

# Dementia Care: Dignity and Sexuality Issues

## Learner Workbook



UPDATED JUNE 22, 2011



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## **RAISING THE BAR**

### RESIDENT CENTERED CARE

Always remember, “Resident Centered Care” is individual to each resident. Just as you may have preferences, so do our residents. The “magic” of resident centered care is in the delivery...in other words, how you offer and provide care or an activity. It’s the difference between providing care or a program at a specific time of day and expecting that all residents are on the same “time clock” and want to do the very same thing, as opposed to looking closely at each resident and guiding him/her toward the things that are familiar and comfortable for this resident to do WHEN and HOW he/she likes to do them, in the resident’s OWN time frame.

Resident Centered Care does not limit group activities, but rather provides a rich variety of small, large and individual things to do....activities or care tasks that would be successful and meaningful to THAT resident. It’s the things that happen in between the scheduled events – a routine flow of how a resident’s day goes.

## RESIDENT CENTERED CARE

Three keys to doing resident centered care is:

1. Obtain and maintain a thorough knowledge of the resident
2. Observe the resident's behavior and responses
3. Listen and communicate with the resident to individualize care according to the resident's needs

## WORKING WITH DIFFERENT LEVELS OF DEMENTIA

Typically our residents with dementia are at different abilities or at different stages of the disease. As part of Resident Centered Care, it is important to work with residents who are at different stages. On the next three pages are suggestions for working with residents at each stage of dementia: Stage 1, Stage 2, and Stage 3.

- STAGE ONE characteristics:
  - Moderate memory loss, frustration
  - Realization of deficits beginning
  - Awareness of needing help

Initiate familiar activities

- Creative arts that provide a *sense of accomplishment*
- Daily living skills that *preserve dignity*
- Physical programs that *relieve frustration*
- Sensory programs that *strengthen recognition*
- STAGE TWO characteristics:
  - Severe memory loss
  - New material lost rapidly
  - Disoriented, only simple chores preserved

Initiate familiar activities

- Creative arts that *increase self-worth*
- Daily living skills that *reinforce old skills*
- Physical programs that *relieve wandering/pacing*
- Sensory programs that *enhance learned material*
- STAGE THREE characteristics:
  - Dependent on others and are frail
  - Cannot recall abilities

- Limited attention span
- Require nurturing and support

Initiate familiar activities FOR resident

- Creative arts, such as music listening
- Daily living skills, need to attend to with dignity
- Physical programs, such as gentle massage/touch
- Sensory programs, such as sharing family photo/stories

Before we leave this section, let's take a look at some tips for the following specific behaviors that may be exhibited by residents with dementia:

- Yelling out
- Wandering
- Sundowning
- Crying
- Stripping
- Hallucinations/delusions/paranoia
- Physically disruptive behavior/aggression

### **Tips for Yelling Out**

- Offer a snack
- Gum chewing (for bravehearts)
- Exercising
- Discussion groups/word games
- Sensory stimulation
- 1-1 interaction
- Singing

### **Tips for Wandering**

- Daily living skills/repetitive chores
- Walking
- Dancing
- Exercising
- Assisting staff
- Folding
- Sorting

### **Tips for Sundowning**

- Exercising
- Walking
- Dancing
- Increase outdoor activity
- Walking after dinner
- Bed making
- Assisting staff
- Snacking
- Reading
- Listening to Mozart
- Simple table games
- Coupon clipping

### **Tips for Crying**

- Involvement in self-care
- Receiving manicures/beauty shop
- Musical activities – upbeat tones
- Baking and cooking
- Sorting
- Visiting pets
- Visiting children
- Service projects
- Sensory stimulation

### **Tips for Stripping**

- Cover resident with blanket/apron, etc to preserve dignity
- Provide fine motored activities
- Sorting
- Painting
- Make scrapbooks
- Assist with activities
- Physical stimulating programs – e.g., sports
- Card playing
- Competition
- Leadership role
- Sewing
- Tactile stimulation

### **Tips for Hallucinations/Delusion/Paranoia**

- 1-1 visits
- Validation therapy
- Resident's photo album
- Music activities
- Dancing
- Socialization
- Small groups
- Discussion groups
- Current events
- Assisting others, staff
- Doing artwork

### **Tips for Physically Disruptive Behavior/Aggression**

- Tactile stimulation
- Folding Items
- Physically stimulating activities (gardening)
- Massage
- Making scrapbooks
- Pet visits (monitor closely)
- Preparing and sharing snack
- Tearing pictures
- Sanding

We wish you much success as you strive to continue to provide the utmost care for each of your residents and his or her families.