

Introduction to Dementia Care for People with Intellectual Disability

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What is dementia?

- **Dementia** is a broad term used to describe a large group of illnesses that cause a *progressive* decline in a person's functioning, including loss of memory and the ability to reason and learn
- **Alzheimer's disease** is the most common form of dementia. People with Down syndrome are particularly at risk of developing early onset Alzheimer's disease.

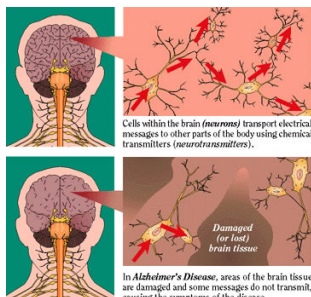


What else could it be?

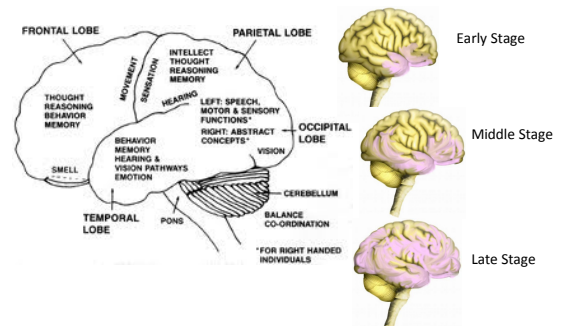
- Lack of sleep
- UTIs
- Side effects of medications
- Thyroid problems
- Untreated pain
- Dehydration
- Constipation
- Menopause



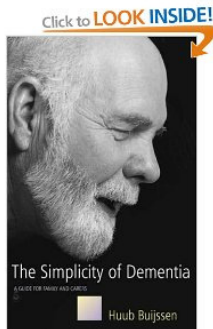
What is Alzheimer's disease?



The Brain & Alzheimer's Disease



2 Laws of Dementia

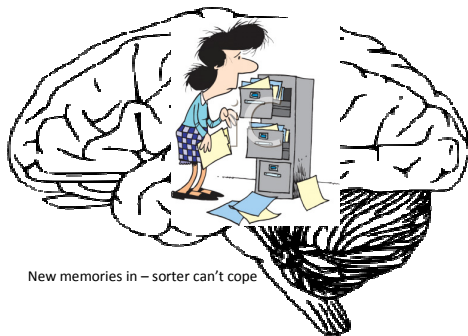


1st Law of Dementia: The Law of Disturbed Encoding

- A person with dementia can no longer successfully transfer information from their short term memory into their long term memory

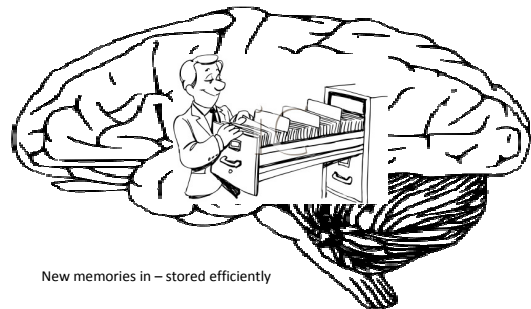


Person with Dementia



New memories in – sorter can't cope

Person without Dementia



New memories in – stored efficiently

2nd Law of Dementia: Roll Back Memory



- When a person first develops dementia, long term memories stay in tact, however as dementia progresses, long term memories will begin to deteriorate (roll back) and eventually disappear altogether

Supporting Derek: The Reality of Living with Dementia

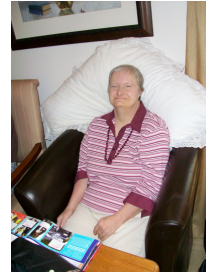


Dementia can be very frustrating, lonely & confusing



- What is going on for Derek?
- What do you think Derek's Direct Support Worker could have done better?
- Can you recognise either of the Laws of Dementia?

How can we effectively care for someone who has both an intellectual disability and dementia?



Meeting Changing Needs

- Celebrate what the person can do
- Enable people to continue to make choices, but make them simpler
- Don't ask questions
- Don't argue or contradict a person who is living in a different reality
- Ask yourself, does it really matter?
- Monitor health, including weight, nutrition, hydration, continence and pain

Helping someone with dementia - Putting puzzle pieces together

- ***The puzzle of the past***
 - Reminiscence
 - Rummage box
 - Life story
- ***The puzzle of the present***
 - Prompts to help find things / way around
 - Creating a dementia friendly environment: physical and staff



Rachel's Rummage Box



Discuss:

Think about the people you care for –
do you know enough about their
history to be able to make up a
rummage box for them?

What research could you do to find
out about people's background?

What would you have in your
rummage box?

What does a dementia friendly environment look like?



1. Calm



Calm

Vs.

Noisy & or cluttered

2. Predictable



Know what to expect Vs Mixed messages

3. Easy to Interpret



Understandable Vs Confusing

How do I wipe my hands?



4. Homely



Homelike

Vs

Workplace / clinical

5. Safe



Safe Vs. Unsafe

Next Step:

Further training

- Contact me to register your interest in 1-2 day training, includes period of consultation

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Consultation

- Interventions to trial
- Dementia friendly environments (checklist & report)
- Input into Individual Plans which takes into account changing needs