

Fostering Compassionate Care

Person Centered Compassionate Care
Strategies for People Living with
Dementia

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Our Goals for Today



01

Understand what is Compassionate, Person-Centered Care

02

Understand how to reframe the "challenging" behaviors we often see in ADRD care

03

How to utilize compassionate caregiving tools



We know that that Dementia:

- **Progressive**
- **Impacts Memory, but also the ability to conceptualize & process information**
- **And these changes impacts the Caregiving experience as well**

The Caregiving experience can go :

From this...



To this...





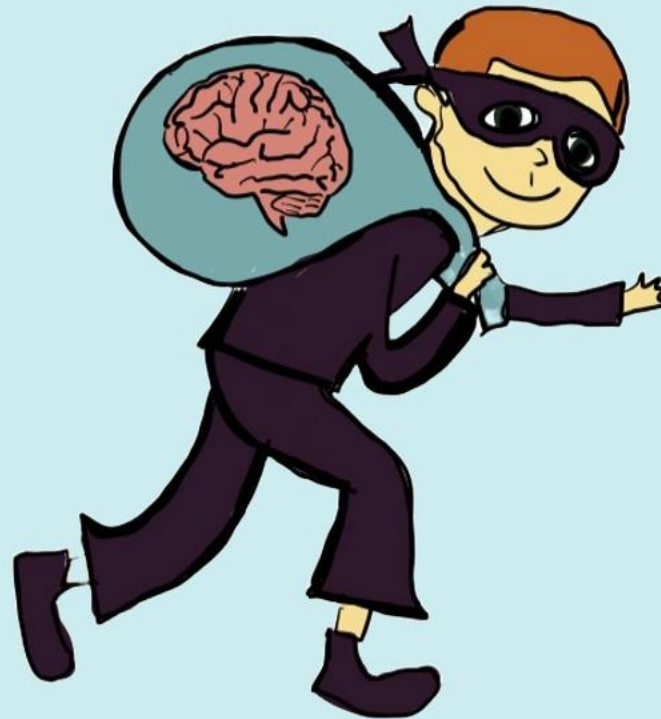
ADRD ?

Words Matter in ADRD Care

"Thief in the Night"

"A disease of Old AGE!"

"Alzheimer's disease
robs the person of their
ability to..."



Removes the PERSON



NO

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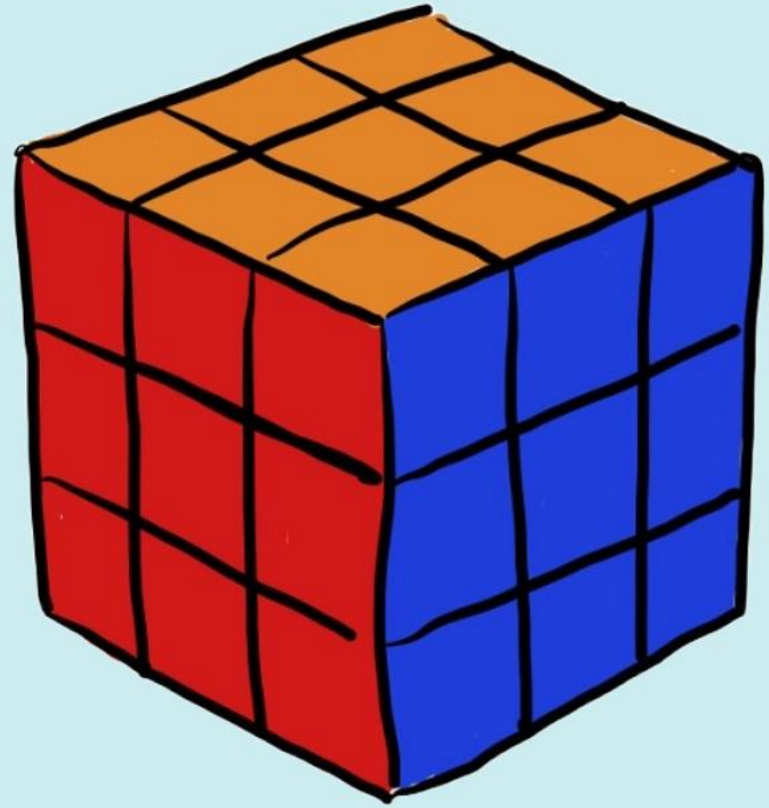
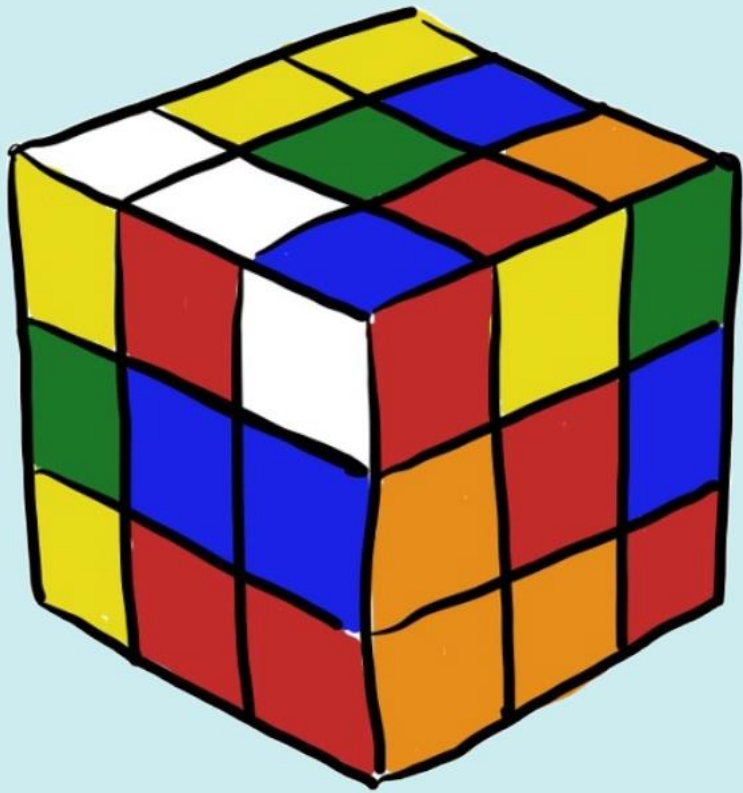
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ADRD is Rubik's Cube
We are trying to solve...

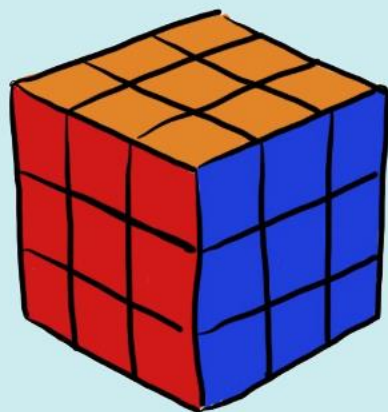
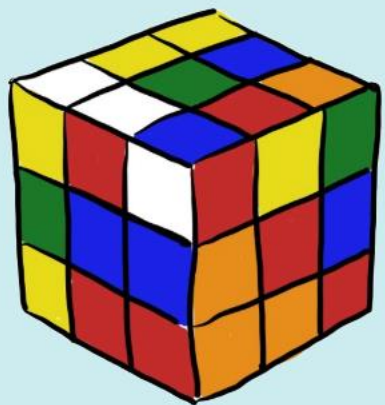
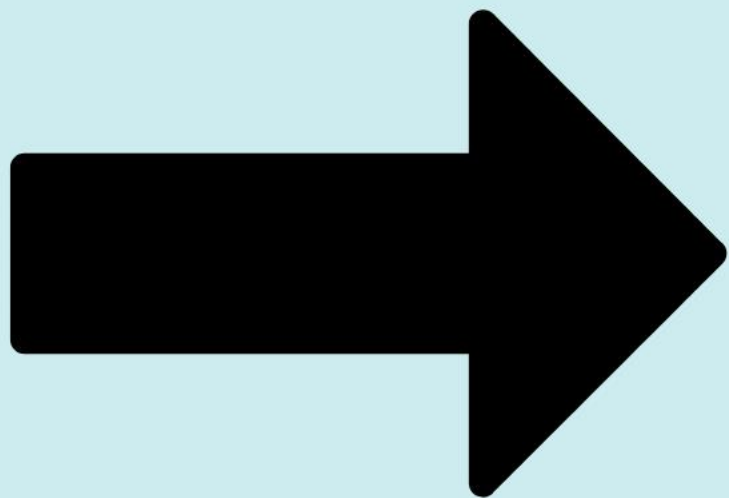




**Repetitive Acts
Hallucinations
Delusional Thoughts
Anger
Agitation**

Caregiver Stress





**Compassionate
Care**



Compassionate Care





Compassion?

Basic Nursing Care



Compassion Care



Compassion?





Repetitive Actions: What's For Lunch?



What?

How?

WHY

You?



What?

WHY

How?

You?



Aligning the Values and Preferences of Caregivers & Care Receivers



Aligning the Values and Preferences of Caregivers & Care Receivers



Repetitive Behaviors: "What's for Lunch?"

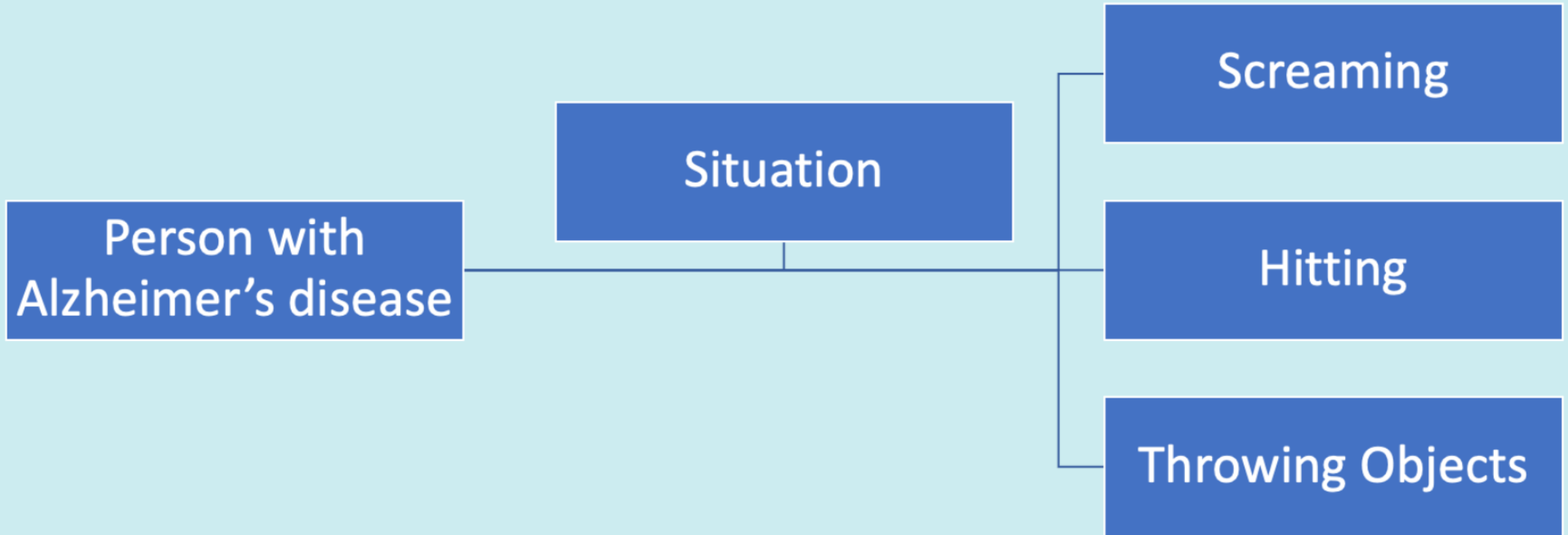


- **History of the resident**
- **Identifying strategies that met her needs**
- **Involving her in the process**





Anger & Agitation





What?

How?

WHY

You?





Physical
Response

Unable to
communicate
feelings

Stressed or
tired

Not
understanding
the situation



Physical Discomfort

Pain from the activity?

Is the person tired?

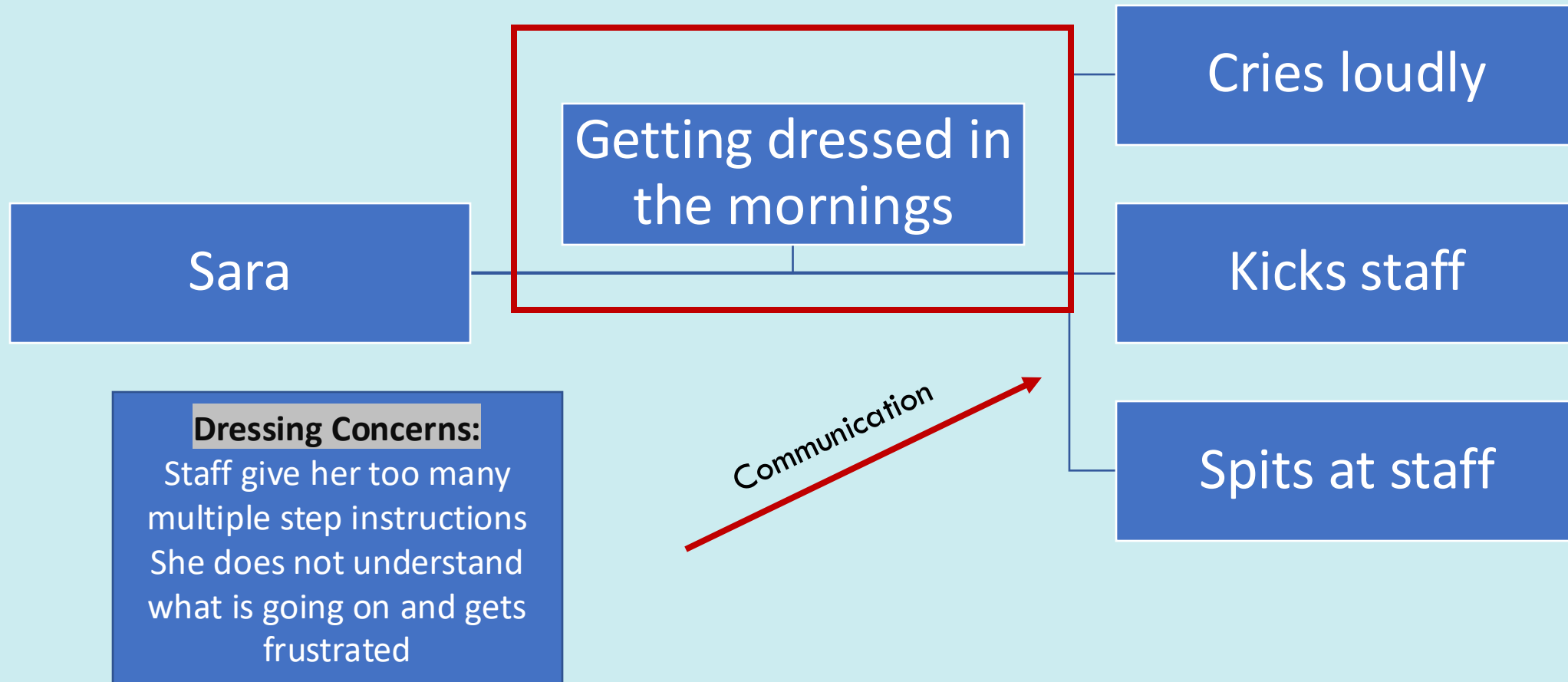
**Have they had too much
stimulation?**

Hungry? Thirsty?

Medications?



Anger & Aggression



Creating a Plan



Focus on de-escalating
the situation



Create a
positive
environment
that meets that
person's needs.



Respond to the situation & Foster Safety Through Compassion!

- **Try to identify the immediate cause.** Is it pain? Is the person safe? Do they need immediate care to resolve the pain? Is this situational- can they be redirected?
- **Remain calm, don't get upset.** Find positive ways to reframe the situation and be reassuring to the person.
- **Incorporate a relaxing activity on the spot...** find a way to play music softly, or utilize essential oils or find an object that is comforting to the person.



Finding small ways to infuse compassion into our work.



Reminiscence Therapy

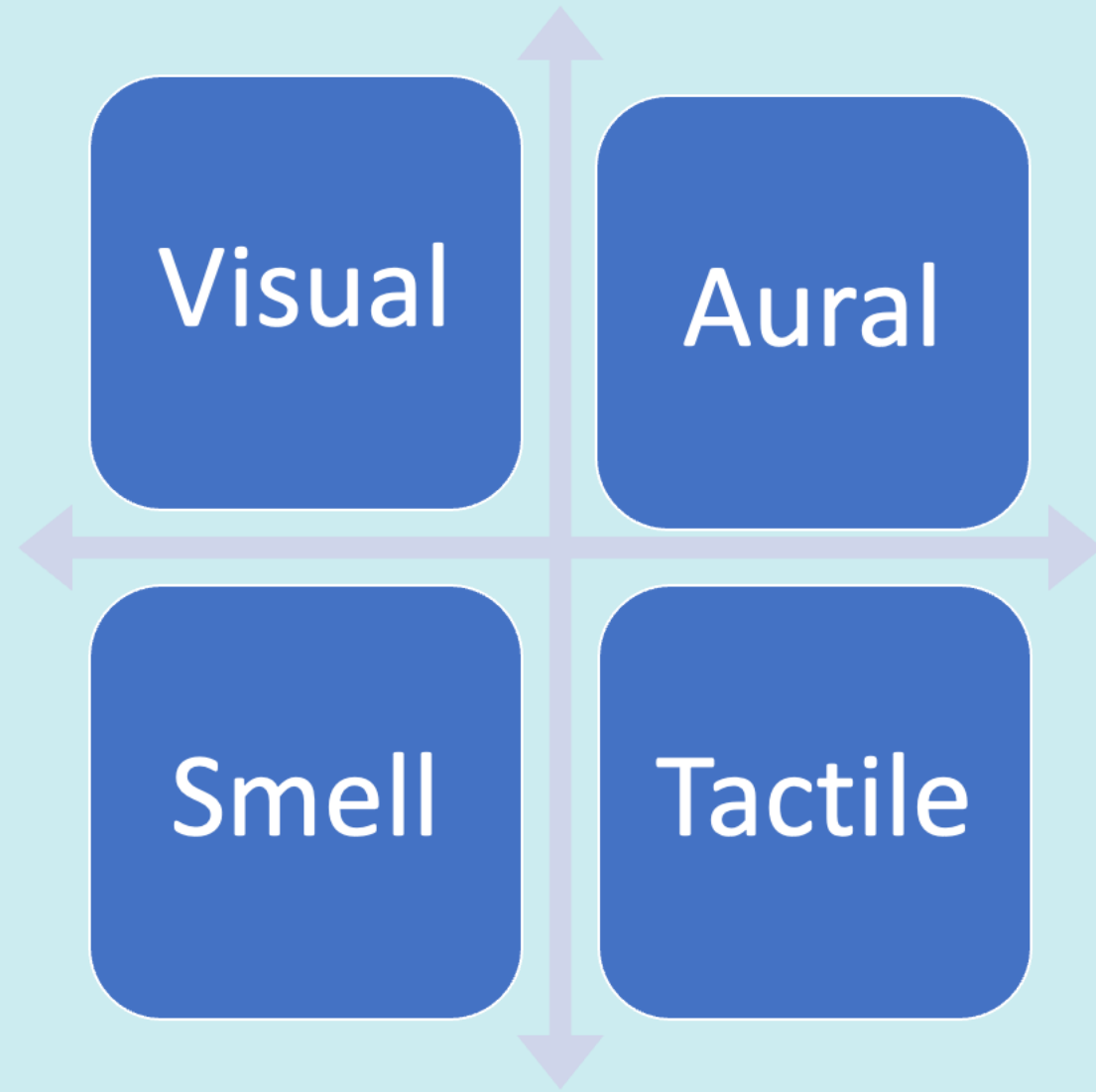
Reminiscence Therapy



A method for engaging persons with Alzheimer's disease and other forms of dementia.

Helps manage some of the symptoms of dementia.

Creates a bond between the caregiver and care receiver.



Focus on the journey...

**Show a picture from an old
magazine**

Yearbook photo

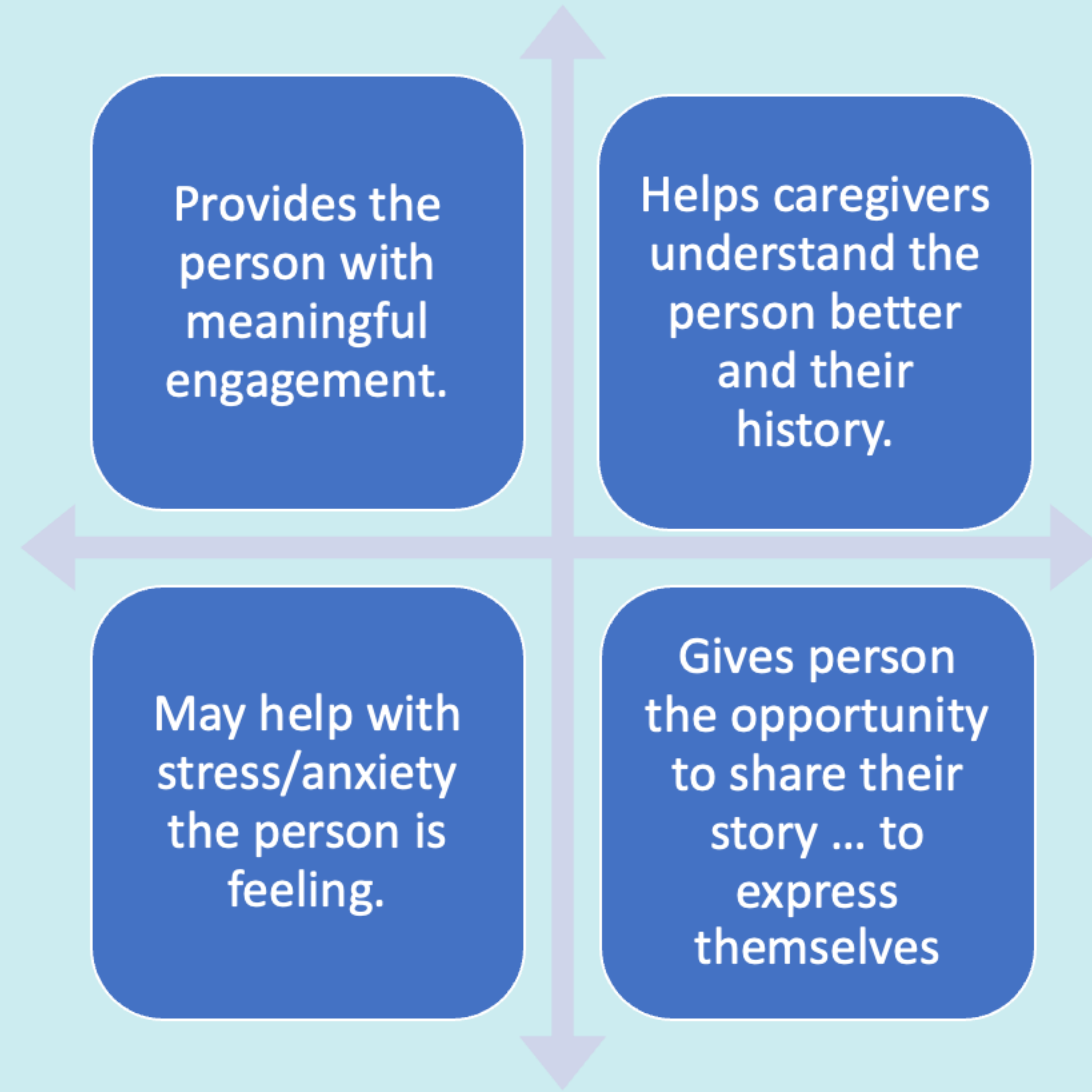
**Play popular music from a
decade when they were younger**

Family Photo albums

The person might not be able to communicate their story to you accurately, or they might forget parts and that's ok, FOCUS on the emotion.







Compassionate Care



H O P E

