

Module Four:

MAKING A DIFFERENCE WITHOUT DRUGS

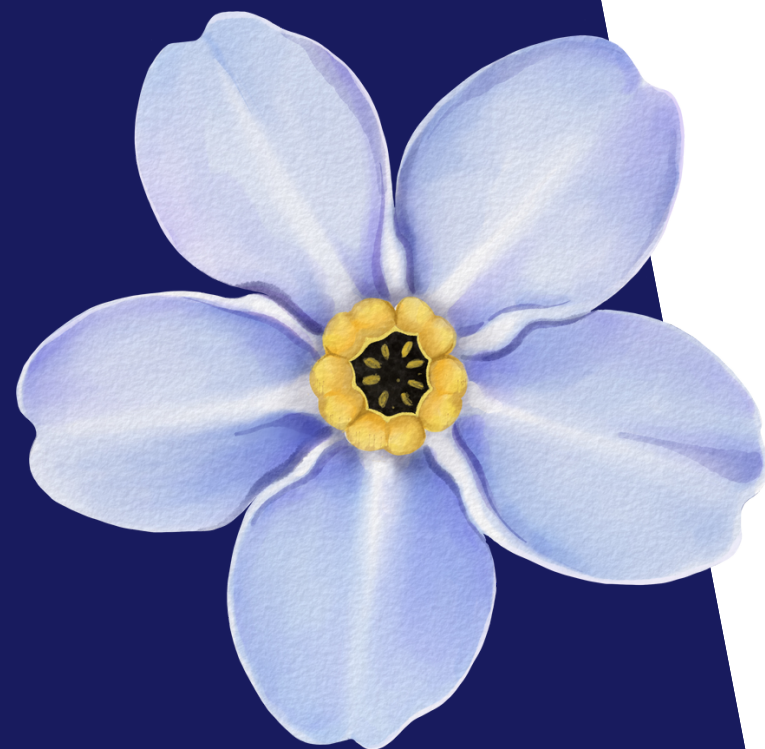
THE COMPASS GUIDE



**An education, support & coaching platform
for dementia caregivers**

**When a flower
doesn't bloom,
you fix the
environment in
which it grows,
not the flower**

ALEXANDER DEN HEIJER



*Making a Difference
Without Drugs*

- Basic Human Needs
- Importance of Meaningful Engagement
- Role of Non-Pharmacological Therapies in treatment of Dementia
- Enabling Participation
- Reminiscence
- Life History Work
- At-Home Activities
- Adult Day Programs
- Local Resources



**MASLOW'S
HIERARCHY OF
HUMAN NEEDS**

Meaningful Engagement



Participation in meaningful daily activities is essential for all human beings. Our desire for meaningful engagement does not change with a diagnosis of Dementia

- Makes us feel good
- Gives life purpose
- Focuses on our strengths
- Provides an outlet for our energy
- Helps to structure our day
- Helps us to connect with others & community
- Provide an opportunity to contribute
- Optimises function, mood & quality of life

What do occupational therapists do?

- Facilitate opportunities for independence and personal control while supporting self-esteem,
- Work with families to identify needs and provide opportunities to engage with their impacted family member
- Develop a schedule for regular daily activities in order to maintain a routine activities such as personal care, taking medications, meals, leisure, walking, and going to sleep,
- Adapt and modify homes to ensure a safe and secure environment, including installation of grab-bars in the bathroom, thermostatic shower controls and shut of switches on stoves and ovens,
- Assist family members and caregivers to adapt to changing roles,
- Advocate for the health and well-being of clients living with Alzheimer’s



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Meaningful activities for a person with dementia

February 11, 2022

Dementia UK



Head of Research and Publications at Dementia UK, Dr. Karen Harrison Dening, introduces this series of blog posts pointing to why meaningful activities are so important for someone with dementia.



Fact Sheet

Dementia and the Role of Occupational Therapy

Dementia results from impaired cognition, due to damage to the brain. The majority of dementia cases (60% to 80%) are classified as Alzheimer’s disease (Alzheimer’s Association, n.d.). The signs of dementia generally include, but are not limited to, decreased short-term memory, decreased problem-solving skills, decreased perceptual skills, problems with communication and language, and personality changes. The onset of dementia is gradual, and the course of the disease spans several years or more. In Alzheimer’s disease, the person progresses through several stages that roughly coincide with reverse developmental levels, with those in the final stages being completely dependent on others.

Occupational therapy practitioners, through their academic curricula, expertise in activity analysis, and work with older people in various settings, approach dementia as a condition that affects occupational performance. Practitioners can work with family members, concerned others, and even those in the early stages of the disease to address the functional implications of dementia. Occupational therapists evaluate persons with dementia to determine their strengths, impairments, and performance areas needing intervention (Schaber & Lieberman, 2010). Although remediation of cognitive performance is unlikely, the person may demonstrate improved function through compensation or adaptation. Occupational therapy practitioners also assist care providers with coping with this difficult, and yet often rewarding, role.



Home	Principles	Environments	Design	Resources	About
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Meaningful Engagement

Role, identity and meaningful engagement are all important aspects of who we are. A well designed enabling environment can support a person living with dementia to have enhanced opportunities within that environment. This expands a person’s connections with the world around them, in a physical, mental, social-emotional and spiritual way.

Benefits of Occupational Therapy for Dementia Patients

Over the past several decades, there have been many research studies and clinical trials assessing the efficacy of occupational therapy for dementia patients. The overwhelming majority of studies and trials conclude that occupational therapy may be an effective intervention to assist in maintaining cognition and functionality while reducing psychiatric symptoms in dementia patients. A summary of the most notable benefits observed across studies and trials is listed below.

- Reduced behavioral problems
- Reduced burden on caretakers and/or family members
- Improved daily functioning, overall well-being, and quality of life
- Improved cognitive stability
- Increased social participation

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Research Letter

January 25, 2021

Engagement in Meaningful Activities Among Older Adults With Disability, Dementia, and Depression

Anna Oh, PhD, MPH, RN^{1,2}; Siqi Gan, MPH^{1,2}; W. John Boscardin, PhD^{1,2,3}; [et al](#)

[» Author Affiliations](#) | [Article Information](#)

JAMA Intern Med. 2021;181(4):560-562. doi:10.1001/jamainternmed.2020.7492

Participation and active engagement in meaningful activities is beneficial to the emotional and physical well-being of older adults.^{1,2} Meaningful activities are enjoyable activities that are associated with personal interests.^{2,3} Functional limitations, cognitive impairment, and depression may diminish the ability to participate and engage in meaningful activities and place older adults at higher risk of loss of identity and well-being.³ This study explored the association between disability, dementia, and depression and engagement in meaningful activities in a nationally representative sample of community-dwelling adults 65 years and older.

Alzheimer Society

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📍 Your society is set to: **Alzheimer Society of Canada.** [Change Your Society.](#)

[Take action](#) / [Become dementia-friendly](#) / Meaningful engagement of people living with dementia

Meaningful engagement of people living with dementia

6 min read

Meaningful engagement is a person-centred approach that encourages and invites people living with dementia to participate in an organization's work with purpose and interest. By practicing meaningful engagement, you can benefit from people living with dementia becoming more involved in your organization.

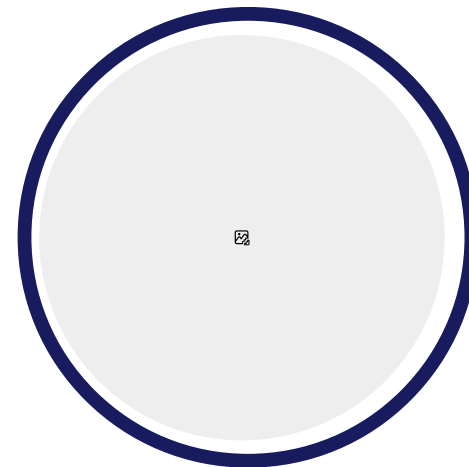


“Research suggests that non-pharmacological therapies can be just as beneficial for function, mood & quality of life as any medication currently available on the market, but without the potential for serious negative side effects for Persons Living with Dementia

(Ballard et al, 2006; Maust et al, 2015; Olazaran et al, 2010)

Non-pharmacological Therapies (NPT)

Defined as non-chemical interventions that seek to reduce symptoms, improve quality of life, and slow deterioration of disease



- Cognitive Stimulation Therapy
- Occupational Therapy
- Music Therapy
- Art Therapy
- Reminiscence
- Validation
- Laughter Therapy
- Exercise/Movement
- Sensory Stimulation
- Aromatherapy
- Massage
- Light Therapy



Optimising Engagement

- Know the person's life story & interests
- Focus on their strengths
- Grade & adapt tasks
- Focus on process not outcome
- Adapt expectations
- Be creative
- Pick your battles
- Be flexible
- Minimise risks/distractions where possible
- Be person oriented vs. task oriented
- Do "with" vs. do "for"
- Individualised care planning (Care Homes)



Life History Work

As people we all have life events, relationships & experiences that shape who we are. people living with dementia, especially those with speech & language challenges can have difficulty expressing who they are and what matters to them. life history work is a great way to record important personal information that can help others understand & relate to them better (Dementia UK)

- Personal details such as name, age, address etc
- Significant relationships with family and friends
- Childhood history
- Work history
- Significant places and life events
- Preferences with their appearance
- Food/drink likes and dislikes
- Their routines
- Preferred music and TV programmes
- Activities they do and don't enjoy
- General likes and dislikes



Life History





Reminiscence Therapy involves engaging PWD through discussion and sensory experiences relating to events from the past. Long term memory is typically retained for a longer period of time than short term memory. The goal of reminiscence is to provide cognitive stimulation, evoke memories and optimise well-being.

Reminiscence

- Where did you grow up?
- Tell me about your family?
- Where did you go to school?
- What was your favourite subject?
- Did you play sport?
- What was your favourite family event or meal?
- What is your favourite song/artist?
- What games did you play as a child?
- Did you have any pets?
- What was your favourite holiday?



Activities At Home

- Setting the table for meals
- Washing/drying dishes
- Folding laundry/dish towels/napkins
- Sweeping
- Wiping counter tops
- Simple meal preparation tasks
- Sort through old photographs
- Watch old movies
- Listen to the radio/music
- Organising spaces/drawers/bookshelves
- Polishing jewelry/silver
- Flower arranging



“

*If you don't use
it, you lose it*

JIMMY CONNORS





Adult Day Programming

Adult day programs can be beneficial for both the person living with Dementia and their family members. Programs which cater to those individuals living with dementia, offer opportunities for safe engagement in a wide variety of activities as well as social connections with peers who are experiencing similar health challenges.

Day programs also offer an opportunity for family members to rest and regroup so that they are better able to care for their loved ones when they are at home.

Cognitive Stimulation Therapy



- Intended for individuals with mild-moderate stage dementia
- 6 week program, 1 x 2 hour session per week
- Group size 10-12 people
- Uses elements of Reality Orientation, Validation, Reminiscence & Sensory stimulation Therapy techniques
- Found to have statistically significant improvement in Cognition (Memory, Language & Executive functioning), mood and Quality of Life of participants
- Findings comparable to those of treatment with anti-dementia drugs
- NICE guidelines (2006)- "people with mild/moderate dementia of all types should participate in group Cognitive Stimulation which should be commissioned and provided by a range of health and social care workers with training and supervision. This should be delivered irrespective of any anti-dementia drug received by the person with dementia"

LOCAL PROGRAMING SERVICES

ACTION ON ALZHEIMER'S & DEMENTIA

www.alzbermuda.com
(441) 707-0600, alzbermuda@yahoo.com

ACTIVELY AGING

www.alzbermuda.com
(441) 707-0600, alzbermuda@yahoo.com

FRIENDS OF HOSPICE CONNECTIONS PROGRAM

programmes@hospice.bm
(441) 232-0859

WINDREACH ADULT DAY PROGRAM

windreach@windreach.bm
(441) 238-2469

GRACE REJUVENATION CENTER

www.gracecenter.info
(441) 543-0033

NORTHSTAR DEMENTIA

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