



Holiday Survival Guide: Practical Tips for Caregivers December 7th 2021 – 10 am

Proudly Presented By:



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EMERALD CREST
memory care a ministry of CASSIA




Host - Christine Drasher Emerald Crest Memory Care



recognized experts **20** honoring memories years



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Intelligent Memory Care

With four locations in Burnsville, Minnetonka, Shakopee and Victoria, Minnesota, Emerald Crest memory care communities are truly inspired by residents and families. **Emerald Crest** offers a specialized assisted living setting for seniors with Alzheimer's-related conditions. Our expertise allows us to create opportunities for your loved ones that go beyond conventional notions of memory care.

Emerald Crest Memory Care Model

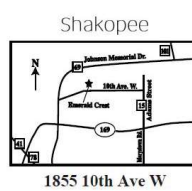
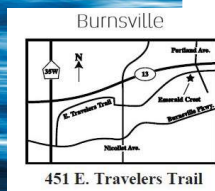
The Emerald Crest philosophy is rooted in the belief that individuals with dementia are unique and can flourish in an environment that provides them with opportunities for positive relationships, participation in their daily care and meaningful activities that promote success. Emerald Crest is solely dedicated to memory care and offers unique programming to meet residents' needs:



- Serene environments that are easy to navigate
 - 12-15 residents per house; 2-5 houses per location
 - Rooms surround common space, no long hallways
- Focus on ability rather than disability
 - Houses are designated by stages to provide specific programming and socialization
- Personalized care plan tailored to residents' unique needs
 - Developed by Registered Nurses and Occupational Therapists
- Comprehensive employee training program with qualified professional staff; those with direct care duties must undergo even further training and staff also receives on-going education and



Emerald Crest Locations



Personalized video tours...

I'm Elizabeth, the admissions manager at Emerald Crest.

Call me, I'll personalize a video tour for a safe virtual visit!

952-908-2215 Call now,

or

Schedule a call!



www.EmeraldCrest.com ~ 952-908-2215

SPEAKER

The role as the Occupational Therapist at Emerald Crest is to work with the housing director, nurse, direct caregivers, and families to identify what challenges or gaps our residents may be experiencing due to their dementia. The OT then works with the team to identify and develop strategies and techniques to fill in those gaps so that they can maximize the residents' abilities and level of function. They focus on cognitive assessments, behavior management, staff training, and finding opportunities for residents to participate in daily care and meaningful activities that promote success and self worth.



Jennifer LaVoi, OTR/L
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18 Years at Emerald Crest

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Objectives

- 1) Define dementia and the changes that occur through the progression of the disorder.
- 2) Recognize importance of structure in the lives of persons with dementia.
- 3) Understand considerations and strategies as they apply to the holidays for persons with dementia.

Let's make sure we're all
on the same page.

What comes to mind when you
think of the word

Dementia??

(Enter your answers in the chat)

Normal Forgetting Vs. Dementia

Normal

- Sporadic
- Occurs with stress and fatigue
- Does not affect overall day to day functioning

Dementia

- Constant
- Occurs daily
- Does affect overall day to day functioning

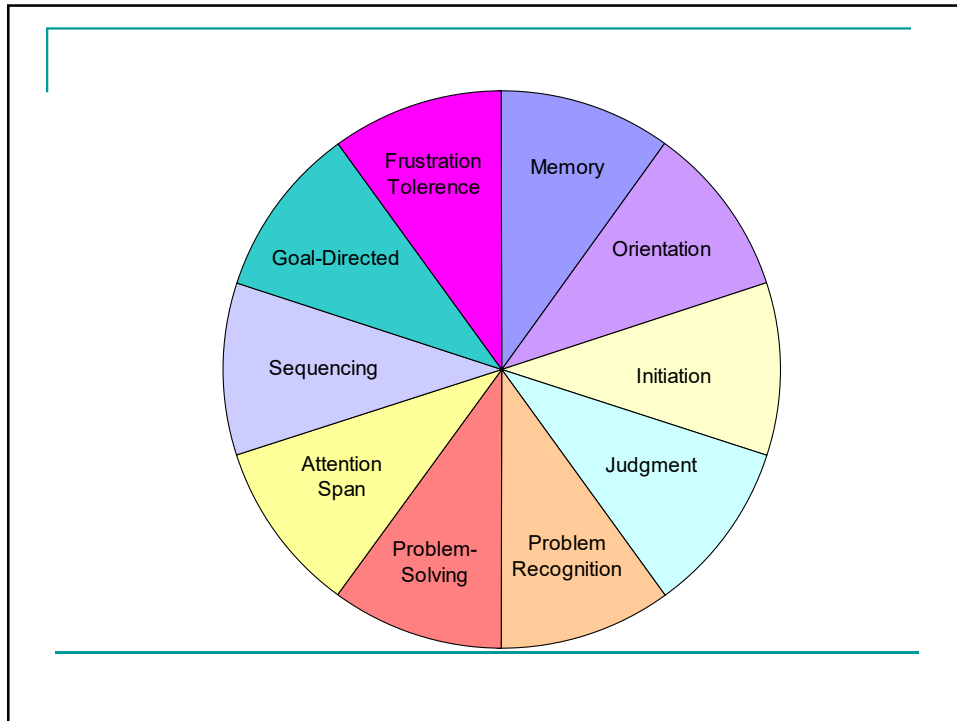
Definition of Dementia

- ❑ A group of symptoms
- ❑ Difficulty managing personal affairs (i.e. finances, making decisions, organizing house, job, responsibilities, and day); often the 1st sign but not recognized
- ❑ Memory loss
- ❑ Inability to complete quality cares in a timely manner (i.e. dressing, grooming, meals, etc.)

Those with dementia begin to have increasing difficulties with...

Cognition

A set of skills that work in conjunction with each other allowing us to think.



Stages of Dementia

- Need to be considered when planning and providing dementia care
- Need to be considered when thinking and planning for the holidays



Early

Middle

Late

At each stage an individual experience changes that...

- Cause gaps in abilities
 - Movement through each stage results in a greater number of gaps
 - The gaps begin to affect the individual's ability to manage their daily activities and routine without assistance
 - The care partner must assist the individual in filling in the gaps
-

We may notice changes by:

- Increased isolating, not wanting to leave their apartment or room.
 - Increased sleeping during day.
 - Watching lots of TV during the day.
 - Sitting and doing nothing.
-



Those with dementia lose the ability to plan, initiate, and complete activities on their own, therefore they need caregivers to plan and execute activities.

We need to provide:

STRUCTURE

How does structure look?

- A consistent daily schedule created by an outside source
 - Need a balance between activity and rest
 - A delicate balance between stimulation and over stimulation
-

What is important in a schedule?

- Routine/consistency
 - Same activities at same time
 - Same routine 7 days a week
 - Same procedure for activities
 - Variety is more for caregivers
-

Daily Schedule

8:30	Breakfast
9:30-10:00	Exercise
10:00-10:30	Beauty/Barber Shop
10:30-11:30	Rest Time/ Quiet Time
12:00	Lunch
1:30-2:00	Variety Group
2:00-2:30	Bingo/"A Day at the Beach"
2:30-3:00	Work Group
3:00-3:30	Snacks
3:30-3:45	Walk Group
3:45-4:15	Rest & Relaxation Group
4:15-5:00	Relaxation Video
5:00	Supper
6:00-6:30	Exercise
6:30-7:00	Lawrence Welk Video
7:00-7:30	Snacks
7:30-8:00	Sing-A-long

Why structure?

- No longer able to plan and execute tasks.
- Brings control to chaos
- Predictable and reliable
- Helps decrease behaviors



Interactions and Noise

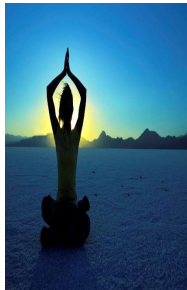
- Location of interactions
- Volume of interactions
- Content of interactions
- Purpose/goal of interactions
- Visitors



Environment within the structure

- People
- Room
- Furniture and knick knacks
- Colors

Calm environments promote calm behaviors

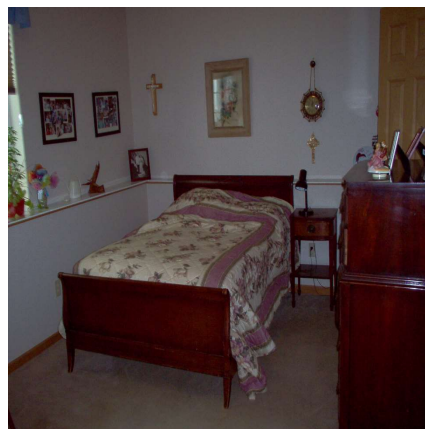
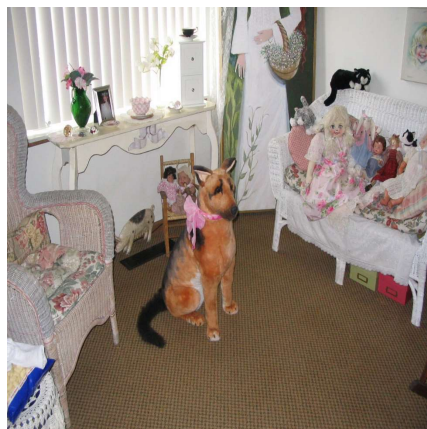


ings to Consider....

#3
Need for Simplicity



“Less is More”



“Simple is better”



Things to Consider....

#4

Need for Family

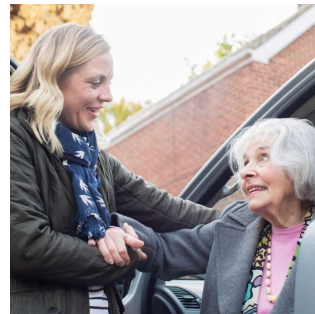
Caregivers and Families

- Our memories
- Our needs
- Our grief
- Support



Visits and Outings

- Think about your motivation
- Think about the attention span and duration of visit/outing
- Go to them in small groups
- Plan simple activities
- Listen to your loved one
- Watch for signs of stress/overload



Things to Consider....

#5 Need for Activity



Activities

- Simple crafts
- Involve the children
- Music! Family sing a-long!
- Baking
- Tastes and smells of Christmas
- Objects for reminiscing



Early	Middle	Late
Talking	Doing	Sensing
1 hour +	20-45 minutes	5-15 minutes
7 + steps	3-6 steps	1-2 steps
Ongoing projects	Product by end	Product provided
Open Choice	Guided choice	Choice provided



Signs of Stress and Overload:

- Wringing of hands
- Shifting weight from one foot to another
- Increased rate of breathing
- Red or flushed face
- Increased pacing
- Increased volume in voice
- Intrusiveness with others
- Repetitive questions



What are they telling us?

- Too much!
- I need my structure
- I have a basic need that is unmet
- Too hard!
- I need a break
- I don't understand
- Perhaps it's time to abort the mission!



Hints for a successful holiday

- Earlier in the day is better
- Maintain daily schedule
- 1-4 visitors at a time
- Have a back up plan
- Adjust our expectations
- Remember attention span!
- Less is more
- Simple is better



Gift Ideas

- New blanket/bedspread
- Pillow
- Body pillow
- Scrap book of travel/hobbies/interests
- Clothing
- Socks
- Lotions
- Lip balm/make up



Thank You!


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2021

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