

PARTICIPANT HANDBOOK

Understanding and Responding to Behavioral Symptoms of Dementia:

A Guide for Direct Care Workers

This teaching package was developed through a grant from the SCAN Foundation. The content was developed by Linda Redford, R.N., Ph.D. in collaboration with Aging Services of California and the Institute for the Future of Aging Services of the American Association of Homes and Services for Aging. The staff of three nursing facilities in California graciously offered their time for focus groups to assist in shaping the content of these modules. These groups also participated in pilot tests of the curriculum and offered insights to make the curriculum most relevant to their needs.

INTRODUCTION

This Handbook contains information to supplement the presentations on Dementia. It contains notes pages for the presentation slides and additional readings and videos that you can access on the Internet. The Modules to be presented will provide you information on behavioral symptoms of dementia. These modules will help you to understand how dementia affects the brain, the behaviors that result from the damage to the brain, and how you can best care for residents who display various behavioral symptoms of dementia.

Module 1 provides you with an overview of normal memory changes with aging and the memory and behavior changes that are found in dementia. You will learn what dementia means, the types of dementia, and how the different types of dementia may result in unique behavioral symptoms.

Module 2 discusses the common behavioral symptoms of dementia and the factors that should be examined as potential triggers for various behaviors. You will learn about behavioral assessment and have the opportunity to work in teams to conduct a behavioral assessment on a resident and report your finding to the group for discussion.

Module 3 introduces strategies for addressing various behaviors. The approaches to effective interventions generally depend on the factor(s) that triggered or exacerbate the behavior. This module highlights the causes/triggers most commonly associated with particular behaviors and the strategies for addressing them.

You are encouraged to utilize the readings and watch the videos suggested before each slide presentation in this manual. These materials will reinforce the information from the presentations and further your knowledge and skills in caring for residents with dementia.

Learning Outcomes:

By the end of this Module, you will be able to:

- Define “dementia”.
- Discuss two changes in memory that occur as a normal part of aging.
- List at least two symptoms of early dementia.
- List two irreversible causes of dementia and two reversible causes.

- Describe behavioral symptoms that are typically seen as dementia progresses (the five "A"s of dementia).
- Identify and discuss the characteristics of two common types of dementia

Content Outline:

- I) Normal changes in brain function with aging
 - a. Language
 - b. Intelligence
 - c. Memory
 - d. Reaction time
- II) What is Dementia?
 - a. How the brain works.
 - b. How changes in the brain affect memory and behavior.
- III) The common symptoms that occur with dementia (the Five "A(s)" of dementia)
 - a. Amnesia- problems with memory
 - b. Aphasia- problems with language
 - c. Apraxia- problems with doing usual tasks
 - d. Agnosia- difficulty identifying familiar objects and people
 - e. Agitation- a state of being extremely emotionally disturbed
- IV) Types of Dementia
 - a. Alzheimer's Disease- the most common dementia
 - i. What happens in the brain
 - ii. Early signs
 - iii. Symptoms in moderate to late stages
 - b. Dementia with Lewy Bodies
 - i. What happens in the brain
 - ii. Physical changes
 - iii. Memory changes
 - c. Vascular Dementia
 - i. Cause
 - ii. Progression of the disease
 - iii. Physical symptoms
 - d. Frontotemporal Dementia
 - i. Behavior changes
 - ii. Problems for caregivers
- V) Summary

Online Resources for Additional Information:

Readings

Alzheimer's Association. Educational Materials.

http://www.alz.org/professionals_and_researchers_resources_for_your_patients.asp

Helpguide.org. Understanding Dementia: Signs, Symptoms, Types, Causes, and Treatment

http://www.helpguide.org/elder/alzheimers_dementias_types.htm

Mayo Clinic. Dementia.

<http://www.mayoclinic.com/health/dementia/DS01131>

Videos

Video #1- "What is Alzheimer's Disease?" is embedded in the PowerPoint presentation.

This video is produced by aboutalz.org and can also be viewed, along with other short videos about Alzheimer's Disease, at <http://www.aboutalz.org/#>

Video #2- "Neurons and How They Work?" illustrates how neurons in the brain normally

function. <http://www.youtube.com/watch?v=AjxJabpiDGo>

Video #3 "Frontotemporal Dementia" is a video about a young man with Frontotemporal

Dementia. It illustrates the types of behaviors this form of dementia causes in people of any age. <http://www.youtube.com/watch?v=EHSdNjhkvE8&feature=related>

Power Point Module 1

What is Dementia?

Slide 1

**Understanding and Responding to Behavioral Symptoms of Dementia:
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*Developed by
Linda J. Redford, R.N., Ph.D.
University of Kansas Medical Center
In collaboration with Aging Services of
California, Sacramento, CA and Leading Age
Center for Applied Research, Washington, D.C.
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the SCAN Foundation*

Slide 2

Module 1

What is Dementia?

Slide 3

Objectives

- By the end of this Module, participants will be able to:
 - Define “dementia”.
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 - List at least two symptoms of early dementia.

Slide 4

Objectives

- List two irreversible causes of dementia and two reversible causes.
- Describe behavioral symptoms that are typically seen as dementia progresses (the five “A”s of dementia).
- Identify and discuss the characteristics of two types of dementia.

Slide 5

What changes in mental abilities are normal with aging?

Slide 9

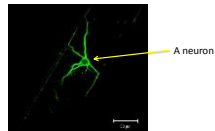
What is DEMENTIA?

It is *progressive*—
this means it typically gets **worse**
over time.

Slide 10

What happens in the brain?

- There are billions of cells called neurons in the human brain.



Slide 11

What happens in the brain?

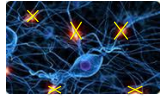
- Neurons are able to pass information from every part of the body to neurons in the spinal cord and brain. Information is also passed among the billions of neurons in the brain. This allows us to think, feel, and act.



Slide 12

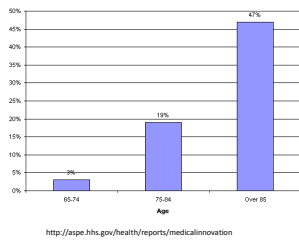
What happens in the brain?

- In conditions that cause dementia, the neurons and channels for passing information between the neurons are damaged. The person can no longer think and act as they did before.



Slide 13

Percent of People with Dementia by Age



Slide 14

The five "A"s of Dementia

- Amnesia
- Aphasia
- Apraxia
- Agnosia
- Agitation

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**Memory Changes
(Amnesia)**

- Recent Memory
 - Recent memory is most difficult for people with dementia.
 - Cannot store information
 - Cannot retrieve stored information
 - Information received and retained for minutes, hours, or days.

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**Memory Changes
(Amnesia)**

- Long-Term Memory
 - Store information from months or years ago.
 - These are often the only memories individuals with dementia can remember.



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**Language Difficulties
(Aphasia)**

- Cannot understand speech
 - Will not be able to respond appropriately because they do not understand what you are saying.
- Cannot produce speech
 - Difficulty finding words
 - Jumble words

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**Functional Abilities
(Apraxia)**


- Can no longer perform tasks they have done throughout their lives.
 - Cooking
 - Operating appliances
 - Dressing
 - Bathing
 - Eating



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**Problems with Recognition
(Agnosia)**


- Inability to correctly recognize images.
 - People
 - Animals
 - Objects
- Also lose ability to identify scents (smells) and touch.



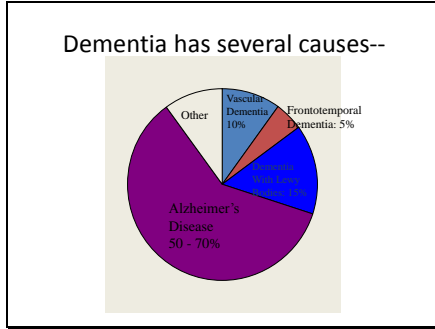
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**Extreme Emotional Disturbance
(Agitation)**

- Agitation is common in dementia & more likely if-
 - Have discomfort
 - Thirsty
 - Need to urinate
 - Too hot or cold
 - Environment too stimulating
 - Noisy
 - Too many people



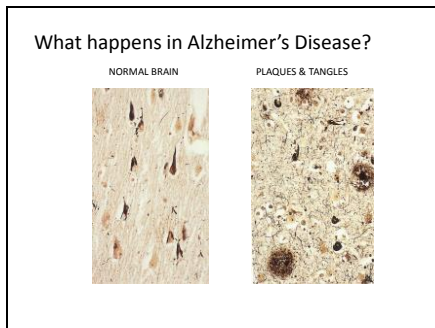
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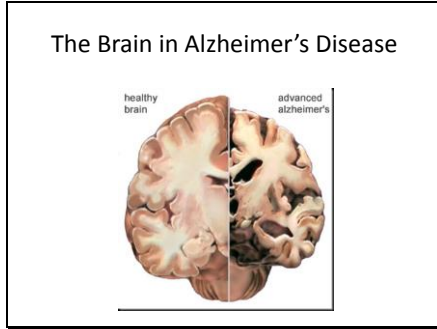
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Alzheimer's Disease-
the most common cause of dementia

Slide 23



Slide 24



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- Early Signs of Alzheimer's Disease**
- Increasing forgetfulness about recent activities or events
 - Forget to take medications
 - Forget what was eaten for breakfast
 - Forget where things were placed
 - Forget information you were just given

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- Early Signs of Alzheimer's Disease**
- Changes in how people act and behave.
 - Can't follow a conversation
 - Respond inappropriately or in a way that is very different from their past behavior patterns
 - Decreased ability to perform tasks requiring reasoning and higher level mental skills.
 - Forget how to count correct change
 - Forget how to drive to familiar places

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Later Stages of Alzheimer’s Disease

- Have increasingly greater difficulty with memory.
 - Eventually will not know their loved ones or themselves
 - Will not remember simple directions
- Become unable to perform daily tasks.
 - Bathing
 - Dressing
 - Eating

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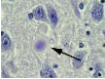
Later Stages of Alzheimer’s Disease

- Become unable to communicate through language.
- Display more behavior changes.
 - Agitation
 - Wandering
 - Continuously repeat verbal and/or physical behaviors
- Eventually be unable to walk or care for self in any way.

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Dementia with Lewy Bodies

- **Have brain changes and symptoms similar to Parkinson’s Disease--**
 - Changes in alertness & attention
 - Stooped posture
 - Shuffling walk and risk of falls
 - Tremors
- **May have visual hallucinations (see things that are not there or misinterpret objects).**



NIH, National Institute of Neurological Disorders and Stroke

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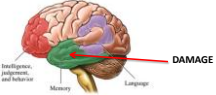
Vascular Dementia

- Acquired mental changes from damage due to disease of the vessels in the brain.
- **Stroke** is the most common cause of damage.
- Damage may happen in a step by step progression over time.
- Changes caused by many small strokes over time.

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Vascular Dementia

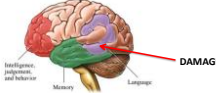
- Memory problems
 - The many small strokes associated with vascular dementia affect memory over time.
 - Changes may be subtle and slow.



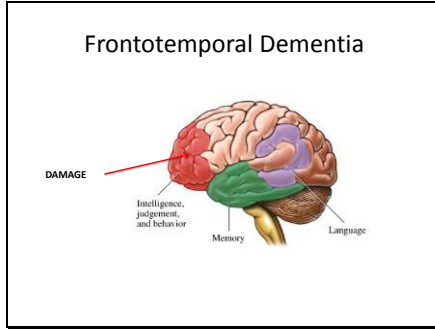
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Vascular Dementia

- Language and communication problems
 - Can't speak or uses wrong words
 - Can't understand what others say
 - Talks using words that are not understandable (gibberish)



Slide 33



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Frontotemporal Dementia

- Early behavioral and/or language changes may include--
 - Talking in a “jumbled” fashion that is difficult or impossible to understand.
 - Cursing, becoming angry easily.
 - May behave in ways out of character with his/her past history.

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The types of dementia discussed in this presentation -

- are the result of insults to the brain that lead to damage and destruction of parts of the brain controlling memory, judgment, reasoning, and eventually bodily control;
- are progressive;
- are not reversible at this time.

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