



# **Working Towards Dementia Friendly Communities**

**A Webinar Series Hosted by the Georgia Gerontology Society**



## **Lived Experience Panel**

**October 5, 2020**

# Care Dyad Interviews

- Interviewed 6 Individuals Living with a Form of Cognitive Impairment and their Care Partners
- Created Videos using their Lived Experience
- This project was possible due to funding from the Georgia Department of Human Services

# Basics of Dementia

## What is dementia?

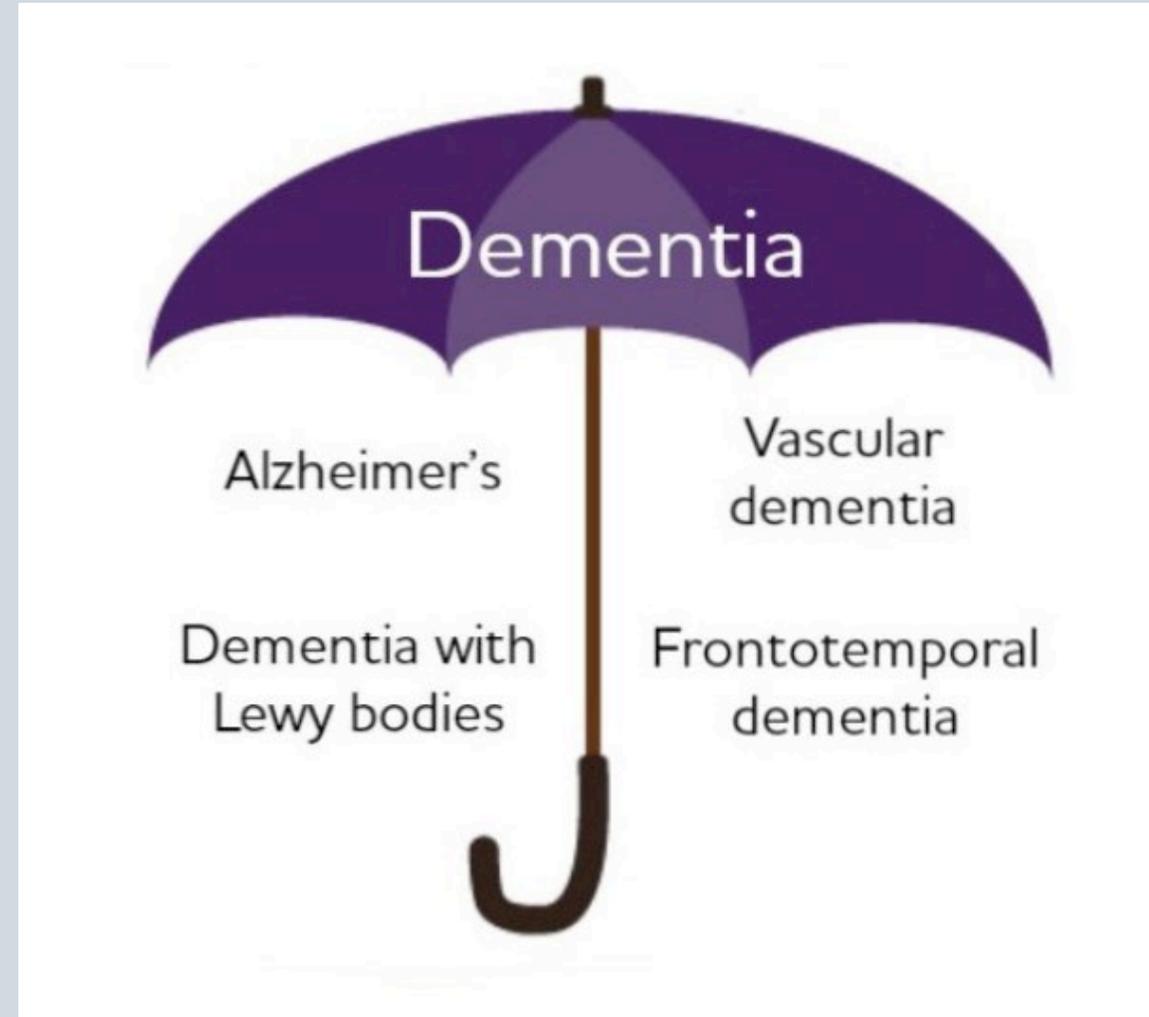
- “Umbrella term”
- Loss of cognitive functioning including memory, thinking, reasoning, or solving problems
- Emotional and behavioral responses and changes

## Causes/Types

- Alzheimer’s Disease
- Frontotemporal
- Vascular
- Lewy Body
- Many others

NOT a normal part of aging

Risk increases with age, but can impact younger people



# Early Warning Signs & Symptoms

1. Subtle short-term memory changes
2. Difficulty finding the right words
3. Changes in mood
4. Apathy
5. Difficulty completing normal tasks
6. Confusion
7. Difficulty following storylines
8. A failing sense of direction
9. Being repetitive
10. Struggling to adapt to change

(Note: there is variation between causes/types of dementia as well as between people living with dementia. Not all symptoms listed are applicable to every type or every person)

# Detection, Screening, & Diagnosis

- Ideally done by a physician with specialized training such as a neurologist, but primary care might do initial screening and referral
- First check for treatable conditions such as vitamin deficiency, infections, blood pressure, or thyroid conditions
- Neurological and cognitive tests
- Brain scans
- Laboratory tests
- Psychiatric screening

## Montreal Cognitive Assessment (MoCA)

VISUOSPATIAL / EXECUTIVE		Copy cube					Draw CLOCK (Ten past eleven) (3 points)	POINTS
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Contour   Numbers   Hands <u>  </u> /5
NAMING								
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<u>  </u> /3		
MEMORY								
Read list of words, subject must repeat them. Do 2 trials, even if 1st trial is successful. Do a recall after 5 minutes.			FACE	VELVET	CHURCH	DAISY	RED	No points
1st trial								
2nd trial								
ATTENTION								
Read list of digits (1 digit/ sec.).		Subject has to repeat them in the forward order		<input type="checkbox"/> 2 1 8 5 4				
		Subject has to repeat them in the backward order		<input type="checkbox"/> 7 4 2		<u>  </u> /2		
Read list of letters. The subject must tap with his hand at each letter A. No points if ≥ 2 errors		<input type="checkbox"/> FBACMNAAJKLBAFAKDEAAAJAMOF AAB						<u>  </u> /1
Serial 7 subtraction starting at 100		<input type="checkbox"/> 93	<input type="checkbox"/> 86	<input type="checkbox"/> 79	<input type="checkbox"/> 72	<input type="checkbox"/> 65	<u>  </u> /3	
		4 or 5 correct subtractions: <b>3 pts</b> , 2 or 3 correct: <b>2 pts</b> , 1 correct: <b>1 pt</b> , 0 correct: <b>0 pt</b>						
LANGUAGE								
Repeat: I only know that John is the one to help today.		<input type="checkbox"/>						<u>  </u> /2
The cat always hid under the couch when dogs were in the room.		<input type="checkbox"/>						<u>  </u> /2
Fluency / Name maximum number of words in one minute that begin with the letter F		<input type="checkbox"/> _____ (N ≥ 11 words)						<u>  </u> /1
ABSTRACTION								
Similarity between e.g. banana - orange = fruit		<input type="checkbox"/> train - bicycle		<input type="checkbox"/> watch - ruler		<u>  </u> /2		
DELAYED RECALL								
Has to recall words WITH NO CUE		FACE	VELVET	CHURCH	DAISY	RED	Points for UNCUEDE recall only	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Optional								
Category cue								
Multiple choice cue								
ORIENTATION								
<input type="checkbox"/> Date		<input type="checkbox"/> Month		<input type="checkbox"/> Year		<input type="checkbox"/> Day		
		<input type="checkbox"/> Place		<input type="checkbox"/> City		<u>  </u> /6		
© Z.Nasreddine MD		www.mocatest.org		Normal ≥ 26 / 30		TOTAL <u>  </u> /30		
						Add 1 point if ≤ 12 yr edu		

# Georgia Memory Net

- Memory Assessment Clinics help Georgians get the diagnosis and care plan that can make a difference, possibly even helping them maintain their independence longer.
- The first step is an appointment with your Primary Care Physician to talk about your concerns. If they detect signs of memory loss, they can refer the patient to a Georgia Memory Net Memory Assessment Clinic for diagnosis.



# Georgia Memory Net

- After diagnosis, Georgia Memory Net supports Primary Care Physicians with a detailed care plan, and supports diagnosed Georgians and their families by connecting them to community services in their local area.



# Resources

- Alzheimer's Association, Georgia Chapter
  - [www.alz.org/georgia](http://www.alz.org/georgia)
  - 1-800-272-3900
- Lewy Body Dementia Association
  - [www.lbda.org](http://www.lbda.org)
  - 1-800-539-9767
- The Association for Frontotemporal Degeneration
  - [www.theaftd.org](http://www.theaftd.org)
  - 1-866-507-7222
- Parkinson's Foundation
  - [www.parkinson.org](http://www.parkinson.org)
  - 1-800-4PD-INFO (473-4636)

# Resources

- Aging & Disability Resource Connections (ADRC)
  - [www.georgiaadrc.com](http://www.georgiaadrc.com)
  - 1-866-552-4464, option 2
- Rosalyn Carter Institute for Caregiving
  - [www.rosalynncarter.org](http://www.rosalynncarter.org)
- Emory Goizueta Alzheimer's Disease Research Center
  - [alzheimers.emory.edu](http://alzheimers.emory.edu)
  - 404-778-3444
- Dementia Spotlight Foundation
  - [dementiaspotlightfoundation.org](http://dementiaspotlightfoundation.org)
  - 1-888-695-1596

# Communication Tips for Professionals

- Be observant and attentive
- Ask questions--do not assume
- Speak directly to the person living with dementia
- Believe the person – they are the only one who know the experience
- Take time – be patient, allow for extra time
- Educate yourself on dementia - all causes and types!
- Trust the care partner – allow them to be with the person who knows their needs

# Conclusion and Resources

- Growing need for competent and committed healthcare workforce that can deliver quality and comprehensive person-centered care.
- Improving education and training and developing supports for health care workers to implement skills in context has the potential to transform the workforce to a dementia-capable, culturally competent workforce.
- High quality training and receptive organizational culture can improve both quality of care and quality of life for people living with dementia and their care partners



# Georgia Alzheimer's and Related Dementia's Competency Guide

- To help educators and employers of DCWs to choose high quality education that is person-centered (training topics and content).
- To reinforce learning in ways that support improved practice.
- To improve training and education related to Alzheimer's and related disorders so that we can meet the needs of dementia-capable and culturally competent workforce.

# Check Out The Videos!! On Facebook, YouTube, and the Website



Culture Change Network of Georgia  
@CultureChangeNetworkOfGeorgia

- Home
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What is a Learning Circle?  
700 views · January 8



Dementia & Hospitals: Caution!  
1K views · December 17, 2019



Hospitals Can Be Challenging Places for Elders  
121 views · December 12, 2019



When older people are admitted to the hospital, they are at high...  
120 views · November 18, 2019



Who is Culture Change Network of Georgia  
124 views · October 24, 2019



State Culture Change Coalitions: Key to Advancing Change at...  
283 views · August 21, 2019



Values & Principles of Pioneer Network  
866 views · August 19, 2019



Who is Pioneer Network?  
2.7K views · July 10, 2019

# Series on DEMENTIA, INCLUDING ALZHEIMER'S DISEASE

## DEMENTIA, INCLUDING ALZHEIMER'S DISEASE

- Dementia, It's Not Just Alzheimer's
- Dementia: Understand the Facts
- The Language of Dementia
- The Stigma of Dementia
- Person-Centered Dementia Care
- Words Matter: Dementia
- Changing the Conversation About Dementia (FTD)
- Changing OUR Thinking About "Behaviors and Dementia"
- Dementia & Hospitals: CAUTION

See [CultureChangeGA.org](http://CultureChangeGA.org) or look for us on YouTube – Culture Change Network of Georgia

# Listening to people living with dementia and their care partners

- Empowering healthcare and community partners to meet needs of people living with dementia – allow them to make decisions in context
- Increase active learning, competency attainment and staff engagement for health and direct care workers.
- Improve skills and capacities to successfully care for all clients but particularly for those living with dementia.
- Improved quality of care among person living with Alzheimer's and dementia.
- Empowerment of both person and the care-partners to live fully with dementia.