

# **Dementia 101 for Congregations**

## **Becoming Dementia - Friendly**



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# DEMENTIA

Dementia is an umbrella term that describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease. Dementia affects thinking, behaviour and the ability to perform every day tasks, and brain function is affected enough to interfere with the person's normal social or working life. The most common type of dementia is Alzheimer's disease.

## Alzheimer's Disease

Alzheimer's disease is the most common type of dementia accounting for approximately 40-70 % of all dementias.

## Vascular Dementias

Vascular dementia is the second most common type of dementia, accounting for approximately 15-25% of all dementias.

## Lewy Body Dementia

Lewy Body dementia accounts for approximately 2-20% of all dementias.

## Fronto Temporal Dementias

Fronto Temporal Dementia accounts for approximately 2-4% of all dementia.

## Other Dementias

Include dementia associated with Parkinson's disease, Huntington's disease, head trauma, human immunodeficiency virus (HIV), alcohol related dementia, Crutzfeldt-Jakob Disease, corticobasal degeneration and progressive supranuclear palsy.

# The Mental Deficits

- Loss of memory – Inability to make new memories -- Loss of short-term memory first, leading to repetition, long term memory may be more intact
- Loss of cognition – Reduced ability to learn, lack of comprehension
- Mood/Personality changes – Including paranoia – loss of trust – frustration – anxiety – aggression - anger.
- Reduced ability for good judgment- Forgetting how to use items they previously were able to use (appliances, guns, cars, scissors etc.); poor financial decisions.
- Loss of word-finding and language skills for correct communication; especially when upset.
- Sense of Time and Place: Getting lost in a previously known location (especially concerning when there are busy streets or bodies of water). No concept of time that has passed, how long or short a person has been gone.
- Behavior: Becomes afraid or confused, loss of facial recognition.

# The Physical Deficits

- **Progressive loss of peripheral vision, leading to monocular vision and loss of depth perception, difficulty with balance, all senses, hearing/comprehension and understanding-temperature sensitivity.**
- **Loss of auditory function – Loss of ability to determine direction of sounds.**
- **Loss of olfactory function leading to poor hygiene, loss of appetite, and inability to identify bad or spoiled food.**
- **Loss of physical dexterity – Degradation of fine motor skills.**
- **Neuropathy.**
- **Loss of weight, dehydration - inappropriate dress for climate.**

**BE THE  
CHANGE**





# **ABC of Dementia**

- **A Free two-hour workshop that provides an overview of the symptoms and characteristics of dementia.**
- **What is the difference between Alzheimer's and dementia?**
- **What is happening to the person physically and chemically?**
- **The abilities the person with dementia is losing, but the things they maintain.**
- **How to better recognize a person living with dementia and provide support.**
- **How we can better understand, interact, and respond to a person living with dementia.**
- **Ways to keep a person safe.**
- **Becoming a resources that may help with the journey of dementia.**
- **Role play in how to communicate more effectively, through approach, touch and voice.**



# 10 Tips for Talking to Someone with Alzheimer's or Dementia

- **Diminish Distractions**-Things like the TV can make it hard to hold a conversation.
- **Converse One-on-One**- More people equals more confusion.
- **Avoid Groups**- Ensure only one person speaks at a time.
- **Keep Things Simple**- Stick to short, specific statements, speak slowly and distinctly.
- **Avoid Arguments/Confrontation**- No one will win. Validation will build a relationship.
- **Try Not to Ask Open Questions**- Make it easy to answer yes or no. Provide options.
- **Be Patient** -Try not to finish their sentences for them.
- **Never Say "I've Told You Before"** -They're bound to forget information they've been told. Short term memory not working well.
- **Try Not to Contradict**- Move the conversation along.
- **Be Flexible to Their World**- Even with no response, don't speak as if they are not there. It makes them feel frustrated and ignored. Keep the conversation inclusive if possible.

# BENEFITS

- Continued sociability and purpose
- Continued membership in your congregation
- Safe environment for the person and their care partner
- Familiar routine from their earlier life and present life-muscle memory
- Attracting new membership as being Dementia - Friendly

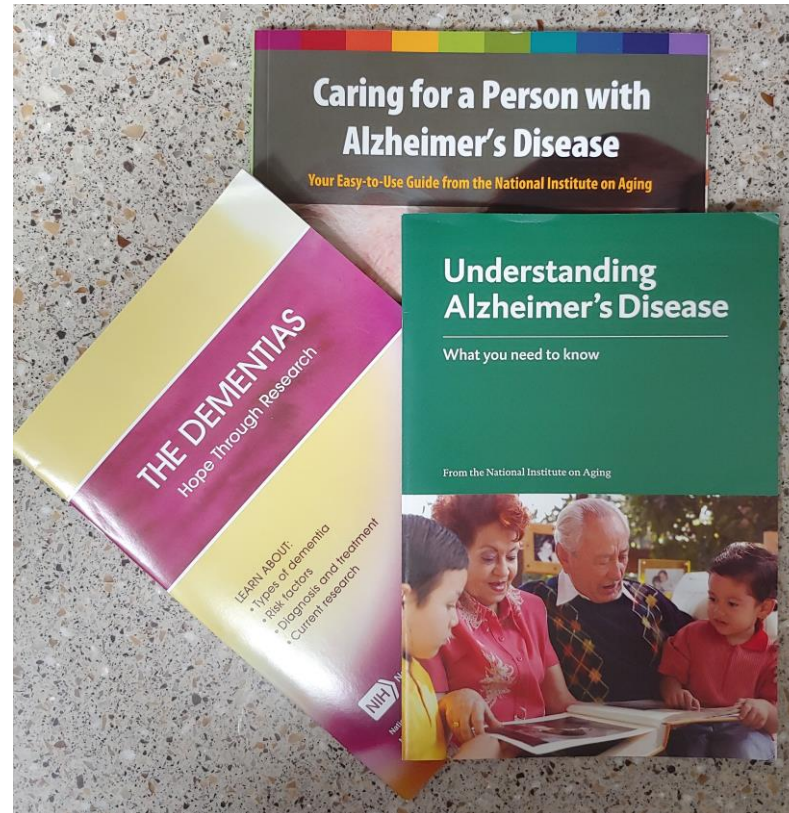


**Ascension Lutheran Church; Ocala, FL; June 1, 2019**





- Starting a Caregiver Support Group
- Providing Respite for persons living with dementia
- Creating a resource library
- Creating “Adaptable” services





**Response to music is one of the last things we lose**

**Music is imbedded in our memory between ages of 8-20**

**Religious songs/hymns are very familiar**

**When words Fail...Music speaks!**

# **Dementia - Friendly Congregations; It's the right thing to do!**



**Thank you for your time  
Glad you could join us!**

