



Walking Together

Making our Way Along the Dementia Path

Session 2

Using a Holistic Approach

The following information has been gathered directly from key slides in this presentation.

<p>Enhancing Joy G. Allen Power, MD (Slide 8)</p>	<ul style="list-style-type: none">• Identity Knowing the person well• Connectedness Meaningful relationships• Security Familiarity and trust• Autonomy Choice and control• Meaning Engagement in purposeful activities• Growth Opportunities to continue
<p>The Physical Environment (Slide 10)</p>	<ul style="list-style-type: none">• Is it warm and welcoming?• Create a home-like environment.• Offices and operational equipment are hidden.• Is there easy access to independently maneuver including the outdoors when in a wheelchair or using a walker?
<p>Flooring (Slide 12)</p>	<p>Lighting</p> <ul style="list-style-type: none">• Is it glare free? <p>Flooring</p> <ul style="list-style-type: none">• Is the pattern minimal to prevent distraction or confusion?
<p>Environmental Cueing (Slide 11)</p>	<ul style="list-style-type: none">• Are there directional signs to assist in wayfinding?• Leaving simple legible notes in a consistent location, can be helpful.• Guest books can provide a helpful reminder of who has visited.• Consider creating a designated location for items frequently lost.

<p>Name Tags (Slide 14)</p> <p>To be worn by everyone</p>	<ul style="list-style-type: none"> • First Name or Sister/Father _____ • 72 Font • High Contrast is easier to read • San Serif font such as Calibri or Arial
<p>Community Spaces (Slide 15)</p>	<ul style="list-style-type: none"> • Create smaller spaces to make it more homelike. • When possible, rooms should not be multipurpose. • Determine ways to reduce noise levels. • Create places to gather and talk.
<p>Bedroom (Slide 16)</p>	<ul style="list-style-type: none"> • Replicate previous bedroom when possible. • Personalize the person’s bedroom. • Wall color should be not too dark or too light. • Is lighting appropriate during the day and during the night? • Is the sign on or near the door visible from the hall so the person can find their room?
<p>Bathroom (Slide 17)</p>	<ul style="list-style-type: none"> • Minimize storage to demonstrate the purpose of the bathroom. • Contrast behind toilets and sink to make them easily visible. • Determine if the bathroom is easily visible. • Consider installing signs if person is having trouble finding the bathroom.
<p>Outdoors (Slide 18)</p>	<ul style="list-style-type: none"> • Vitamin D and being in nature are life enriching. • Is there furniture that is easily accessible? • Consider creating ways to encourage engagement with nature and each other.
<p>Create a Culture of Support (Slide 19)</p>	<ul style="list-style-type: none"> • Are your “Processes, Procedures and Rules” recognizing the individual? • Are you allowing enough time for the person to be able to be as independent as possible? • Consider what is a reasonable risk. • As much as possible we want to be able to say “yes”
<p>Care Partner Support (Slide 20)</p>	<ul style="list-style-type: none"> • Is enough education provided? • How can they be empowered? • Consistent assignments improved quality of care. • Engagement plans create consistency • Support person before task • <i>Do with - not for - when possible!</i>
<p>Focus of Montessori Methods (Slide 23)</p>	<ul style="list-style-type: none"> • Stay independent for as long as possible • Enhance retained abilities • Increase self-esteem • Focus on what the person can do, not what they can’t

