

DEMENTIA

TAKING ACTION the
MONTESSORI WAY

DEMENTIA  SUPPORT



WHAT IS DEMENTIA?

The definition of dementia is a loss of cognitive ability that is at levels beyond what would be expected as a result of normal aging.

Dementia is not one single disease but is rather an umbrella syndrome that includes many different forms, including:

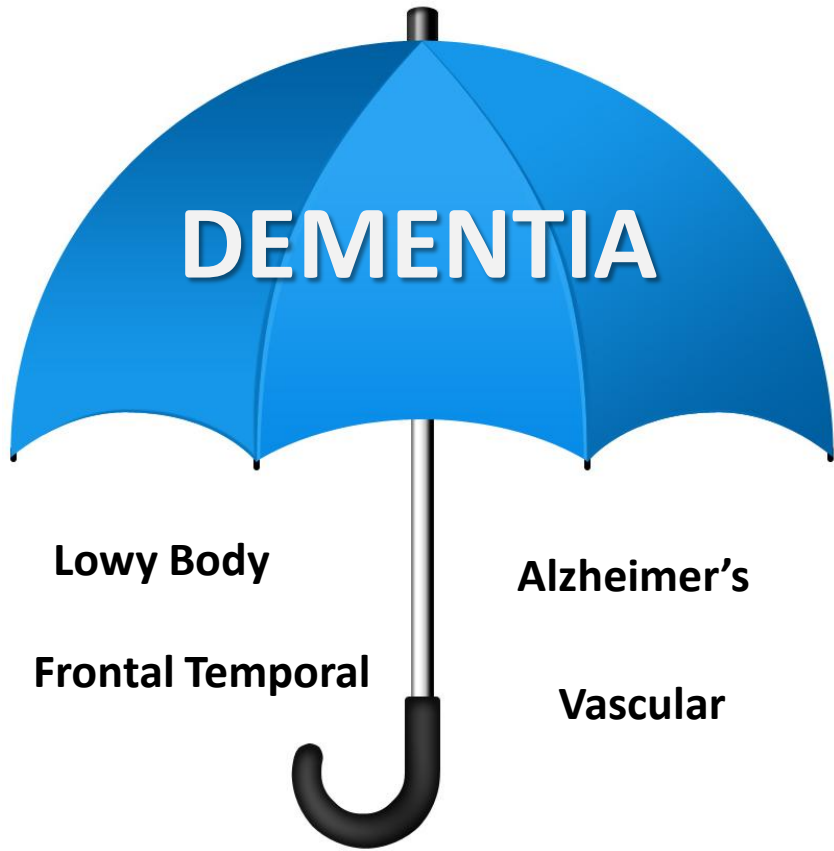
Alzheimer's disease

Vascular dementia

Dementia with Lowy bodies

Frontal Temporal dementia





The easiest way to think about it is that each of the diseases under the umbrella term 'dementia' are diseases that lead to the symptoms of dementia.



Dementia Affects a Person's Abilities

- Learning
- Reasoning
- Recall information
- Difficulties in performing familiar tasks
- Remembering familiar names, dates, and places
- Affects attention
- Language
- Problem solving
- Personality changes
- Behavior disorders

Short-term memory is generally first to go, with further symptoms revealing themselves as the dementia progresses.



Executive Function

is a set of mental processes that helps connect past experience with present action. People use it to perform activities such as planning, organizing, strategizing, paying attention to and remembering details, and managing time and space.



ALZHEIMER'S

<https://www.youtube.com/watch?v=9Wv9jrk-gXc#t=22>



Lewy Body Dementia

Signs and symptoms of Lewy Body Dementia

- More commonly, they experience greater problems with executive functions of planning, decision-making, and organization, as well as difficulties with visual perception.
- Judging and navigating distances. This can cause them to fall frequently or become lost in familiar settings.
- Lewy Body Dementia can also cause sleep disturbances, including insomnia, daytime sleepiness, and REM behavior disorder, whereby they act out their dreams



Vascular Dementia

Compared to Alzheimer's disease, which happens when the brain's nerve cells break down, vascular dementia happens when part of the brain doesn't get enough blood carrying the oxygen and nutrients it needs. Though they happen in different ways, it is possible to have both vascular dementia and Alzheimer's disease.



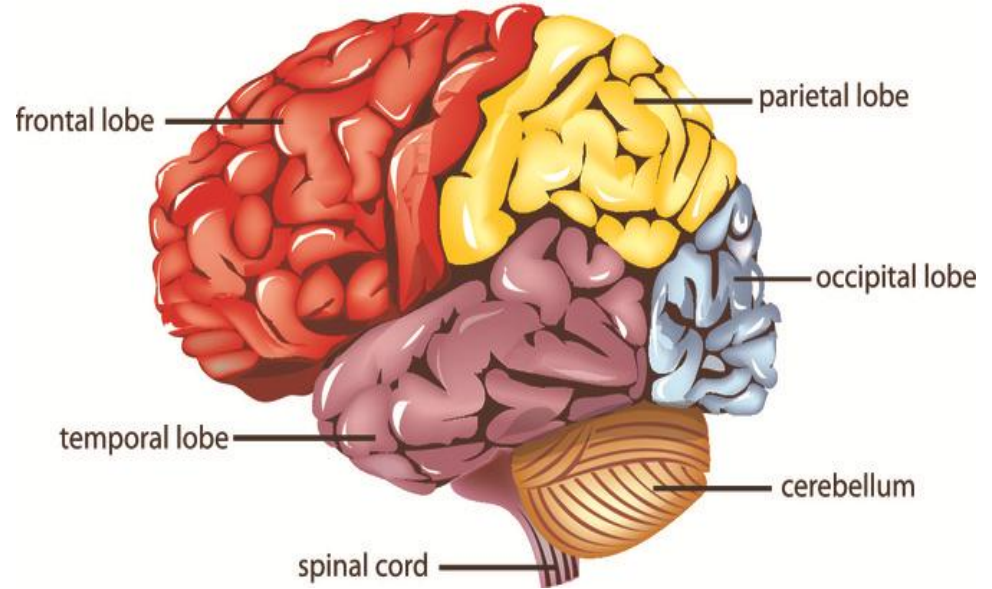
Frontal Temporal Dementia (FTD)

Front temporal dementia (FTD) is a group of disorders caused by progressive cell degeneration in the brain's frontal lobes (the areas behind your forehead) or its temporal lobes (the regions behind your ears)

Signs and symptoms of FTD

Progressive behavior/personality decline—characterized by changes in personality, behavior, emotions, and judgment.

Parts of the Human Brain



LET'S TALK TRUTH

What are the challenges in your job when dealing with a person who has dementia?

For Example: **Yelling,**
Repetitive questioning,
Hitting, Non Compliant,
Exit Seeking....





WHY THE BEHAVIOUR?

BORED



BORED !



BORED!!

&

LONELY

Stagnant. In that one word, the nursing home situation is summed up perfectly. Dementia care is failing the elderly. If you suffer a heart attack, you will get the latest high-tech treatment and care. However, if you develop dementia, the likelihood is that you'll end up in a nursing home, bored and waiting to die....**LET'S CHANGE THIS**

Let's Improve the Quality of Our Long Term Care Experience



ASK YOURSELVES...

- Is the typical approach for care & recreation working?
- Is the approach used in LTC working well?
- Are your residents engaged visually and physically?
- Are you able to reach many people at one time?
- Is there a buzz and positive energy when your working with your residents?

.....**Let's talk about this**





Long-term Memory



Declarative

Episodic

- Where you were and the people you were with when you found out about the 9/11 attacks
- Your skiing vacation last winter
- The first time you traveled by airplane

Semantic

Common knowledge, such as the names of colors, the sounds of letters, the capitals of countries and other basic facts acquired over a lifetime.

Procedural

Skills

Riding a bike, reading, tying shoes or any activity accessed and used without the need for conscious control or attention.

Habits

repeating a complex activity over and over again until all of the relevant neural systems work together to automatically produce the activity.



MONTESSORI BENEFITS

- Reduces anxiety
- Reduces repetitive questioning
- Reduces constant request for attention
- Increases self esteem
- Reduces depression
- Eliminates boredom
- Increases motor skills
- Stimulates all senses
- Increase in socialization
- Increase in family interaction

• A sense of accomplishment & contribution



Finding the
Person
Behind the
Dementia



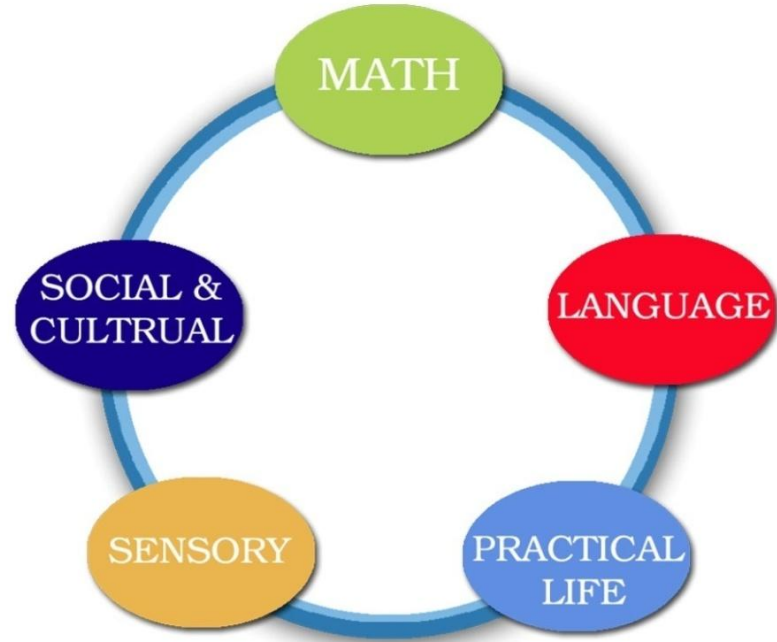


Dr. Maria Montessori

FOUNDER OF THE MONTESSORI METHODS

was an Italian physician & educator, a noted humanitarian and devout Roman Catholic best known for the philosophy of education that bears her name. Her educational method is in use today in public and private schools throughout the world.

Dr. Montessori created **5** areas in the classroom



We use **Montessori Principals** to create meaningful activities that engage individuals according to their



We then focus on 4 areas of life in order to engage a person appropriately.

Cognitive

- Math Cards
- Cognitive Sorts
- Money purchases
- Tactile Sorts
- Supportive Trivia
- Clips to Bowl

Practicle Life

- Food Preparation
- Grading vegetables
- Cutlery Sort
- Folding towels
- Folding socks
- Roles – cleaning, sweeping, setting the table

Social, Cultural & Spiritual

- Reading using appropriate Montessori Reader
- Music using Song Book or sheet
- Prayers
- Dance/Exercise
- Gardening

Sensory

- Grading Cinnamon
- Squeezing oranges or lemons with hand juicer.
- Spice match to picture.
- Peppermint hand massages



Did you know that the Montessori Approach was implemented at NYGH Hospital ?

Result: 94.5% Success

If the hospital can do it....you can do it!



This is where you are going right now.
For a CT Scan.



A - CT Scan is an X-ray

Turn the
page
please



A - CT scan uses X-rays to make detailed pictures of structures inside of the body. During the test, you will lie on a table that is attached to the CT scanner, which is a large doughnut-shaped machine. The CT scanner sends X-rays through the body area being studied. Each rotation of the scanner provides a picture of a thin slice of the organ or area. All of the pictures are saved as a group on a computer. They also can be printed.



A Prepared Environment
is essential in the success
of task or activity for a
person with dementia.

**The
Prepared
Environment**

How is this done?



In between physical care it's important to keep a person busy which will reduce behaviors and raise self esteem.

- ✓ You will need a visual cue to remind the person of what the activity is at hand.
- ✓ Place the activity on the table, then bring the person over to the table and ask them if they would help you with something.
- ✓ Say “watch me” demonstrating slowly how the task is done then say “now you try”. Depending on the person’s abilities, it may take a few times for them to get into the rhythm of doing the activity.



✓ If the person does it in an incorrect way, say “could this be how it’s done” showing them the correct way.

✓ If they continue to do the activity in an incorrect way do not correct them again. As long as the activity is being used in a SAFE way THERE IS NO WRONG WAY TO DO THE ACTIVITY. DO NOT CORRECT THE RESIDENT.

✓ **The goal in engaging the person is about the PROCESS not about the OUTCOME.**



If you
prepare the
environment,
have your activities
accessible and act
as a **Facilitator**
you will succeed in
engaging a person
with dementia.

Be a
“**Facilitator**”
rather than an
“**Entertainer**”



ROLES & ROUTINES

A sense of contribution = LIFE!



ENGAGING MULTIPLE GROUPS

Using “facilitators” rather than “entertainers”



REAL SKILLS, REAL PREPERATION

Little support is needed when you prepare the environment and offer visual support



REAL SKILLS, REAL PREPERATION

Meaningful, practical life activities with a rich process



Why do we use so many Tactile Activities in Montessori?

Dr. Maria Montessori said:

“What the hand does the mind remembers”.

Concrete materials make concepts real, and therefore easily internalized. Activities are presented in a simple form and get more complex with repetition.



Sorting By Colours

Start with 2 colours and increase as the ability grows.

YES, a person with dementia can get better at something.



Sort & Clip

Sort the cloth pins by colour. Build finger strength by clipping the pins to the matching bowls.

By exercising her fingers, Jenny will be able to brush her teeth and feed herself longer.



Sorting By Numbers

This is a great example of starting off simple and growing into more complex.

Sala is engaged in this cognitive and tactile activity that started with simple colour sorting and progressed into a more complex sort.



Cutlery Dry & Sort

This practical life activity demonstrates how one can stay engaged with real life objects that are familiar.

Visual Cues are a must to ensure successful independence



Practical Life/ Sensory

Shula is involved in a practical life and sensory activity that will also give her hands a good workout.

Smelling the fragrance and tasting the juice will bring it all together.



ENVIRONMENTAL ENHANCEMENTS

Diversion art & Glamour Exchange



Physical Care
Using a
Montessori
Approach



ENVIRONMENTAL SUPPORT



← Visual Cues

Name Tags



Deborah





Dear Elizabeth,

I am a personal care worker. I work with the nurses and doctors. I would like to help you brush your teeth. It's important you do this in order to make sure your mouth is clean and healthy. I will not hurt you and I promise to be gentle with you. Please open your mouth so that I can help brush your teeth properly. Please do not push me away. Thank you.





Dear June,

I would like to help change you and have you clean and comfortable. Once you are changed and clean, you will feel much better. I am here to help you and I promise to be gentle. Please allow me to help clean you and do not push me away.

Thank you.





How Recognizable Is This Devise?

Use verbal
instructions as
to how you will
assist the
person.





Visual Cue

**Toilet...very
recognizable**



Dressing



Shirts

← **Visual Cue**

Allow the person to make choices when getting dressed.

Would you like to wear the blue shirt or the white shirt?





A Sense of Independence

Allow the individual to participate in the dressing activity in any way that he/she can.

The individual can be assigned to put on one's pants on his/her own, while having some assistance to put on a shirt





Prepare the individual's eating area and ensure that plate and utensils are within reach of the individual.

A contrast helps the person define the utensils





Prepare the eating environment prior to the person sitting at the table. This will serve as a visual cue.

A large name tag offers confidence and serves as a reminder that the person belongs there.

Visual Cue

