



KOELSCH
SENIOR COMMUNITIES

**CARING FOR SENIORS
FOR OVER
50 YEARS**

The Facts

Dementia is a neurological disorder that affects your ability to think, speak, reason, remember and move.

Dementia is one of the most common causes of institutionalization, morbidity and mortality among the elderly.

Dementia affects 1% of adults 60 years of age – it's estimated that the frequency doubles every five years after age 60.

Self-reported memory loss in elderly patients who function normally is often caused by aging or depression rather than by dementia.

Types of Dementia

Alzheimer's Disease **most common form*

Abnormal structures of dense deposits of protein and neurofibrillary tangles.

Vascular Dementia

Arteries feeding the brain become narrowed or blocked and may frequently occur after a stroke.

Lewy Body Dementia

Abnormal clumps of protein, similar to Alzheimer's disease and Parkinson's disease.

Frontotemporal Dementia

Affects the area of the brain that is responsible for judgment and social behavior. Symptoms usually appear between ages 40-65 and run in families.

Types of Dementia

Other disorders linked to dementia:

- Huntington's disease
- Parkinson's disease
- Creutzfeldt-Jakob disease
- AIDS

Some causes are treatable:

- Reactions to medications
- Metabolic abnormalities
- Nutritional deficiencies
- Emotional problems
- Infections
- Normal-pressure hydrocephalus

Signs & Symptoms

Symptoms can be divided into mild, moderate and severe.
Personality and behavior changes may develop during any stage.

Mild

- Short term memory loss
- Language function impaired – especially word finding
- Poor judgment
- Sequence & organization – ability to plan impaired
- May have difficulty driving or get lost in a familiar area
- Instrumental activities of daily living – financing, preparing meals, housekeeping
- Less likely to take initiative
- Difficulty following direction
- Maybe irritable, hostile and agitated
- Difficulty may occur from a disruption of routine or change in surroundings

Signs & Symptoms

Moderate

- Loss of ability to perform daily activities; bathing, dressing, grooming, restroom use
- Cannot learn new information
- Lost of frustrated in familiar surroundings
- Usually remain able to walk on their own but are at a danger of falling or accidents due to confusion and poor judgment
- Anger more easily
- Become irritable, anxious, self-centered, inflexible or they may become more passive and a general withdrawal from social situations.
- Psychotic symptoms – in about 25% of all cases
- Misidentify people – including family and possibly themselves
- Wandering
- Sleep patterns are disorganized
- May act sexually inappropriate

Signs & Symptoms

Severe

- Cannot perform the most basic activities – walking and eating
- Memory is completely lost
- May not recognize family at all
- Ability to swallow maybe lost
- May become in able to move – even while in bed
- May become incontinent
- End of life may be due to infection originating in the respiratory tract, skin or urinary tract

Care Options

Adult Day Programs

Can provide a safe environment for your loved one while your loved one plays games, gets exercise, physical therapy, meals and support groups. Programs may range from 2-5 days per week, 4-8 hours per day.

Home Care

In-home care can provide one on one daily or hourly assistance to caregivers. It may include personal care, companionship, housekeeping, meal preparation, transportation and more.

Assisted Living

Apartment setting, restaurant style dining, housekeeping, activities along with bathing, dressing, medication management and a 24-hour staff. Some communities may even offer a specialized memory care area or have specialized safety features.

Care Options

Residential Care Homes, Adult Family or Group Homes

Can provide a small homelike setting for someone with dementia. Each home is licensed by the state to provide care to seniors. Residents may have their own room or share. Services range from assisted living, memory care to end of life care or hospice.

Nursing Home Care

Three meals per day, housekeeping and laundry services, private or shared rooms, 24-hour nursing staff, typically therapy programs on site. Some have specialized units or wings for Memory Care.

Memory Care Communities

Residents have their own suite or apartment and may have the option to share a living space. All meals, housekeeping, laundry, transportation, specialized activities programs, modified building features for residents comfort and safety, assistance with medications, bathing, restroom use and escorts to / from meals.

Memory Care Community

- **Your Challenge**

My loved one won't always eat.



- **Solution**

We create an environment conducive to eating

Using the sense of smell

Helping with meal time preparation

Special meal settings

Special diets and foods that are manageable according to abilities.

Memory Care Community

- **Your Challenge**

My loved one won't bathe.



- **Solution**

Trained staff assist residents

Making it a spa experience, using music and a specialized tub and shower.

Use multiple approaches, including finding staff with personal connections to the residents to create a trusting environment.

Memory Care Community



- **Your Challenge**

My loved one needs assistance in the restroom, but is resistant to my help.

- **Solution**

Our staff promotes individualized toileting patterns according to resident needs.

Staff assist in a supportive role while providing privacy and dignity.

Memory Care Community



- **Your Challenge**

The television is my loved ones only entertainment.

- **Solution**

Focused activities including exercise programs for all resident abilities.

One-on-one special moments to break up the daily routine.

Memory Care Community



- **Your Challenge**

My loved one is waking up at night and I'm concerned he/she might leave the house.

- **Solution**

Our 24-hour nurses and caregivers accommodate residents' unique sleeping schedules.

Address the problems causing their sleep interruptions

Allow them to sleep how and where they are the most comfortable.

Memory Care Community



- **Your Challenge**

My loved one is striking out and is aggressive towards me and/or family.

- **Solution**

Sometimes, all it takes is a redirection of attention. Work with loved one to minimize or divert their negative emotions and frustrations

Interchanging caregivers, provide comfort foods

Engage in various distracting or familiar activities.

Memory Care Community



• Your Challenge

I'm concerned about how well my loved one will adjust to a new environment.

• Solution

We utilize several resources to help with the transition. We use information that you provide as a communication. We regularly engage our residents in conversations about their lives and memories. Photos from the past. Focus energies on activities which each resident *can* do, rather than those they can no longer perform.

Memory Care Community

- **Your Challenge**

My loved one struggles with getting dressed, but is resistant to my help.



- **Solution**

Assist by using active listening techniques and supportive communication to promote independence.

Assist and guide them through the process of choosing what they'd like to wear and how to get dressed.

Memory Care Community



- **Your Challenge**

My loved one doesn't want to take her/his meds and I'm concerned about medication interactions.

- **Solution**

Medications are dispensed at our Community by licensed nurses who are on site 24-hours a day / seven days a week.

We have found that residents will often accept medications from a nurse that they might otherwise refuse from a family member.

Memory Care Community



- **Your Challenge**

I feel guilty about a possible move.

- **Solution**

Caregivers struggle with emotions

24-hour on site licensed nurses

Supportive staff who understand the complexities involved for both loved ones and family members / caregivers.

Support Groups

Responding to Behaviors

- Alzheimer's disease and related dementias can cause a person to act in different and unpredictable ways.
 - Some become anxious or aggressive.
 - Others repeat certain questions or gestures.
 - Many misinterpret what they hear.
- These types of reactions can lead to misunderstanding, frustration, and tension, particularly between the person with dementia and the caregiver. It's important to understand that the person is not acting that way on purpose.

Responding to Behaviors

Behaviors may be related to:

1. Physical discomfort

Illnesses or medications

2. Overstimulation

Loud noises or a busy environment

3. Unfamiliar surroundings

New places or the inability to recognize home

4. Complicated tasks

Difficulty with activities or chores.

5. Frustrating interactions

Inability to communicate effectively. TV.

Responding to Behaviors

- Remain flexible, patient and calm
- Respond to the emotion, not the behavior
- Don't argue or try to convince
- Use memory aids
- Acknowledge requests, and respond to them
- Look for the reasons behind each behavior
- Consult a physician to identify any causes related to medications or illness
- Explore various solutions
- Don't take the behavior personally
- Share your experiences with others

Better Communication

- Be calm and supportive
- Focus on the feelings, not the facts
- Pay attention to tone of voice
- Address the person by his or her name
- Speak slowly, and use short, simple words
- Ask one question at a time
- Avoid vague words and negative statements
- Don't talk about the person as if he or she weren't there
- Use unspoken communication, like pointing
- Be patient, flexible and understanding

Responding to Behaviors

Aggression

Aggressive behaviors may be verbal.

May occur suddenly, with not reason

Try to understand the cause

How to respond

Identify the immediate cause

Focus on Feelings, not facts

Don't get upset

Limit distractions

Try a relaxing activity

Shift the focus

Responding to Behaviors

Anxiety or agitation

Anxious or agitated. May become restless and need to move around or pace.

May become upset in places or focus on details

How to respond

Listen to the frustration

Provide reassurance

Involve in activities

Modify environment

Find outlets for energy

Responding to Behaviors

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Involve in activities

Modify environment

Find outlets for energy

Responding to Behaviors

Confusion

May not recognize people, places, or things

May forget relationships, call family other names

Confused where home is

Hardest for caregivers

How to respond

Stay calm

Respond with a brief explanation

Show photos and other reminders

Try not to take it personally

Responding to Behaviors

Repetition

May do or say something over and over again.

Responding to Behaviors

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