
- Under-react to information
- Get stuck on a sensation
- Can't stand a sensation
- Variable abilities
- Can't adjust or adapt to sensation

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How Can We Become Better Care Partners?

- Be willing to try something new
- Be willing to learn something different
- Be willing to see it through another's eyes
- Be willing to fail and try again

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