

Living Well with Memory Loss:

Joyce Drozd, Director

Stephanie Brown, Assistant Manager,
TMC Geropsych





In this presentation we are going to talk about how to continue living a healthy and engaged life with a focus on coping strategies for individuals with memory loss.

Living Well

Living well with memory loss means staying active, engaged, focusing on what's intact versus what's not. Staying involved in decisions and independent as long as possible to maintain self-esteem and dignity.



Physical - Exercise Your Body

- **Exercising has many benefits:**

- Improves your mood, lowers stress and improves memory
- Helps keep people independent
- Improves energy level



- **Examples of Exercises include:**

- Aerobic activity
 - Jogging
 - Brisk walking
 - Water aerobics and swimming
- Strengthening and balance
 - Yoga
 - Tai Chi
 - Stretching

Diet - Fuel your Brain and Body

- **Eating healthy has many benefits:**

- Food, nutrients and fluids help to keep your brain healthy
- Gives you energy
- Helps to control diabetes and high blood pressure

- **Healthy food choices include:**

- Colorful fruits and vegetables offer more vitamins and antioxidants
 - Leafy greens, spinach, avocados
 - Tomatoes, carrots
 - Watermelon, oranges and mangos
- Fish and Omega 3 Fatty Acids promote brain health
 - Tuna
 - Fish



Cognitive - Exercise Your Mind

- **Alzheimer's and cognitive impairment compromises brain functioning**
 - Brain workouts help to maximize memory functioning



- **Examples of Brain workouts:**
 - Puzzles
 - Word finds
 - Cross words
 - Anagrams
 - Jigsaw
 - Games
 - Board Games
 - Card games i.e. bridge and canasta
 - Trivia
 - Group Discussions
 - Learning something new

Cognitive - Exercise your Mind

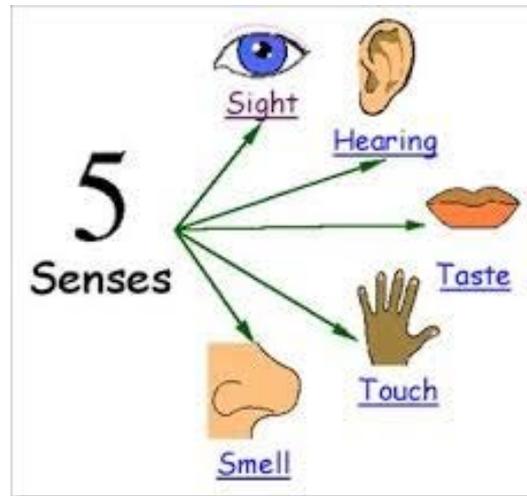
- **Memory aides are utilized as a way to help learn and retain information**



- **Examples of Memory aides:**
 - Get rid of distractions
 - Turn off TV,
 - Keep environment quiet
 - Stop multi tasking
 - Complete one task at a time before starting another
 - Repetition
 - Repeat things or names of people when you first meet them
 - Read information more than once
 - Make associations
 - Identify something new with a reference form the past
 - Take notes
 - Keep a note pad
 - Have family members take notes during important meetings and appointments

Stimulate your Senses

- **Using our senses can help us explore experiences through a variety of ways**



- **Examples:**

- **Sensory:**

- Music therapy
 - Singing familiar songs
- Therapeutic touch
 - Hand massages
- Art Therapy
 - Adult coloring
 - Drawing and painting
- Aroma Therapy
 - Essential oil- Lavender is calming

- **Emotional:**

- Imagination
 - Utilization of a photo to stimulate thoughts, feelings and memories
- Story telling
 - Talk about your life to family and friends
- Pet Therapy
 - Interactions with pets can bring back memories of loving relationships
- Reminiscing
 - Relive past events and sharing experiences

Develop a Routine

- Creating a routine has many benefits:
 - Simple routines help support good habits that will help you to be successful now and over time
 - Gives you a way of keeping track of things
 - Helps you to plan ahead
- Suggestions for routines:
 - Try to do the same things at the same time everyday
 - Eating
 - Exercise
 - Relaxation
 - Develop a calendar
 - List things to do in the morning, afternoon and night
 - Important appointments
 - Set a specific day for activities, household chores
 - Try to place items in the same place each time
 - Note book
 - Keys
 - Medications

Keep Relationships Strong

- It is important to keep relationships strong to help you stay as engaged as possible
- Social connections help an individual feel useful, loved and have a sense of security



Care For the Care Giver

- Plan ahead
- Learn about resources
- Accept Help
- Make your health a priority
- Get enough rest and eat good
- Make time for your self
- Share your feelings with others



Creative Engagement Techniques for Caregivers

- Infuse creativity into daily care relationships
- An incredible way to boost self-esteem and build meaningful relationships
- Open-questioning at the lunch table, on the way to the bathroom, walking, anywhere. It can go in any direction and energy builds.
- Follow their lead in topics. Sometimes the very best conversations are the most unexpected.
- Engaging activities help reduce agitation, boredom, daytime sleeping and depression
- Don't reason, argue, confront or ask "don't you remember?"
- Don't take things personally

Mental Health and Dementia

- Behavioral Health issues that are common for people with dementia include:
 - Depression, Anxiety, Verbal and/or Physical Agitation, Delusions, Hallucinations and Aggression.
- BH issues also touch the lives of family caregivers who provide 80% of the care for their loved ones. They are at high risk for depression, anxiety and physical illnesses.



TMC Gero Psychiatric Center

What We Do

- TMC Geropsychiatric Center offers a short-term, inpatient mental health program for older adults.
- Our Multidisciplinary team specializes in treating acute emotional and behavioral disorders related to aging



Who We Serve

- Older adults experiencing severely disordered behavior, including:
- Major depression, anxiety, panic attacks or nervousness that affects their ability to function
- Impaired reality, such as hallucinations or delusions.
- Recent suicide attempt or risk of suicide
- Inability to care for self or cope with stressful situations
- Disorientation or memory impairment severe enough to cause danger to self or others.
- Impairment must be acute and inconsistent with individuals normal behavior
- Individual's who would not do well on adult psychiatric inpatient unit due to issues of aging including medical and cognitive comorbidities
- Outpatient treatment has failed or is not an option

Referral Process

- Referrals or requests for evaluation can come from physicians, other healthcare providers, clergy, legal authorities, community members, patients, families and friends
- Admissions are available 24 hours a day, 365 days a year.
- Direct admissions will occur with medical clearance from a physician which will include at a minimum labs and TB test
- If there is no medical clearance, individuals are directed to the TMC Emergency Department prior to admission to rule out any medical issues causing the problem
- Patients must be medically stable (do not qualify for inpatient medical stay) prior to admission
- Unit number is 324-4600
- Fax number is 324-4601
- Assistant Manager number is 324-3929
- Director Number is 324-4604

Resources

Alzheimer's Association

- The Alzheimer's Association offers information, education and support 24 hours a day, 7 days a week. Call 800.272.3900 or visit our website at www.alz.org.

Books

- Bell, Virginia, Troxel, David. (2012). A Dignified Life. The Best Friends Approach to Alzheimer's care: A Guide for Care Partners- HCI Books.com
- Leider, Richard J. (2010). The Power of Purpose: Find Meaning, Live Longer, Better. Second Edition. Berrrett-Koehler Publishers, Inc.

Pima Council on Aging

- 8467 E Broadway Blvd, Tucson, AZ 85710
(520)790-7262
www.pcoa.org

TMC for Seniors

- 1400 N. Wilmot Rd, Tucson, AZ 85712
(520) 324-1960
www.tmcaz.com/seniors

Questions



References

- <http://www.alzheimersinfo.org/AlzheimerInfo/sites/default/files/pdf/livingwellguide.pdf>
- <https://www.alzheimers.net/2014-03-06/stimulating-activities-for-alzheimers-patients/>
- <https://www.nachi.org/inspection-report-five-senses.htm>
- <https://www.caring.com/articles/memory-enhancers-for-alzheimers>
- <http://www.ottoolkit.com/>