Activities for Older Adults with Cognitive Issues
AGE – Striking a Balance
Caregiver Conference
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The Four A's of Dementia:

- Amnesia
- Agnosia
- Aphasia
- Apraxia
Vision

Field of Vision – 12-18 inches eye level

Not the eye that’s damaged but the Occipital Lobe

3 dimensional to 1 dimensional

No peripheral vision
COMMUNICATION IN THE EARLY STAGES OF DEMENTIA

ARE WE ON THE SAME PAGE?
How communication skills are affected

Communication in the middle stage of dementia

Didn’t I just say that?
HOW COMMUNICATION SKILLS ARE AFFECTED

Difficulties of communicating in the late stage

“Do you know who I am?”
APPROACHING A PERSON WITH DEMENTIA

- EYE CONTACT
- TOUCH
- VERBIAGE
TECHNIQUES TO IMPROVE COMMUNICATION

REDIRECTING

WHERE/WHEN/WHY IT WORKS
TECHNIQUES TO IMPROVE COMMUNICATION

• Strategies to redirect individuals with dementia
  • Understanding the behavior
  • Managing and redirecting the behavior
TECHNIQUES TO IMPROVE COMMUNICATION

• REMINISCING

  • HOW IT WORKS

  • WHY IT WORKS
TECHNIQUES TO IMPROVE COMMUNICATION

- RECONNECTING
VALIDATION THERAPY

• TECHNIQUES

• FEELINGS VS. FACTS
REALITY ORIENTATION

• **WHY IT IS INEFFECTIVE**
FEEDING THE FANTASY

• BE READY to answer twenty questions at least twenty times and be ready to change your answer every time
Preventing and Managing Sundowning

Symptoms
Risk Factors
Suggestions
- THREE P’S
  - PATIENCE
  - PERSISTENCE
  - PRACTICE
• If I get dementia, I want my friends and family to embrace my reality. If I think my spouse still alive, or if I think we’re visiting my parents for dinner, let me believe those things. I’ll be much happier for it.

• If I get dementia, I don’t want to be treated like a child. Talk to me like the adult that I am.

• If I get dementia, I still want to enjoy the things that I’ve always enjoyed. Help me find a way to exercise, read and visit with friends.

• If I get dementia, ask me to tell you a story from my past.

• If I get dementia, and I become agitated, take the time to figure out what is bothering me.

• If I get dementia, treat me the way that you would want to be treated.

• If I get dementia, make sure that there are plenty of snacks for me in the house. Even now, if I don’t eat I get angry, and if I have dementia, I may have trouble explaining what I need.

• If I get dementia, don’t talk about me as if I’m not in the room.

• If I get dementia, don’t feel guilty if you cannot care for me 24 hours a day, 7 days a week. It’s not your fault, and you’ve done your best. Find someone who can help you or choose a great new place for me to live.

• If I get dementia, and I live in a dementia care community, please visit me often.

• If I get dementia, don’t act frustrated if I mix up names, events, or places. Take a deep breath. It’s not my fault.

• If I get dementia, make sure I always have my favorite music playing within earshot.

• If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.

• If I get dementia, don’t exclude me from parties and family gatherings.

• If I get dementia, know that I still like receiving hugs or handshakes.

• If I get dementia, remember that I am still the person you know and love.