



Creating Daily Moments of Success

Learning outcomes:

- To develop an understanding of the importance of structuring the day for an individual with dementia
- To increase understanding of what to consider is an activity in relation to people with dementia
- To develop an understanding of the sort of emotions that people with dementia may feel when carrying out purposeful activity

Why do people need activity?

- Activity is essential to human existence, health and wellbeing
- The urge to engage in purposeful and meaningful activity is a basic human drive
- This in-built motivation does not diminish or disappear as people age



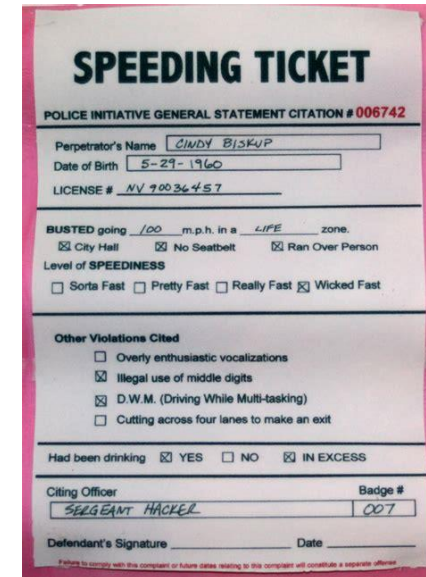
What activities do you do?

- Write down a list of 5 everyday activities that you have done in the last day or so
- Does your list include a mixture of leisure, work and self care activities providing a balanced lifestyle?
- Do these activities help you to maintain skills, provide exercise and mental stimulation?
- Do these activities allow you choice, independence, sense of worth, self esteem, social inclusion and a sense of purpose



What if...

- No Hot Water
- You got a ticket on the way to work
- No milk for your coffee



SPEEDING TICKET

POLICE INITIATIVE GENERAL STATEMENT CITATION # 006742

Perpetrator's Name CINDY BISKUP
Date of Birth 5-29-1960
LICENSE # NV 90036457

BUSTED going 100 m.p.h. in a 100 zone.
 City Hall No Seatbelt Ran Over Person

Level of SPEEDINESS
 Sorta Fast Pretty Fast Really Fast Wicked Fast

Other Violations Cited
 Overly enthusiastic vocalizations
 Illegal use of middle digits
 D.W.M. (Driving While Multi-tasking)
 Cutting across four lanes to make an exit

Had been drinking YES NO IN EXCESS

Citing Officer SERGEANT HACKER Badge # 007
Defendant's Signature _____ Date _____

*When in control with this complaint or future date resulting in this complaint will constitute a separate offense.

Would you be able to control your emotions?

What if...

You have dementia and you had a frustrating day

- People are asking you things you don't remember
- You are not sure where you are
- Everything seems to be happening so fast

How would you feel?

An individual with dementia is less able to control or cope with their frustrations.

Daily Routine

- Daily routines can be helpful to the person with dementia
- An individual with dementia will need a caregiver's assistance to organize a day
- Structured activities can often reduce agitation and improve mood/emotions
- Planning activities works best when you continually explore, experiment and adjust

As dementia progresses, the abilities of the person will change

Today's plan OF ACTION.

DATE: April 9, 2015
M T W T F S S

TODAYS TOP 3 PRIORITIES:
 Laundry
 Meal Prep

THINGS TO GET DONE:
 Fold Laundry
 Call Janet
 Book Venue
 Contact client

APPOINTMENTS
10:30 Pediatric Appointment

3 THINGS I AM GRATEFUL FOR TODAY:
1. Chocolate
2. Tumblr
3. Internet

CLEANING:
 Bathroom
 Tub

PURCHASE:
 Protein Powder

OTHER:

MOOD:

EXERCISE & HEALTH
- Couch to 5k
- Jame Eason Trainer
- 30 day squat challenge
TOTAL MINUTES: 67:17

WATER INTAKE

B BREAKFAST: peanut butter on rice cake & banana
L LUNCH: tuna salad
D DINNER: veggie burgers
S SNACKS: yogurt with chocolate protein

DAILY HABITS & GOALS
ACHIEVED?
1. 10 min stretch
2. Tumblr #SISC
3. Daily Bible read
4. Elena's story time
5.
6.

What do people with dementia get from activity?

- Activities for people with dementia may be more important to their psychological well-being than physical and social environment
- Activity has the potential to:
 - Enhance quality of life
 - Promote strength
 - Reduce rate of cognitive decline
 - Enhance relationships and communications
 - Draw on interests and enhance self esteem

The New York Times

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By ROBERTA SMITH

Robert Mallary, a junk artist who contributed to the blossoming of American sculpture in the late 1950's and early 60's, and was also a pioneer in the use of plastics and computers in art, died on Monday at Dudley-Dickinson Hospital in Northampton, Mass. He was 69 and lived in Conway, Mass.

The cause was leukemia, said his son, Michael.

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brought a fierce new physical reality to art through the use of found objects and unusual materials. In the early 60's, he favored trash — discarded pieces of cardboard, wood, cloth rags and clothing — and occasionally store-bought items like tuxedos. These he assembled, with the help of polyester resin, into rough, paintinglike reliefs and sculptures that veered between the angst of Abstract Expressionism and the innocence of Pop Art.

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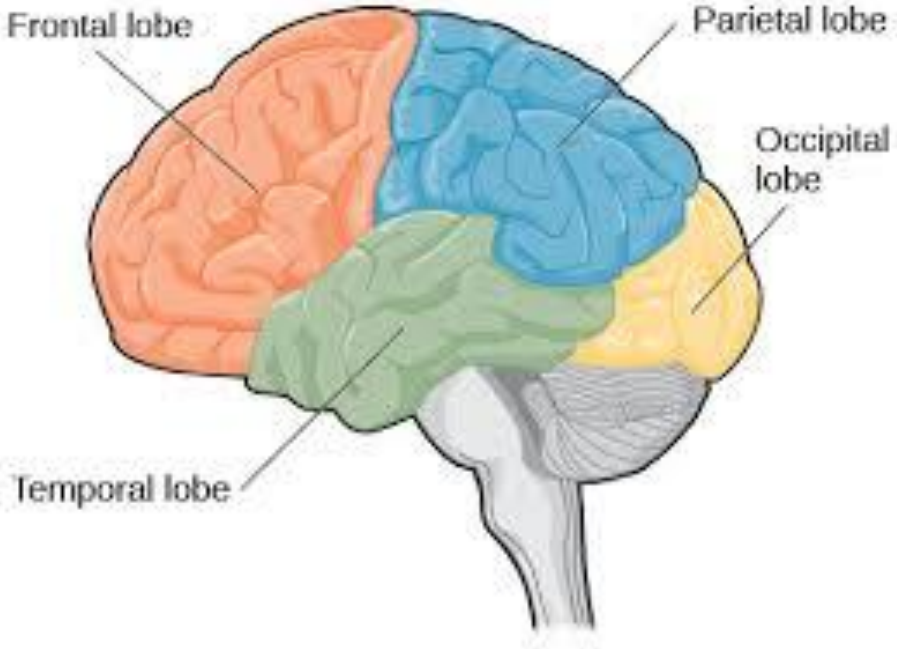
because of liver problems, became one of the first artists to write about its hazards. He turned briefly to bronze, but became interested in the computer's potential as an artist's tool. In 1968, he exhibited in London work that is considered one of the first computer-designed sculptures. Although he continued making assemblages, he then devoted the bulk of his energies to this new medium.

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How brain function may affect activity

Frontal Lobes- Control of behavior, planning and decision making
Left: initiating activity impairment leads to apathy and lack of interest
Right: Impairment leads to lack of social graces and sexual inhibition



Parietal Lobes- Body control and space
Left: sequencing body movement, ability to read and write. 3D and nature of space
Right: Spatial function, understanding how parts make wholes, damage can result in visual neglect on left side

Occipital Lobes- Vision Sends visual analyses to temporal and parietal lobes

Temporal Lobes- Memory Language and understanding Memory formation and orientation to place with in the hippocampus sub cortex
Left: Mapping between objects and words, ability to understand language particularly nouns, knowledge and recognition
Right: Knowledge of people/face recognition, understanding tones of speech





Grandma puts a slice of pizza on a paper plate and sticks it in the oven.

Aunt Sue grabs the plate just as it catches on fire!

She looks sad when she asks Grandma, "Do you see why it isn't safe for you to live alone anymore?"

Grandma sets down her cup of tea and argues, "Fires can never happen at my house. I don't have any paper plates!"

Grandma doesn't understand that Aunt Sue is talking about other dangers too.

I realize how important it is for someone to be with her all the time.

How may a person with dementia have difficulty performing steps to plan a day?

- Orientation
- Memory
- Motivation and initiation
- Recognition of objects
- Planning and sequencing
- Spatial awareness
- Coordination
- Attention and concentration
- Risk awareness
- Problem solving

What would you do in this setting?

- You are in a room with other people
 - You could not talk to them because they speak a foreign language
 - Chairs in the room were lined up around the room
 - Nothing was in the room to read or look at

What would you do in this setting

- You are now in a room with tables and chairs
 - Tables had magazines on them
 - There were books around
 - A deck of cards
 - Other games that you could play alone

What would
you do in this setting

It's all in your approach

- Help get the activity started
- Offer support and supervision
- Concentrate on the process, not the result
- Be flexible
- Break activities into simple, easy to follow steps
- Assist with difficult parts of the task
- Let the individual know he or she is needed
- Don't criticize or correct the person
- Encourage self expression
- Involve the person through conversation
- Substitute an activity for a behavior
- Try again later

Before making a plan....consider:

- The person's likes, dislikes, strengths, abilities and interests
- How the person used to structure his or her day
- What times of day the person functions best
- Ample time for meals, bathing and dressing
- Regular Times for waking up and going to bed (especially helpful if the person with dementia experiences sleep issues or sundowning)



Early Stage

- Individuals in early stage may place greater significance on typical everyday activities in order to maintain a sense of contribution
- The individual can plan working towards achieving a goal but may need direction
- Directions need to be simple
- The individual may be able to carry out familiar tasks in familiar surroundings

A large social gathering may be overwhelming,
but the person may be able to interact
more successfully in smaller groups

Daily Activities

- Activity need not be a structured group
- Task oriented activities such as washing up and household chores.
- Setting a table, folding laundry, clean up tasks, preparing food are examples of purposeful activities that individuals may enjoy



Moderate Stage

- Participate in activities they can relate to such as reminiscing about a time that they can recall
- Participation is more concerned with the process of taking part than the end result
- Experiencing growing difficulties in perceiving and understanding the world of 'others'
- The ability to sequence a task is impaired and more complex activities need to be directed one step at a time



Rummaging/Sensory Bags

- Aim to encourage the person to grasp objects and explore them
- A sensory bag filled with things which have curiosity value and sensory appeal can be helpful. This can include beaded necklaces, fur, silk scarf, cotton wool or stuffed animal

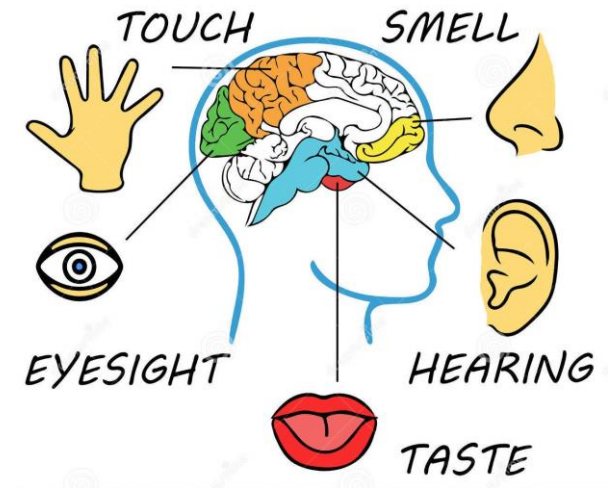


Late Stage

- Movement is reflex response to stimulus and speech has generally disappeared
- Direct stimulation raises person's self-awareness
- Warm and reassuring tone and volume of voice vital to establishing rapport
- Use Primitive reflex- smiling, waving, or handshake

Sensory Activities

- Develop a range of activities that include all 5 senses
- Individuals in the late stage engage in the world through touch, taste, hearing, smell and sight.
- Aromatherapy and massage may be a useful way of reducing anxiety, agitation or other non cognitive symptoms
- It is not the end product that is important but the opportunity to engage in the activity



Dolls/Soft Toys

- Provides the opportunity to explore emotional expression, communication and a person's role
- Dolls can have benefits to certain individuals but not everyone likes them
- Valuing the persons perceptions and feelings



Animals

- Animals, soft toys or robot animals
- Regular contact can lower agitation and isolation
- Can improve mood and increase communication and relaxation
- Some people communicate more readily with a pet than with humans
- Not everyone likes animals



What People with Dementia Say About Activity

“It is through activity that life has meaning and purpose.”

“I like to help and have value.”

“Activity is an important distraction from negative feelings.”

The Challenge

- Disruptions in daily routines
- Getting someone to say **YES**!
- Add 20 minutes to activities



Modify the Environment

- **Make Activities safe**

- Remove hazardous materials and tools from area

- **Change your surroundings**

- Place scrapbooks, photo albums or old magazines in easily accessible spots to encourage the person to reminisce

- **Minimize Distraction**

- A person with dementia may feel uncomfortable in certain settings even if in a familiar place or surrounded by familiar sounds. Minimizing distractions can help the person feel at ease

Make your environment safe



How we might maximize potential

- Recognizes familiar faces but can't place them
- Able to wash self but doesn't know where or what with
- Able to put most clothes on but gets muddled about order
- Introduce self by name
- Escort to bathroom, offer to fill basin and give soap and cloth
- Lay clothes out in sequence and if necessary offer verbal prompts



Taking care of an individual with dementia is a continual process of Trial and Error.

Hartford HealthCare

Center for Healthy Aging

